

Spring Veggie Sauté

Submitted by: Linda Wygant

Serves 4 as a side dish

1 T. Olive Oil

1 bunch Asparagus (thin stalks are best), cut and trimmed

½ pint Cherry Tomatoes, halved.

½ C. frozen or fresh Peas

Garlic and/or Red Pepper Flakes to taste, if desired.

Heat olive oil in sauté pan over medium heat.

Add asparagus stalks to pan and sauté for about 5 minutes.

Add peas and sauté for about 3 minutes.

Add tomatoes and sauté for about 2 minutes.

Serve for a taste of spring!