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RASPBERRY ASPARAGUS	Intermediate Lifestyle
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Ingredients

- 1 pound fresh asparagus spears, trimmed
- 1 (8-oz.) container low-fat or fat-free raspberry yogurt
- ½ lemon, juiced

Instructions

1. Place the asparagus in a steamer basket, and set over about 1 inch of boiling water. Cover, and steam for 5-8 minutes, or until tender and bright green.
2. In a small saucepan, stir together the yogurt and lemon juice. Cook over medium heat until warmed.
3. Place steamed asparagus onto serving plates, and spoon the sauce over, or serve sauce on the side.

Portion-Per-Serving Information: (Yields 4 serving):

1 serving = 6 asparagus spears + 2-3 TBS raspberry sauce = 1 V