

Recipe Courtesy of Dr. Sandra Young, OD of the [Visionary Kitchen](#)

Roasted Asparagus with Vitamin D Enhanced Mushrooms®

Ingredients:

1 lb asparagus, stems trimmed
1 garlic clove, minced
1 shallot, minced
1 lb vitamin D enhanced mushrooms, cleaned and sliced
2 T olive oil, divided
Sea salt & pepper, to taste
2 T Parmesan cheese, grated (optional)

Directions

1. Soak trimmed end of the asparagus in 1 – 2 inches of water for 30 minutes. (In a hurry? Skip this step.)
2. Preheat oven to 375°F. Place asparagus on a roasting pan. Drizzle with 1 T olive oil. Shake pan left and right to lightly coat the asparagus spears. Sprinkle with sea salt & black pepper, to taste.
3. Roast for 12 to 18 minutes. Time will vary depending upon thickness of the asparagus.
4. While the asparagus is roasting, heat a sauté pan over medium heat. Add 1 T olive oil followed by the garlic and shallots; cook for 30 seconds. Add mushrooms and stir. Continue to sauté for 10 minutes, stirring once or twice.
5. Serve mushrooms over the asparagus. Garnish with cheese, if using.

Nutrition facts per serving: calories 125kcal; total fat 8g; saturated fat 1.4g; cholesterol 2mg; sodium 59mg; total carbohydrates 10g; dietary fiber 4.1g; sugars 5.6g; protein 5.83g; vitamin A 38%*; calcium 6%*; vitamin C 10%*; iron 16%*



Ocular wellness nutrition: vitamin A, beta carotene, lutein+zeaxanthin, vitamins B1 (thiamin), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6, folate; vitamins C, E, K; iron, copper, zinc, selenium; dietary fiber, protein to promote blood sugar regulation; phytonutrients: *allicin, benfotiamine, quercetin, peperine*