



Slivered Asparagus Sauté with Shallots

1 pound thick asparagus, trimmed and peeled
2 Tablespoons olive oil
1 large shallot, finely diced
1 small garlic clove, minced
1 teaspoon finely grated lemon zest
2 Tablespoons finely chopped
parsley
lemon juice
salt and pepper

Slice the asparagus diagonally about $\frac{1}{4}$ inch thick, leaving the tips about 3 inches long. Heat the oil in a large skillet. Add the asparagus, season with a few pinches salt, and sauté over high heat until nearly tender. Add the shallot, garlic, lemon zest, and parsley; toss and cook well 1 minute more. Season with lemon juice and pepper to taste.

Per recipe: ~300 mg phe

Per $\frac{1}{4}$ cup serving: 20 mg phe

Try this with sliced artichokes, celery, mushrooms, and zucchini.

Recipe from: Madison, Deborah. Vegetarian Cooking for Everyone. Broadway Books, 1997.



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