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Sautéed Asparagus

Ingredients:

- ~1 lb of asparagus (or a 4 inch bundle)
- 1 clove of fresh garlic minced
- 1 tbsp bacon fat
- Sea salt to taste

Directions:

1. Using cold water wash the asparagus and cut away ends. If end is tough cut off, leaving behind the tender stalk. Asparagus can be cut into pieces or left whole.
2. Over medium heat, melt bacon fat in the frying pan.
3. Add in the asparagus, garlic, and sea salt. Do not cover.
4. Sauté about 10 – 15 minutes. Use tongs to turn a few times for even cooking.