Pan Roasted Asparagus with Orange and Almonds

Inspired by a Cook's Illustrated recipe.



1 tablespoon olive oil

1 tablespoon unsalted butter

1 tablespoon minced shallot

1 pound asparagus spears, ends trimmed

2 teaspoons chopped fresh thyme leaves

1 tablespoon sherry vinegar

1 1/2 tablespoons slivered almonds

2 tablespoons fresh orange juice

Kosher salt and ground black pepper

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 4

1. Heat olive oil and butter in a large skillet over medium heat until shimmering; add shallots and stir for 1-2 minutes until shallots are golden (don't burn them).
2. Add the asparagus (left whole) and gently fold them over one another in the pan until all the spears are coated in the oil mixture. Cook for about 5 minutes over medium-low heat, covering them for about half the time.
3. Add orange juice, almonds and thyme; add sherry vinegar, and salt and pepper to taste. Heat through and serve with additional almonds sprinkled over the top.

Per Serving (excluding unknown items): 95 Calories; 8g Fat (72.5% calories from fat); 2g Protein; 5g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.