

# Roasted Lemon Asparagus with Pistachios

Prep Time 10 mins  
 Total Time 18 mins  
 Meal Type Breakfast,Lunch,Dinner,Side  
 Contributed By



Source Living Plate Teaching Kitchen

Servings 4



## Ingredients

lb,c g,ml

- 2 lb asparagus
- 3 Tbs olive oil
- salt, *to taste*
- pepper, *to taste*
- 2 whole lemons, *one juiced, one sliced*
- 1 clove garlic
- 1 1/2 tsp tarragon substitute with 1/2 teaspoon dried tarragon or other herb
- 1/3 cups pistachios, *raw and shelled*

## Directions

### Prep

1. Preheat oven to 400° F.

### Make

1. Wash the asparagus and snap off or cut off woody ends. Place on parchment lined baking sheet in a single layer. Drizzle with 1 tablespoon of olive oil and rub spears to ensure they are evenly coated. Sprinkle with salt and pepper.
2. Roast in oven for about 8-10 minutes until they turn bright green and are tender. The length of time will depend on the thickness of your asparagus.
3. Meanwhile, whisk together the lemon juice, garlic, tarragon, and remaining olive oil in a small bowl. Once done, place the asparagus on a platter, drizzle with the dressing, and sprinkle with the pistachios. Serve immediately.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>202</b>	<b>Total Fat</b> 5.0g	7%	<b>Total Carbohydrates</b> 15g	4%
		Saturated Fat 0.7g	3%	Dietary Fiber 7g	26%
		Trans Fat 0.0g		Total Sugars 6g	
		Cholesterol 0mg	0%	<b>Protein</b> 7g	
		Sodium 5mg	0%		
Vitamin D 0mcg 0% · Calcium 77mg 7% · Iron 6mg 30% · Potassium 613mg 13%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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