

Herbal Legacy Recipes

Asparagus with Garlic and Pecans

Source: Physician's Committee for Responsible Medicine (www.pcrn.org)

Serves 4

INGREDIENTS:

1 pound asparagus, broken into bite-sized pieces
3 cloves garlic, minced
1 teaspoon olive oil
1 tablespoon soy sauce
1/2 cup pecans, halved

DIRECTIONS:

Sauté garlic in olive oil in a medium skillet. Add asparagus and soy sauce. Cook 4-6 minutes stirring often until asparagus is tender. Add pecans, continue heating for 1-2 minutes and serve.



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<http://www.herballegacy.com/Recipes.html>

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