

## Veal with Mushrooms and Asparagus

## INGREDIENTS

- » Nonstick vegetable cooking spray
- » 1 tsp vegetable oil
- » 1 green onion, chopped with top
- » 1 minced garlic clove
- » 1/4 lb thin lean veal round steak
- » 1/2 cup sliced mushrooms
- » 2 tbsp white cooking wine
- » Pinch thyme
- » Pinch basil
- » Pinch salt-free herb seasoning blend
- » 3/4 cup asparagus, cut into 1-inch pieces
- » 1 1/2 cups red potatoes, cut into 1/2-inch cubes

### Nutritional Content

Per Serving

Calories	391 cal	Cholesterol	90mg
Protein	32g	Sodium	252mg
Carbohydrate	48g	Calories from Fat	19%
Fat	8g	Fiber	6g
Saturated Fat	2g		

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↪ See reverse for instructions

## Veal with Mushrooms and Asparagus

## INSTRUCTIONS

In a skillet sprayed with nonstick vegetable cooking spray over medium-high heat, add vegetable oil. Add green onion and minced garlic. Saute for 1 minute. Add veal and cook 2 to 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 5 to 10 minutes until asparagus is tender. Meanwhile, steam red potato cubes until tender and serve veal vegetable mixture with potatoes. Serves 1.

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