

**Side Dish**

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# **Prosciutto-Wrapped Asparagus**

Sandra Lee Semi-Homemade Quick & Easy Cooking - July/August 2011

**Servings: 6**

**Preparation Time: 10 minutes**

**Cook time: 1 minute**

**12 jumbo asparagus spears, trimmed**

**12 thin prosciutto slices**

**1 tablespoon fresh parsley, chopped**

**1 teaspoon lemon zest**

**1/2 teaspoon salt**

**1/2 teaspoon ground black pepper**

**1/2 cup extra-virgin olive oil with fresh lemon (Colavita Limonolio)**

In a large saucepan, cook the asparagus spears in boiling water for 1 minute or until crisp-tender. Drain.

Plunge the asparagus into ice water to stop the cooking process. Let stand until thoroughly cool (about 20 minutes).

Remove from the ice water and pat dry with paper towels.

Wrap each asparagus spear with a prosciutto slice.

Arrange on a serving platter.

Sprinkle with the parsley, lemon zest, salt and pepper.

Serve with olive oil.

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Per Serving (excluding unknown items): 8 Calories; trace Fat (6.2% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 179mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 0 Fat.