

Herbal Legacy Recipes

Asparagus Zucchini Veggie Delight

Yield: 4 servings

INGREDIENTS:

2 cups asparagus, chopped
2 cups zucchini, peeled and chopped
1 cup sliced mushrooms
Olive Oil
1/8 teaspoon dill weed
Cooked rice



DIRECTIONS:

Sauté asparagus and zucchini in olive oil until crisp-tender; add mushrooms and dill weed, stirring until mushrooms are golden and warmed through. Serve over rice.

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