

## **Fresh Asparagus Spears with Lemon Zest**

2 T. olive oil or lemon-flavored olive oil  
1 lb. asparagus, with the ends peeled or trimmed  
zest of 1 lemon  
sea salt and freshly ground black pepper to taste

In a large pot of salted boiling water, add asparagus and cook until still "firm to the bite" (1-3 minutes depending on the size of the spears). Remove spears from water, and immerse in iced water to stop the cooking process. When cooled, remove and pat dry. Just before serving, in a skillet, heat oil and sauté asparagus until heated through. Add zest, salt and pepper to taste.