

Asparagus in Lemon Butter Sauce with Pecans

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

2 pounds pencil-thin fresh asparagus,
washed and bottom stems removed
1/4 cup butter
1/4 cup chopped pecans
1/4 cup fresh celery (optional), finely
chopped
1 tablespoon fresh lemon juice

In a skillet, place the asparagus into boiling salted water. Bring to a boil, Reduce the heat and cook uncovered for about 5 minutes until the asparagus is tender.

In a small saucepan, heat the butter. Add the pecans and celery. Stir in the lemon juice.

Drain the water from the asparagus and place in a serving dish. Pour the lemon sauce over the asparagus.

Serve while hot.

Per Serving (excluding unknown items): 609 Calories; 66g Fat (93.9% calories from fat); 3g Protein; 7g Carbohydrate; 2g Dietary Fiber; 124mg Cholesterol; 469mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 13 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	609	Vitamin B6 (mg):	.1mg
% Calories from Fat:	93.9%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	4.3%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	1.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	66g	Folacin (mcg):	15mcg
Saturated Fat (g):	30g	Niacin (mg):	trace
Monounsaturated Fat (g):	26g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
		% Refuse:	0%

