

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Roasted Asparagus with Gremolata

Makes 4 servings

Gremolata is a classic Italian condiment made with chopped parsley, lemon zest, and garlic. Often served with meat or poultry it also goes great on roasted vegetables.

Ingredients:

1 bunch asparagus, trimmed
1 tablespoon olive oil
Pinch salt and pepper

Gremolata:

2 teaspoons olive oil
¼ cup panko
1 teaspoon minced garlic
Pinch salt
2 tablespoons chopped parsley
1 teaspoon lemon zest

Directions:

1. Preheat oven to 450. Place asparagus on a baking sheet. Drizzle with olive oil, and season with salt and pepper. Spread out in a single layer. Bake 15 minutes, turning half way, until slightly browned and tender.
2. Prepare Gremolata: Heat oil in a skillet. Add panko, garlic, pinch salt and cook until panko is toasted. Mix in parsley and lemon zest.
3. Place asparagus on a platter. Top with panko mixture.

Nutritional Information per serving:

Calories: 92	Carbohydrates: 8g
Total Fat: 6g	Cholesterol: 0mg
Saturated Fat: 1g	Dietary Fiber: 3g
Sodium: 153mg	Protein: 3g