HEALTHY RECIPE
“Spring Vegetable Saute”

Ingredients:

1 tablespoon canola oil
1 clove garlic minced
1/4 red onion, cut into silvers
1 portabella mushrooms, sliced
1 pound sugar snap peas, trimmed
1/2 pound fresh asparagus, trimmed and sliced diagonally
1 to 2 tablespoons balsamic vinegar
1 tablespoon snipped fresh tarragon, or 1 teaspoon dried
4 tablespoons slivered almonds, optional

Directions:

1. Combine the oil, garlic and onion in a large nonstick skillet over medium-high heat. Saute 2 to 3 minutes.
2. Add the mushrooms, snap peas, asparagus and 2 tablespoons water. Saute 2 to 4 minutes, or until mushrooms wilt and the peas are crisp tender.
3. Add the vinegar and tarragon; stir. Simmer 2 to 3 minutes or until liquid reduces. Sprinkle with almonds and serve.

Cook’s Tip: Use 1 pound of asparagus and omit the snow peas. The contrasting textures of the mushrooms and the asparagus silently add the enjoyment of the dish.

Nutrition Facts per serving:

Calories: 120 kcal  Fat: 5 g
Saturated fat: 0g  Cholesterol: 0 mg
Sodium: 15 mg  Carbohydrates: 10 g
Fiber: 3 g  Protein: 5 g

Serving Size: 1 cup