

Sautéed Asparagus

- Asparagus
- 1 or 2 teaspoons minced garlic
- 1 Tablespoon olive oil
- Red Pepper Flakes



Rinse the asparagus. Bend one stalk until it breaks and use that as a guide to cut the rest of the bunch. Leave long or cut into smaller pieces, whichever you prefer.

Heat skillet then add olive oil and garlic. When hot, add asparagus and red pepper flakes. Sauté about 10 minutes, until bright green and tender.