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ASPARAGUS WITH NUTMEG

A Recipe for Life by the Doctor's Dietitian by Susan B. Dopart, MS, RD, and Jeffrey M. Batchelor

Serves 4

Ingredients

1 T olive oil

Asparagus spears (about 20)

1/2 tsp garlic powder

1/4 to 1/2 tsp nutmeg, freshly grated

Directions

Put olive oil in large skillet over medium heat. Place prepared asparagus stalks in pan. Top asparagus with garlic powder and fresh nutmeg, turning spears to coat. Add 2 to 3 tablespoons water to pan and cover. Reduce heat to medium low and steam spears for approximately 3 to 4 minutes until desired doneness. Remove and grate additional nutmeg if desired. You may need to add additional water until desired doneness.

Nutrient Analysis per serving: Calories: 55; Protein: 2 g; Total carbohydrates: 5 g; Total fat: 3.5 g; Fiber: 2 g; Sodium: 5 mg