

Spring Peas and Asparagus

Recipe Courtesy Chef Bryan Woolley



- 1 large bunch tender asparagus, about 30 sprigs
- 2/3 cup water
- 1/3 cup vegetable broth, low sodium
- 2 shallots, minced
- 2 lbs fresh peas, shelled, or 10 ounces frozen peas
- 1/4 tsp white pepper
- 1/2 red bell pepper, stemmed, seeded and diced

1. Cut asparagus into 2-inch pieces, discard tough white ends.
2. In large frying pan, bring water and broth to a boil. Stir in shallots, asparagus, peas and pepper. Cover and cook for about 5 minutes.
3. Uncover, add red pepper and cook until liquid evaporated, about 2 minutes. Serve immediately
4. Makes 6 servings.

Nutrition Facts

Serving Size:	1/6 recipe
Calories:	70
Total Fat:	0g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	10mg
Carbohydrates:	13g
Dietary Fiber:	5g
Protein:	5g

Diabetic Exchanges

Protein:	1
Fat:	0
Carbohydrates:	1