

# Asparagus Parmesan

*allrecipes.com - February/March 2019*

**Servings: 4**

*1 tablespoon butter  
2 tablespoons olive oil  
3 cloves garlic, minced  
1 pound fresh asparagus  
spears, trimmed  
3/4 cup grated Parmesan  
cheese  
1/8 teaspoon salt  
1/8 teaspoon black pepper*

**Preparation Time: 10 minutes**

In a large skillet over medium heat, melt the butter with oil. Add the garlic. Cook, stirring, until fragrant, about 1 minute. Add the asparagus. Cook, stirring occasionally, for about 10 minutes.

Transfer the asparagus to a serving plate. Sprinkle with the Parmesan, salt and pepper.

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Per Serving (excluding unknown items): 157 Calories; 14g Fat (80.5% calories from fat); 6g Protein; 1g Carbohydrate; trace Dietary Fiber; 20mg Cholesterol; 373mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 2 1/2 Fat.