

# HEALTHY RECIPE

## "Spring Vegetable Saute"

### Ingredients:

- 1 tablespoon canola oil
- 1 clove garlic minced
- 1/4 red onion, cut into silvers
- 1 portabella mushrooms, sliced
- 1 pound sugar snap peas, trimmed
- 1/2 pound fresh asparagus, trimmed and sliced diagonally
- 1 to 2 tablespoons balsamic vinegar
- 1 tablespoon snipped fresh tarragon, or 1 teaspoon dried
- 4 tablespoons slivered almonds, optional



### Directions:

1. Combine the oil, garlic and onion in a large nonstick skillet over medium-high heat. Saute 2 to 3 minutes.
2. Add the mushrooms, snap peas, asparagus and 2 tablespoons water. Saute 2 to 4 minutes, or until mushrooms wilt and the peas are crisp tender.
3. Add the vinegar and tarragon; stir. Simmer 2 to 3 minutes or until liquid reduces. Sprinkle with almonds and serve.

**Cook's Tip:** Use 1 pound of asparagus and omit the snow peas. The contrasting textures of the mushrooms and the asparagus silently add the enjoyment of the dish.

### Nutrition Facts per serving:

Calories: 120 kcal	Fat: 5 g
Saturated fat: 0g	Cholesterol: 0 mg
Sodium: 15 mg	Carbohydrates: 10 g
Fiber: 3 g	Protein: 5 g

Serving Size: 1 cup