

SAUTÉED ASPARAGUS, PEPPERS AND MUSHROOMS

PREP TIME

10 minutes

COOK TIME

20 minutes

SERVINGS

7

INGREDIENTS

1 1/2 tablespoon olive oil
1 pounds asparagus
1/2 cup red onion, sliced
8 ounces mushrooms, sliced
1 medium red bell pepper,
chopped
1 garlic clove, minced

INSTRUCTIONS

1. Heat olive oil in a large sauté pan or wok over medium-high heat. Add asparagus, onion, mushrooms and red pepper and cook for 15-18 minutes, stirring frequently.
2. Add garlic to pan and cook for 1 minute. Stir vegetables and garlic to incorporate.

Source: www.diabetesfoodhub.org



Nutrition Facts

Serving size

Amount Per Serving

Calories 50

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	4%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

