

Shrimp, Asparagus, Mushroom Sautee



Heat ½ Tbsp. **olive oil** in pan

Put below ingredients in pan and simmer for 10 minutes until shrimp is cooked

1 bundle **asparagus** washed and cut into 1 inch strips

1/2 pound sliced **mushrooms**

Tabasco 1/4 to 1/2 teaspoon. *(to your taste preference)*

Lemon juice 1/4 to 1/2 teaspoon. *(to your taste preference)*

1 Pound **shrimp**

Add **salt and pepper** to taste

Sprinkle 1/3 cup shredded **mozzarella cheese** on top

Heat for 3 more minutes

Serves 4

Nutrition Facts	
Serving Size 217 g	
Amount Per Serving	
Calories 167	Calories from Fat 34
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 172mg	57%
Sodium 242mg	10%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	6%
Sugars 2g	
Protein 28g	

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