

Side Dish

Creamy Asparagus

Publix Aprons

Servings: 8

Start to Finish Time: 10 minutes

2 pounds fresh asparagus spears

1 tablespoon canola oil

1 cup creamy Ranch salad dressing

1/2 teaspoon Kosher salt

1/2 teaspoon pepper

1/2 cup Parmesan cheese, shaved

Trim asparagus and remove tough root end.

Preheat large saute' pan on medium-high for 2 to 3 minutes. Place oil in pan, then add asparagus; cook 2 to 3 minutes or until lightly browned.

Reduce heat to low.

Add dressing, salt and pepper. Cook and stir for 1 to 2 minutes more or until asparagus is tender.

Top with cheese and serve.

Per Serving (excluding unknown items): 38 Calories; 3g Fat (75.4% calories from fat); 2g Protein; trace Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 211mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fat.