



## 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.

**1/2 plate counts as 1 dinner side**

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**Prep Time:**

5 minutes

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**Cook Time:**

15 minutes

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**Ingredients:**

1.5 lb. asparagus

12 oz. baby portabella mushrooms - sliced

3 shallots - quartered

2 TBSP. soy sauce

salt & garlic powder to taste

Pam