

Side Dishes

Mushrooms And Asparagus

Servings: 4

Exchanges: One serving (1/2 cup) = 1 vegetable.

One serving = 35 calories.

1 teaspoon vegetable oil

2 cups asparagus, diagonally sliced

1/2 pound fresh mushrooms, diagonally sliced

salt and pepper to taste

Heat skillet.

Place vegetable oil in skillet, then add asparagus. Stir-fry one to two minutes. Add mushrooms and continue to stir for two more minutes. Add salt and pepper to taste.

Per Serving (excluding unknown items): 39 Calories; 1g Fat (28.9% calories from fat); 3g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1 Vegetable; 0 Fat.