Asparagus with Citrus and Oregano

Yield: 4 servings
Total Time: 20 minutes

Ingredients
2 oranges, preferably navel
2 Tablespoons extra-virgin olive oil
2 Tablespoons lemon juice
½ teaspoon dried oregano
2 scallions, finely chopped
Kosher salt to taste
Black pepper to taste
16 stalks large green asparagus (about 1 lb.)

Preparation Instructions
1. Zest one orange and set aside.
2. Segment both oranges as follows: Slice off the ends of the oranges. With the flat end on a cutting board, slice off and discard the peel and the white pith. Hold the orange in your hand and use a small knife to separate the orange segments from their membranes. Place segments in a bowl and set aside.
3. In a separate bowl, squeeze the remaining pulp of both oranges to extract any juice. Whisk in 1 Tbsp of the oil, lemon juice, oregano, and scallions into the orange juice and season with salt and pepper. Set dressing aside.
4. Cut off the tough end of the asparagus and transfer to a microwavable baking dish. Sprinkle asparagus with reserved orange zest and drizzle with 1 Tbsp oil and 1/4 cup water.
5. Cover baking dish tightly with plastic wrap and microwave on high heat for 2 minutes. Rotate dish and microwave until asparagus is just tender, about 2 minutes more. Uncover and drain off cooking liquid.
6. Toss asparagus with reserved citrus dressing and top with orange segments. Serve immediately or at room temperature.

Nutrition Analysis
Per Serving: 150 calories; 10g fat (1.5g saturated, 0g trans); 0mg cholesterol; 80mg sodium*; 14g carbohydrate (4g dietary fiber; 9g sugar); 3g protein. Vitamin A 20%, Vitamin C 70%, Calcium 6%, Iron 15% Daily Value. * recipe analyzed using 1/8 teaspoon of salt