

EASY Asparagus Mushroom ZEST

Recipe won “best vegetable dish” in 2009 contest

Cooking time less than 15 minutes.

INGREDIENTS to serve 4

- 1 bundle **asparagus**
- 1/2 pound sliced **mushrooms**
- 1/4 tsp. **Tabasco**
- 1/4 tsp. **Lemon juice**
- **Morton’s Lite salt** and **pepper** to taste.
- 1/3 cup **shredded cheese**



DIRECTIONS

1. Wash and cut asparagus into bite size 1 inch strips
2. Heat ½ Tbsp. **avocado oil** or **olive oil** in frying pan.
3. Simmer all ingredients except cheese, on low-medium heat for 10 minutes
4. Sprinkle on 1/3 cup **shredded cheese** of your choosing on top.
5. **Heat** for 3 more minutes and serve warm.