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## PAN-CHARRED ASPARAGUS

*(adapted from [Cooking Light](#), April 2014)*

Cooking spray

8 ounces asparagus, cut in pieces

1 + 1/2 teaspoons walnut oil

2 teaspoons lemon juice

2 teaspoons chopped fresh dill

1/4 teaspoon salt

Heat a medium, heavy skillet (not nonstick) over high heat for 2 minutes.

Coat pan with cooking spray. Immediately add asparagus pieces to pan, shaking them into a single layer; cook, without stirring, 2 minutes or until asparagus is very lightly charred. Cook asparagus 5 more minutes or until crisp-tender and evenly charred, tossing occasionally.

Remove pan from heat. Let asparagus rest 1 minute. Add walnut oil; toss to coat asparagus pieces. Add lemon juice; toss. Turn on heat if necessary to evaporate most of liquid. Sprinkle asparagus with dill and salt; toss. Serve right away.