

# Asparagus and Mushroom Melt

Give your family more of the good stuff! Try this recipe for a tasty lunch or snack. No English muffins? Serve over rice or whole wheat tortilla!

Makes: 4 servings

Source:  
<https://www.eatgathergo.org/recipe/asparagus-mushroom-melt/>

## Ingredientes

- 4 English muffins
- 1/4 cup onion, finely minced
- 1 cup mushrooms, chopped
- 1 1/2 teaspoons oil
- 1/2 pound asparagus, trimmed and sliced crosswise into 1/2 inch rounds
- 1/2 teaspoon ground thyme or oregano or basil
- 1 1/2 teaspoons vinegar
- A dash of salt and pepper
- 3/4 cup mozzarella cheese, shredded (3 ounces)

## Directions

1. Toast muffin halves and place on a baking sheet in a single layer.
2. In a large skillet over medium-high heat, sauté onions and mushrooms in oil, stirring often, until just beginning to brown.
3. Add asparagus, seasoning and vinegar. Sauté, stirring often, until asparagus is barely tender. Season lightly with salt and pepper.
4. Divide the vegetable mixture equally onto the muffin halves. Top each muffin with shredded cheese.
5. Broil muffins until the cheese melts. Watch carefully to avoid burning.
6. Refrigerate leftovers within 2 hours.



Small Changes,  
BIG Difference!



### Nutrition Information

Serving size : 2 muffin halves

Nutrients	Amount
Calories:	230
Total Fat:	7 g
Saturated Fat:	2.5 g
Cholesterol:	10 mg
Sodium:	668 mg
Total carbohydrates:	480 g
Dietary Fiber:	3 g
Total Sugar:	2 g
Added Sugars:	0 g
Protein:	12 g
Vitamin D	0 mcg
Calcium	198 mg
Iron	3 mg
Potassium	302 mg

### Utensils Needed

- Knife
- Cutting board
- Large skillet
- Mixing spoon
- Sheet pan

# SHOPPING LIST

Average total cost without oil and seasonings: \$ 9.22

Cost per serving: \$ 2.31

Recipe makes: 4 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add to cart  
Asparagus



Add to cart  
Mushrooms



Add to cart  
Whole wheat English muffins



Add to cart  
Mozzarella cheese



Add to cart  
Onion

SAVE TIME, SAVE MONEY

Cooking Notes