

Asparagus With Curry Butter

A touch of curry-infused butter dresses sauteed asparagus. This quick and delicious side dish would be just as welcome with a grilled cheese sandwich as it would with broiled salmon.

Ingredients

2 tsp butter, melted	2 tsp extra-virgin olive oil
1 tsp curry powder (see Tip)	1 shallot, finely diced
1/2 tsp lemon juice	1 bunch asparagus (about 1 pound), trimmed and cut into 1-inch pieces
1/4 tsp salt, or to taste	

Preparation

1. Combine butter, curry powder, lemon juice and salt in a small bowl.
2. Heat oil in a large nonstick skillet over medium heat. Add shallot and cook, stirring until softened, about 2 minutes. Add asparagus and cook, stirring until just tender, about 3-5 minutes. Stir the curry butter into the asparagus; toss to coat.

Tip: Check the ingredient label on your brand of curry powder; if it has added salt (as some do), you may omit the salt in the recipe, or salt to taste.

Note: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160 degrees F. Color is not a reliable indicator of ground beef doneness.



Ken Burris

Nutritional Information

Servings: 4, about 1/2 cup each

Calories: 67

Fat: 5g

Cholesterol: 5mg

Protein: 3g

Carbohydrates: 6g

Fiber: 2g

Sodium: 161mg

Potassium: 262mg

Recipe from WebMD