



Asparagus & Mushrooms

Instructions:

Coat a pan with 6 seconds of Pam and heat on a medium flame.

Add the asparagus, shallots and mushrooms and sauté for 5 minutes.

Add the spices and soy sauce and mix on the fire for another 3 minutes.

If you are allowed all the ingredients in this recipe, or you were advised you may have any group 2 recipe, this recipe is allowed on your diet.

Prep Time:

5 minutes

Cook Time:

15 minutes

Ingredients:

1.5 lb. asparagus

12 oz. baby portabella mushrooms - sliced

3 shallots - quartered

2 TBSP. soy sauce

salt & garlic powder to taste

Pam