Caramelized Shallots and Asparagus

Sodium Per Serving – 3mg Serves 4



- 1 tbsp olive oil
- 1 tbsp unsalted margarine or butter
- 2 shallots, minced
- 1 tsp sugar or sugar substitute
- 20-24 asparagus spears, trimmed
- 1. Heat oil and margarine in a large skillet over medium-low heat, add shallots. Cook, stirring occasionally, until shallots are lightly browned and caramelized, 15 to 20 minutes; mix in sweetener.
- 2. Meanwhile, cook asparagus by any method desired (see FOOD NOTE, page 170) until crisp tender. Add asparagus to shallots, tossing to coat; transfer asparagus to a bowl and top with excess shallots. Serve immediately.

NUTRITIONAL INFO PER SERVING: Calories 71, Fat 6g (Saturated Fat 1g), Cholesterol Omg, Carbohydrates 5g (Fiber 2g, Sugar 2g), Sodium 3mg