

veggie medley

2 large portabella mushrooms
1 bunch asparagus spears
1 red pepper
2 cloves garlic, minced
1 large shallot, minced
2 tbsp tamari
1/4 cup red wine
salt and pepper
olive oil

de-stem the mushrooms, and dig out the insides. slice each mushroom in 1/2. put the mushrooms, garlic, shallots, tamari, red wine, salt and pepper into a large bag to let marinate for 1/2 hour.

while that is marinating, prepare the asparagus by cutting off the tough ends. slice the red pepper into small 1 inch strips.

once the mushrooms have marinated for approximately 1/2 hour, heat a skillet with some olive oil, sauté up the mushrooms (including remaining marinade). add the asparagus and peppers in the last 5 minutes. you want the peppers and asparagus to retain their color and be crisp to the bite. salt and pepper to taste.

great served with potato puff cakes.

enjoy!