

# COMMUNITY



*LiveBetter*  
with MedWatch

## Asparagus with Wine Sauce

### Ingredients

- 2 bundles asparagus
- ¼ cup white wine
- 1 tsp. lemon juice
- 8 fresh mushrooms, sliced
- ¼ tsp. salt
- \* freshly ground black pepper to taste
- \* dash oregano

### Preparation

1. Place asparagus stalks, wine and lemon juice in a saucepan; cover. Heat over medium heat for 10 minutes.
2. Add mushrooms and seasonings. Cover and let simmer for another 10 minutes, or until asparagus and mushrooms are tender.

Makes 4 servings. Serving size: ½ cup.

### Nutrition Analysis

Per serving: 39 calories, 0 g fat, 0 mg cholesterol, 146 mg sodium, 3 g fiber



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