

# SAUTEED ASPARAGUS WITH WALNUTS

Serves 4 / Prep time: 10 minutes / Cook time: 5 minutes

If you are a foodie, you probably wait with anticipation for spring and the slender elegant asparagus spears that come into season at that time. Asparagus is a good choice for keto followers because although this veggie contains carbs, it is also very high in fiber, which creates a low net carb result. Asparagus is an antioxidant and anti-inflammatory, so it is excellent for eye health, helps fight cancers, and is wonderful for your heart.

- 1 1/2 tablespoons olive oil
- 3/4 pound asparagus, woody ends trimmed
- Sea salt
- Freshly ground pepper
- 1/4 cup chopped walnuts

1. Place a large skillet over medium-high heat and add the olive oil.
2. Sauté the asparagus until the spears are tender and lightly browned, about 5 minutes.
3. Season the asparagus with salt and pepper.
4. Remove the skillet from the heat and toss the asparagus with the walnuts.
5. Serve.

## PAIRS WELL WITH

There are very few other ingredients that do not combine well with asparagus, so you have many delicious options for main dishes to serve with these tasty spears. Good choices to consider are Paprika Chicken (page 85) or Roasted Pork Loin with Grainy Mustard Sauce (page 93).

## PER SERVING

Calories: 124; Fat: 12g; Protein: 3g; Carbs: 4g; Fiber: 2g; Net Carbs: 2g; Fat 81%/Protein 9%/Carbs 10%

KETO QUOTIENT



DAIRY FREE  
GLUTEN FREE  
VEGETARIAN  
UNDER 30 MINUTES