

GLUTEN FREE

Crisp Asparagus-Lemon Relish

16 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$0.83	40 kcal

If you have about 45 minutes to spend in the kitchen, Crisp Asparagus-Lemon Relish might be a tremendous gluten free, lacto ovo vegetarian, and primal recipe to try. For 83 cents per serving, this recipe covers 6% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 pound white asparagus, peeled, or green asparagus
- ☐ 1/2 teaspoon finely grated lemon zest
- ☐ 3 tablespoons minced red onion
- ☐ 1 tablespoon fresh lemon juice
- ☐ 2 tablespoons mascarpone
- ☐ 6 servings Salt and freshly ground pepper

EQUIPMENT Bowl

Method

- 1 Steam the asparagus until crisp-tender, about 4 minutes. Rinse under cold running water and drain.
- 2 Cut into 1/4-inch dice.
- 3 In a bowl, combine the onion with the mascarpone, lemon juice and zest. Fold in the asparagus and season with salt and pepper. Cover and refrigerate until chilled, at least 30 minutes and up to 3 hours.

Nutrition per serving

40	2 g	2 g	4 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.4 g · 9% of daily needs
Fibre			1.7 g · 7% of daily needs
Sugar			1.7 g · 2% of daily needs
Sodium			198 mg · 9% of daily needs
Cholesterol			5 mg · 2% of daily needs
Vitamin C			5.8 mg · 7% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/crisp-asparagus-lemon-relish-142984