

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!