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.
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