



## Breakfast Bake

### **Serves six**

- 1 pound trimmed asparagus
- 2 TBS olive oil
- 1/4 cup sun-dries tomatoes in olive oil
- 1 tsp. salt
- 1 tsp. black pepper

Heat the olive oil in a large skillet. Add the trimmed asparagus and cook for about 5 minutes - on high heat - until asparagus turns bright green and is still crisp.

Add the tomatoes and cook - stirring - for another 4 to 5 minutes. Taste the asparagus - it should be cooked but still crisp. If it is still a little hard go ahead and cook for a little longer. Season with salt and pepper and mix well. Serve and enjoy!

CALORIES 65.58; FAT 5.24 grs (sat 0.74; mono 3.68; poly 0.61); PROTEIN 1.93 grs ; FIBER 1.94 grs; CARBS 4.23 grs; CHOLESTEROL 0.00 mg; IRON 1.87 mg; SODIUM 401.53 mg; CALCIUM 22.15 mg