

## **Waistline Wednesday**

### **ASPARAGUS WITH HOLLANDAISE SAUCE**

- 1½ pounds asparagus
- 1 stick butter, softened
- 3 egg yolks, beaten
- 1 tablespoon water
- 1 tablespoon fresh lemon juice
- sea salt, to taste
- cayenne pepper, to taste

1. In a large skillet, add a ¼-inch of water & bring it to a boil. Rinse the asparagus & cut off 1½ inches from the bottom. Place asparagus in the pan, cover & steam for 2-3 minutes.
2. In a medium saucepan over low heat, add 2 tablespoons of the butter then slowly whisk in beaten egg yolks, water & lemon juice. Continue to rapidly stir with a whisk. Slowly add remaining butter while whisking sauce.
3. Sauce will thicken, if it is too thick add 1-2 tablespoons of hot water. Place asparagus on a large platter & drizzle Hollandaise Sauce on top.

**servings: 6 / prep time: 10 minutes / cook time: 15 minutes**