

## Asparagus and Mushrooms With Tarragon

Asparagus is part of the lily family (including onions, leeks and garlic) and is 1 of the most nutritionally well-balanced vegetables – a relatively good source of protein, and rich in folic acid, potassium and fiber. Asparagus is typically harvested in late April through June.

### Ingredients:

1 lb. fresh asparagus (medium thickness)  
8 ounces sliced crimini or button mushrooms  
1 tbsp canola, walnut or extra virgin olive oil  
1 tsp fresh tarragon, chopped (or ¼ tsp dried)  
Salt and pepper to taste

1. Preheat oven to 425°F.
2. Break off asparagus ends and remove mushroom stems; clean vegetables, dry and place in a large plastic bag.
3. Drizzle oil into bag and add tarragon; seal bag and shake gently until ingredients are lightly coated with oil.
4. Place vegetables in a single layer on a large baking sheet; season lightly with salt and pepper.
5. Roast for 9-10 minutes until vegetables are crisp tender. Serve immediately.



**Makes 4 servings (about 1 cup each). Per serving:**

83 calories | 5.2g protein | 4.8g total fat | 10g carbohydrates | 3.9g fiber | 17mg sodium

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# EASY | RECIPE