



Saut ed Asparagus 1

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 4

Nutrition Information Per Serving

38.4 calories, 7.17 g carbohydrate, 3.44 g fiber, 3.73 g NET carbs, 3.54 g protein, 0.34 g fat

Ingredients

- 4 cup(s) fresh organic baby asparagus, ends trimmed
- 1 medium organic red bell pepper, sliced
- 1/4 cup(s) organic chicken broth

Preparation

1. In a safe saut e pan, heat broth over medium high heat.
2. Add asparagus in a thin layer, top with sliced peppers.
3. Cover and cook 5-7 minutes or until asparagus is crisp-tender and bright green.

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