



Red Wine Vinaigrette Asparagus

 **BRONSON**

Red Wine Vinaigrette Asparagus

Serving size: ½ cup **Serves 8.**

Ingredients

- 1 clove garlic
- 2 pounds fresh asparagus
- 1 tbsp. olive oil
- ¼ cup red wine vinaigrette dressing
- ½ tbsps. black pepper

Directions

1. Mince garlic, and cut asparagus into 2" pieces.
2. Heat oil in a large skillet. Once hot, add garlic and sauté for one minute.
3. Add the asparagus pieces to the skillet. Stir to mix.
4. Add the red wine vinaigrette dressing and pepper.
5. Continue to stir the asparagus for a minute.
6. Once cooked, remove asparagus from the heat and serve.

Cooking tip

Make your own red wine vinaigrette dressing by combining equal parts of red wine vinegar and olive oil with low sodium herb blend.

Nutrition Information (per serving)

58 calories, 3g fat, 70mg sodium, 6g carbohydrates, 1.9g fiber, 2g protein