

ASPARAGUS WITH MUSHROOMS, SHALLOTS AND PEAS



Yield: 6 servings



TOTAL TIME: 25 minutes

INGREDIENTS

- 2 tsp olive oil
- 5 shallots (halved and thinly sliced lengthwise)
- 8 oz shiitake mushrooms (stems removed)
- Coarse salt
- Ground pepper
- 1 ½ tsp grated lemon zest
- 1 ½ tsp chopped fresh tarragon
- 2 medium thick asparagus bunches (tough ends removed, cut on diagonal into 2-inch lengths)
- 1 cup frozen peas
- 2 tsp fresh lemon juice

PREPARATION

1. In a large nonstick skillet with a lid, heat oil over medium heat. Add shallots and cook until they begin to color, about 3 minutes. Add mushrooms, season with salt and pepper, and cook, tossing occasionally, until mushrooms and shallots are tender, 3 to 5 minutes. Transfer to a bowl. Add lemon zest and tarragon; toss to combine.
2. In the same skillet, bring 2 inches of water to a boil. Add asparagus, season with salt, cover, and cook until asparagus is bright green and tender, 3 to 4 minutes (timing will vary depending upon thickness of asparagus). Add peas to skillet, and then drain.
3. Transfer to bowl with the shallots and mushrooms, add lemon juice, and toss to combine.

NUTRITION

Per serving: Calories: 98; Fat: 5 g; Carbohydrates: 11 g; Protein: 4 g; Fiber: 3 g

APPROXIMATE PRICE: \$14.42 (\$2.40 PER SERVING)

Price estimated comes from www.wegmans.com and does not include common on-hand ingredients such as salt and pepper. Prices may be varied due to regional area and seasonal produce.

Link: www.wholeliving.com/133365/asparagus-shiitakes-shallots-and-peas