

Sauteed Asparagus

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Qty	Unit	Name	Yields
1	Tbl	Olive Oil	1 servings
5	stalks	Asparagus	5 asparagus stalks
2	Tbl	White Wine	
--	to taste	Sea salt	
--	to taste	Black pepper	

Prep Instructions

1. Trim woody ends of asparagus with a knife, about 2-2.5 inches up the stalk. Save the trimmings for vegetable stock, if you wish.
2. Heat saute pan over medium-high heat. Once hot, add asparagus and cook for about 1 minute, rolling occasionally in the pan to caramelize throughout. Season with a pinch of salt and pepper.
3. Once sufficiently caramelized, deglaze the pan with the white wine and cover with a lid to steam for about 2 minutes. Turn heat down to medium-low.
4. Remove lid and let the last of the liquid evaporate. Transfer to pan lined with paper towel to drain any excess moisture.