



Sautéed Asparagus, Peppers and Mushrooms

Makes 7 servings

Ingredients

1½ tablespoons olive oil
1 pound asparagus, trimmed and cut into thirds
½ cup red onion, sliced

8 ounces baby portobello mushrooms, sliced
1 medium red bell pepper, chopped
1 clove garlic, minced

Instructions

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

Nutrition Facts

Serving size: ½ cup; calories per serving: 50; fat: 3g; saturated fat: 0.4g; fiber: 1g; carbohydrates: 5g; protein: 2g; sodium: 0mg; sugars: 2g; cholesterol: 0mg.

Source: www.diabetes.org



BlueChoice HealthPlan of South Carolina is an independent licensee of the Blue Cross and Blue Shield Association.