

ASAPRAGUS RECIPES

Pan Fried Asparagus

1/4 Cup Butter
2 Tbsp Olive Oil
1 tsp Coarse Salt
1/4 tsp Ground Black Pepper
3 cloves Garlic, minced
1 lb fresh Asparagus Spears, washed and trimmed

Gather all the ingredients. Melt butter in a skillet over medium-high heat. Add olive oil, salt, and pepper; cook and stir until garlic is fragrant, about 30 seconds. Add asparagus and cook until fork-tender, turning asparagus often to ensure even cooking, about 10 minutes. Serve and Enjoy.

Asparagus Pasta with Lemon and Garlic

8 oz. pasta
1 bunch asparagus (about 1 lb.)
2 Tbsp butter
2 cloves garlic, minced
1 lemon
Salt and Pepper to taste

Bring a pot of water to a boil. Once boiling, add the pasta and continue to boil until the pasta is tender. Reserve about 1/2 cup of the starchy cooking water, then drain the pasta and set it aside. While the pasta is cooking, prepare the asparagus. Remove the bottom 1/2 to 1-inch of the stems, or just the part that is tough and woody. Chop the remaining asparagus into 1-inch pieces. Place the asparagus in a large skillet and add about 1/2 inch water. Place a lid on the skillet and bring the water up to a boil. Let the asparagus steam and simmer for about 2 minutes, or just until it turns bright green and has become slightly tender (test with a fork). Drain the asparagus and return it to the skillet. Add the butter and minced garlic to the skillet and place it over medium heat. Sauté the partially cooked asparagus in the butter and garlic for about two minutes more, or until the garlic becomes soft and fragrant. Turn off the heat. Add the cooked and drained pasta to the skillet with the sautéed asparagus. Toss the pasta in the skillet until it is combined with the asparagus and coated with garlic butter. Top with a generous pinch of salt and freshly cracked pepper. Use a zester or small-holed cheese grater to zest the lemon onto the pasta. Slice the lemon in half and squeeze the fresh juice over the pasta. Toss the pasta until everything is well combined, adding a splash of the reserved pasta cooking water if it becomes dry. Taste the pasta and adjust the salt, pepper, or lemon if desired. Serve warm.

