

Veal with Mushrooms and Asparagus

INGREDIENTS

- » Nonstick vegetable cooking spray
- » 1 1/2 tbsp vegetable oil
- » 3 green onions, chopped with tops
- » 2 minced garlic cloves
- » 1 lb thin lean veal round steak
- » 2 cups sliced mushrooms
- » 1/2 cup white cooking wine
- » 1/2 tsp thyme
- » 1/2 tsp basil
- » 1/2 tsp salt-free herb seasoning blend
- » 3 cups asparagus, cut into 1-inch pieces
- » 6 cups red potatoes cut into 1/2-inch cubes

Nutritional Content

Per Serving

Calories	398 cal	Cholesterol	90mg
Protein	33g	Sodium	252mg
Carbohydrate	48g	Calories from Fat	21%
Fat	9g	Fiber	6g
Saturated Fat	2g		

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↪ See reverse for instructions

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INSTRUCTIONS

In a large skillet sprayed with nonstick vegetable cooking spray over medium-high heat, add vegetable oil. Add green onions and minced garlic. Saute for 1 to 2 minutes. Add veal and cook 3 minutes, turning once, until light brown. Add mushrooms, white cooking wine, thyme, basil, salt-free herb seasoning blend, and asparagus. Heat to boiling, cover, and reduce heat to simmer, cooking 10 to 12 minutes until asparagus is tender. Meanwhile, steam red potato cubes until tender and serve veal vegetable mixture with potatoes. Serves 4.

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