

# **Asparagus with Toasted Almonds**

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**1 pound asparagus**  
**1/4 cup slivered almonds**  
**2 tablespoons butter**  
**1 teaspoon lemon zest, grated**  
**salt (to taste)**  
**pepper (to taste)**

Steam the asparagus for 6 to 8 minutes or until tender.

In a skillet, saute' the almonds in the butter until golden brown.

Place the asparagus on a serving dish.

Top the asparagus with the almonds and lemon zest.

Add salt and pepper to taste.

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Per Serving (excluding unknown items): 472 Calories; 42g Fat (75.5% calories from fat); 13g Protein; 18g Carbohydrate; 8g Dietary Fiber; 62mg Cholesterol; 243mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 2 Vegetable; 0 Fruit; 8 Fat.