

## *Sautéed Fresh Asparagus*

**ONE BUNCH ASPARAGUS**  
**BUTTER OR GARLIC SPREAD**  
**FRESH GARLIC OR GARLIC SPREAD**  
**MRS DASH ORIGINAL**  
**2 TBSP OLIVE OIL**  
**2 TBSP. SALTED BUTTER**

## *Or Sautéed Fresh Veggies*

**3 SUMMER SQUASH**  
**1 RED BELL PEPPER**  
**HANDFUL OF ASPARAGUS**  
**OR WHATEVER YOU HAVE IN THE**  
**REFRIGERATOR (NO POTATOES)**  
**2 TBSP. OLIVE OIL**  
**2 TBSP. SALTED BUTTER**

Snap off ends, wash, and add to flat skillet that is preheated. Add olive oil and butter. Add minced garlic and a tsp. of your favorite spice (Mrs. Dash Original salad blend works great)

Sprinkle with salt and pepper to taste

Sauté on Medium heat until veggies are soft enough for your preference. If you are cooking a skillet full of veggies add 1/2 cup water to help steam, but let water evaporate before serving so you can taste the butter and spices. Enjoy with dinner!