

## Asparagus with Tomatoes

*Betty Crocker's Low-Fat, Low-Cholesterol Cooking Today* shares a recipe. Asparagus pairs with color and flavor in an easy skillet side dish.

2 teaspoons vegetable oil  
1 small onion, chopped (1/4 cup)  
3 roma (plum) tomatoes, chopped (1 cup)  
1 tablespoon lemon juice  
1 tablespoon honey  
1/4 teaspoon salt  
1 1/2 pounds asparagus

1. Heat oil in 10-inch skillet over medium heat. Cook onion in oil 2 to 3 minutes, stirring occasionally, until tender. Stir in tomatoes, lemon juice, honey and salt. Cook 1 minute, stirring occasionally. Remove mixture from skillet; keep warm.
2. Wipe out skillet. Heat 1-inch water to boiling in skillet. Add asparagus. Heat to boiling; reduce heat to medium. Cover and cook 7 to 10 minutes or until stalk ends are crisp-tender; drain. Place asparagus in serving dish. Top with tomato mixture.

**Serving:** Calories 80 (Calories from Fat 25 ); Total Fat 3 g (Saturated Fat 0g);  
Cholesterol 0mg; Sodium 160 mg; Total Carbohydrate 12 g (Dietary Fiber 2 g);  
Protein 3 g

**% Daily Value:** Vitamin A 20 %; Vitamin C 24 %; Calcium 2 %; Iron 4 %

**Exchanges:** 2 Vegetable; 1/2 Fat

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