

Simply Sautéed Asparagus

Prized for its tender tips and firm stock, asparagus is a versatile and tasty spring vegetable. Enjoy it in season!

Ingredients:

1 bunch (approximately 1 lb) fresh asparagus

3 Tablespoons unsalted butter (or olive oil)

3 Cloves fresh garlic, minced

Salt and Pepper to taste

Optional Ingredients: sun-dried tomatoes and mushrooms

Tools:

Cutting board and chef knife

Large skillet with cover

Stirring spoon/spatula

Directions:

- Wash asparagus spears well and cut off the tough/woody part on ends (bottoms). Either leave the spears long or cut into bite-sized pieces.
- Melt the butter over medium heat in a large skillet. Add asparagus, cover skillet, and cook for about 10 minutes, stirring occasionally.
- Add garlic and any optional ingredients, reduce heat to medium low and cook an additional 10 minutes. The asparagus is done when it is bright green and tender when pierced with a fork. Salt and pepper to taste.

Makes 4 servings of ½ cup each

Nutrition Facts per Serving: 100 calories; 5g Carbohydrates; 3g Protein; 9g Fat; 4g Fiber; <2mg from main ingredients plus salting to taste (each 1/16th tsp has 140mg Sodium)



Nutrition Note: Asparagus is one of the only known foods to contain asparagusic acid, which when digested produces the sulfur compounds responsible for creating the particular smell in urine. Don't let the smell put you off asparagus, as it full of great nutrition, such as fiber, Vitamin C and folic acid. It is also a natural diuretic and may be beneficial for prevention of urinary tract infections.

