

# Asparagus with Lemon, Tomato, and Queso Fresco

*This is an easy recipe and tastes refreshing during any time of day. The hardest part is sharing it with others. ;)*

## INGREDIENTS

- 1 tbsp olive oil
- 1 lb asparagus
- salt & pepper, to taste
- 1 large Roma tomato
- 1 medium lemon
- 4 oz queso fresco, ~ 1/3 of a wheel

## METHOD

1. Wash the asparagus, lemon, and tomato. Snap the asparagus at its natural breaking point near the base. Cut the lemon in quarters length wise, and then cut the quarters into small 1mm thick slices. Cut the tomato in half length wise and then slice into 3 mm thick pieces.
2. Heat a skillet to medium, add the oil, and then the prepped asparagus. Rotate every couple minutes until done, about 10 minutes. Lightly salt and pepper to taste.
3. Plate the asparagus, top with the tomato and lemon. Crumble the cheese on top and serve.

## Source

Chris Mower  
(TheCookingDish.com)



## Preparation

- Prep: 5 Minutes
- Cook: 10 Minutes
- Total Time: 15 Minutes

## Difficulty



## Course

Vegetable

## Cuisine

North American : United States : Midwestern

Nutrition Facts
<b>4 Servings</b>
<b>Amount Per Serving</b>
<b>Calories 143</b>
<b>Total Fat</b> 9.09g
<b>Cholesterol</b> 19mg
<b>Sodium</b> 216mg
<b>Total Carbohydrate</b> 7.20g
Dietary Fiber 2.97g
Sugars 3.56g
<b>Protein</b> 7.92g

**Categories:** 30 Minute, Side Dishes **Keywords:** Vegetables, Side,

(4 servings)