

Asparagus with Mushrooms & Cheese

Publix Aprons

Servings: 8

1 pound fresh asparagus
1 teaspoon water
1/2 medium onion, thinly sliced
4 ounces Kerrygold Reserve cheddar cheese
8 ounces fresh presliced baby portabella mushrooms
1/4 teaspoon pepper
4 ounces Publix lemon finishing butter

Remove the tough ends from the asparagus. In a bowl, combine the asparagus and water. Microwave on HIGH for 3 to 4 minutes or until tender. Drain the asparagus.

Slice the onion.

Grate the cheese or cut into small pieces.

Preheat a large saute' pan on medium-high for 2 to 3 minutes. Add the asparagus, onions, mushrooms and pepper. Cook and stir for 2 to 3 minutes or until the onions begin to soften.

Stir in the herb butter and cheese until melted. Serve.

Start to Finish Time: 20 minutes

You can also use green beans for this recipe.

Per Serving (excluding unknown items): 16 Calories; trace Fat (5.7% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	16	Vitamin B6 (mg):	.1mg
% Calories from Fat:	5.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	66.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	28.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	74mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

Cholesterol (mg):	0mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	1mg
Potassium (mg):	167mg
Calcium (mg):	14mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	8mg
Vitamin A (i.u.):	331IU
Vitamin A (r.e.):	33RE

% Daily Value* 0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 16 Calories from Fat: 1

% Daily Values*

Total Fat trace	0%
Saturated Fat trace	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrates 3g	1%
Dietary Fiber 1g	5%
Protein 1g	
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Vitamin A	7%
Vitamin C	13%
Calcium	1%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.