

Zesty Par Boiled Asparagus



Ingredients

1 bunch asparagus
2 tablespoons flax oil
juice of one lemon
1 teaspoon lemon zest
sea salt and pepper to taste
2 tablespoons parmesan cheese (optional)

Directions

1. Wash asparagus and break off bottoms. Cut into 1-to-2 inch pieces, on the diagonal.
2. Fill a medium-sized saucepan halfway up with water and bring to a boil. Add the asparagus, reduce heat and simmer for 2 minutes.
3. In a medium sized bowl combine oil, lemon juice, lemon zest, salt and pepper.
4. Toss asparagus in sauce. Top with parmesan and serve.