

Side Dishes

Sauteed Asparagus with Mushrooms

Shawn Barto - Winter Garden, FL

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- 1 tablespoon bacon drippings or olive oil**
- 1 package (8 ounce) frozen asparagus spears, thawed**
- 1/2 pound fresh mushrooms, sliced**
- 1 small onion, chopped**
- 2 tablespoons sliced toasted almonds**
- 1 to 2 teaspoons Greek seasoning**

In a large skillet over medium-high heat, heat the bacon drippings. Add the asparagus, mushrooms and onion. Cook and stir until tender, 10 to 12 minutes.

Sprinkle with the almonds and Greek seasoning.

Heat through.

Per Serving (excluding unknown items): 100 Calories; 1g Fat (8.2% calories from fat); 6g Protein; 20g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 4 Vegetable.