



ASPARAGUS & CARAMELIZED SPRING ONION SAUTE

By Dr. Cindy Tanzar

(Standard, Vegan/Vegetarian & Maintenance Plans)

It's always good to eat foods in their season, and asparagus and spring onions are both great Spring vegetables. Eating "in season" provides the best flavor and more diet variation, which is helpful for weight loss. This is such a simple recipe, too. The butter and onions add a nice, subtle layer of flavor to the asparagus.

Makes 2 servings. One serving is one cup cooked vegetables and covers your vegetable and fat for one meal.



INGREDIENTS

1 bunch asparagus

1 bunch spring/green onions, roots removed, sliced into
1/4-inch slices

2-1/2 Tbsp Kerry Gold butter

Pink Himalayan salt & freshly-ground pepper, to taste



INSTRUCTIONS

Trim the woody ends off the bottoms of the asparagus and discard. Slice asparagus diagonally into thirds. Set aside.

Heat a skillet over medium heat and add butter. Once it begins to bubble, add the onions and sauté until soft – about 3-4 minutes.

Add asparagus and season with Pink salt and pepper, tossing to coat with the butter. Sauté for 7-10 minutes or until tender.