

# Sauteed Asparagus

A quick saute in Olive Oil makes fresh asparagus an amazing side dish.

2 tablespoon More Than Olives Meyer Lemon Olive Oil\*  
1 bunch thin or thick asparagus  
Kosher salt and freshly ground black pepper  
1 teaspoon lemon zest, for garnish

Hold each stock of asparagus under running water until all signs of sand and dirt are gone. Set aside on a towel to dry.

The bottom end of the asparagus is very tough and needs to be removed. Take each asparagus stalk and hold the middle of it with one hand. Use your other hand and hold the tough end of the stalk. Gently bend the asparagus stalk down, so the tough end snaps off. Repeat until all the asparagus are done.

Heat the More Than Olives Meyer Lemon Olive Oil in a large sauté pan over medium heat. Add the asparagus and season with a sprinkle of salt and pepper. Cook the asparagus, stirring occasionally, until cooked through but still bright green, and firm. Probably about 4-10 minutes, depending on the thickness of the stocks.

Transfer the asparagus to a platter and garnish with lemon zest.

\*For other flavors, use More Than Olives Garlic Olive Oil, More Than Olives Jalapeno Olive Oil, More Than Olives Basil Olive Oil or More Than Olives Blood Orange Olive Oil.