

Recipe for: Quick Asparagus

Ingredients:

4 tsp. extra-virgin olive oil
1 pound medium asparagus spears, trimmed
½ tsp. grated lemon rind
1 tsp. fresh lemon juice
¼ tsp. sea salt

Preparation:

Heat a large cast-iron pan or skillet over medium-high heat.

Add oil to pan; swirl to coat.

Add asparagus to pan; cook 3 minutes or until crisp-tender and browned, stirring frequently.

Transfer to a serving platter.

Add lemon rind, lemon juice, and sea salt, tossing to coat.