

EatingWell

Asparagus with Curry Butter

Total: 20 mins

Servings: 4

★★★★★

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 teaspoons butter, melted
- 1 teaspoon curry powder, (see Tip)
- ½ teaspoon lemon juice
- ¼ teaspoon salt, or to taste
- 2 teaspoons extra-virgin olive oil
- 1 shallot, finely diced
- 1 bunch asparagus, (about 1 pound), trimmed and cut into 1-inch pieces

Directions

Step 1

Combine butter, curry powder, lemon juice and salt in a small bowl.

Step 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, 3 to 5 minutes. Stir the curry butter into the asparagus; toss to coat.

Tips

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.

Nutrition Facts

Serving Size: About 1/2 Cup **Per Serving:** 67 calories; protein 2.8g; carbohydrates 5.5g; dietary fiber 2.4g; sugars 1.6g; fat 4.6g; saturated fat 1.6g; cholesterol 5.1mg; vitamin a iu 1179.7IU; vitamin c 8.8mg; folate 159.3mcg; calcium 29.4mg; iron 1.1mg; magnesium 17.2mg; potassium 260mg; sodium 161.2mg; thiamin 0.2mg. **Exchanges:** 1 Vegetable, 1 Fat

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