

Side Dish

Browned Butter Asparagus

Cooking Light Magazine

Servings: 8

Preparation Time: 8 minutes

Start to Finish Time: 18 minutes

2 pounds asparagus, trimmed

3 tablespoons butter

3/8 teaspoon Kosher salt

1/4 teaspoon fresh ground black pepper

1 1/2 teaspoons fresh tarragon, chopped

Bring a large saucepan of water to a boil. Add asparagus; cook 3 minutes or until crisp-tender. Drain and rinse under cold water; drain and set aside.

Melt butter in a large skillet over medium-heat; cook 3 minutes or until browned and fragrant. Stir in salt and pepper.

Add asparagus and tarragon; cook 1 minute or until heated, tossing to coat.

Per Serving (excluding unknown items): 52 Calories; 4g Fat (70.5% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 130mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 Fat.