

Steamed Asparagus



Serving Size

3



Skill Level

Easy



Diet Type

Dialysis

Ingredients

- 15 fresh asparagus spears
- 2 tbsp unsalted butter
- 1 tbsp lemon juice
- 1/8 tsp black pepper

Directions

1. Place 3 cups of water in bottom half of a steamer pan and bring to a boil.
2. Put asparagus in steamer pan over the boiling water.
3. Steam for 3-4 minutes depending on how soft you would like asparagus.
4. Set asparagus to the side once done
5. Mix together lemon, unsalted butter, and pepper.
6. Drizzle mixture over asparagus and enjoy!

Nutrition Facts

Serving: 3

Amount per serving

Calories 85

Sodium 5 mg

Potassium 170 mg

Phosphorus 45 mg

Carbohydrates 3 g

Protein 2 g