

Pan-Fried Asparagus



This garlic asparagus dish is a Northern Italian side dish. My family loves it! Even the kids!

Prep: 5 mins

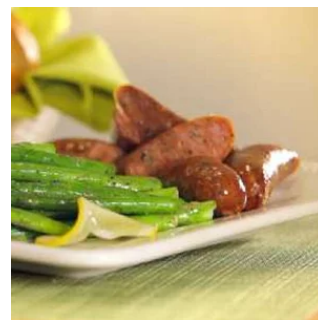
Cook: 15 mins

Additional: 5 mins

Total: 25 mins

Servings: 4

Yield: 4 servings



Ingredients

¼ cup butter

2 tablespoons olive oil

1 teaspoon coarse salt

¼ teaspoon ground black pepper

3 cloves garlic, minced

1 pound fresh asparagus spears,
trimmed

Directions

Step 1

Melt butter in a skillet over medium-high heat. Stir in the olive oil, salt, and pepper. Cook garlic in butter for a minute, but do not brown. Add asparagus, and cook for 10 minutes, turning asparagus to ensure even cooking.

Nutrition Facts

Per Serving:

188 calories; protein 2.8g; carbohydrates 5.2g; fat 18.4g; cholesterol 30.5mg; sodium 524.6mg.

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