

## CARAMELIZED SHALLOTS AND ASPARAGUS

Sodium Per Serving – 3mg

Serves 4

*This is by far our most favorite asparagus preparation and one of the most requested of my recipes. Incredibly simple and absolutely scrumptious!*

**1 tablespoon olive oil**

**1 tablespoon unsalted margarine  
or butter<sup>1</sup>**

**2 shallots, minced**

**1 teaspoon sugar substitute or  
sugar<sup>2</sup>**

**20–24 asparagus spears, trimmed**

▶ Heat oil and margarine in a large skillet over medium-low heat, add shallots. Cook, stirring occasionally, until shallots are lightly browned and caramelized, 15 to 20 minutes; mix in sweetener.

▶ Meanwhile, cook asparagus by any method desired (*see* FOOD NOTE, *page 170*) until crisp tender. Add asparagus to shallots, tossing to coat; transfer asparagus to a bowl and top with excess shallots. Serve immediately.

*NUTRITIONAL INFO PER SERVING: Calories 71, Fat 6g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 5g (Fiber 2g, Sugar 2g), Sodium 3mg*

### COMMENTS:

**1** To reduce saturated fat, use trans-free margarine. Since it contains sodium (90mg per tablespoon), it will increase the sodium per serving to 25mg.

**2** For a discussion of the differences between sugar and sugar substitutes, see Sweeteners, page 37.

### FOOD NOTE

#### ABOUT SHALLOTS

Shallots look like small onions, but are similar to garlic, as they separate into multiple cloves. They are mild in flavor, somewhere between an onion and garlic. Shallots may be used in place of onions in many recipes and add more flavor to most any dish.

**Preparation:** Remove the outer skin and cook the same as onions and garlic. *NOTE: Do not let them go beyond light brown in color or they may taste bitter.*

**Selection:** Choose shallots with well-formed heads; avoid those that have started to sprout.

**Storage:** Will keep for several months in a cool dry area.

#### TOTAL SODIUM AND FAT PER INGREDIENT

##### Sodium:

2 shallots - 4mg

20 asparagus - 6mg

##### Fat (Sat Fat):

1 T olive oil - 14mg (2mg)

1 T NSA margarine - 8mg (2mg)

or NSA butter - 12mg (8mg)