

# ASPARAGUS MUSHROOM MELT

Source: [foodhero.org](http://foodhero.org)

Prep time: 15 minutes, Cooking time: 15 minutes, Makes: 4 servings

## Ingredients:

4 English muffins

¼ cup onion, finely minced

1 cup mushrooms, chopped

1½ teaspoons oil

½ pound asparagus, trimmed and sliced crosswise into ½ inch rounds

½ teaspoon ground thyme or oregano or basil

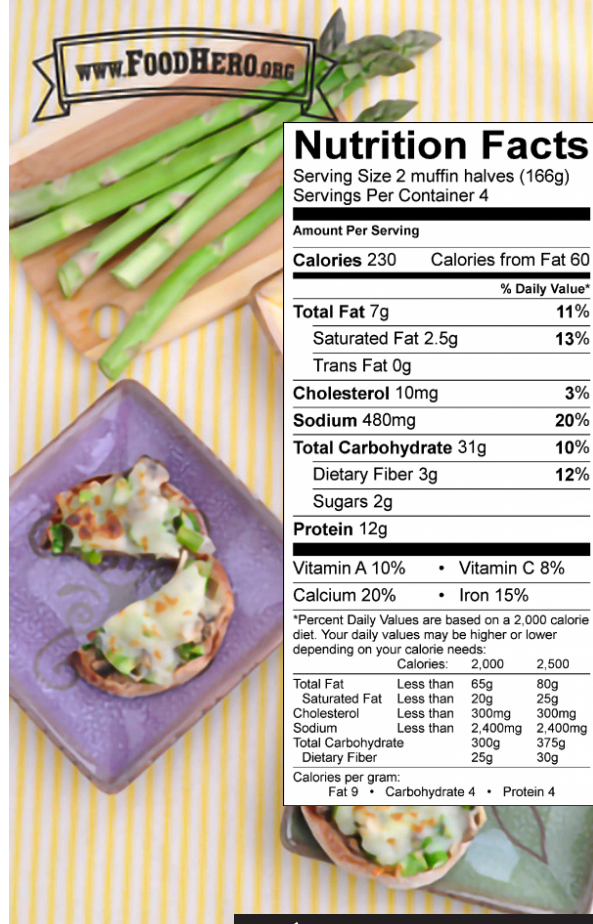
1½ teaspoons vinegar

dash of salt and pepper

¾ 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.



## Nutrition Facts

Serving Size 2 muffin halves (166g)  
Servings Per Container 4

Amount Per Serving

**Calories 230**      **Calories from Fat 60**

**Total Fat 7g**      **11%**

**Saturated Fat 2.5g**      **13%**

**Trans Fat 0g**

**Cholesterol 10mg**      **3%**

**Sodium 480mg**      **20%**

**Total Carbohydrate 31g**      **10%**

**Dietary Fiber 3g**      **12%**

**Sugars 2g**

**Protein 12g**

**Vitamin A 10%**      • **Vitamin C 8%**

**Calcium 20%**      • **Iron 15%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:      2,000      2,500

**Total Fat**      Less than 65g      80g

**Saturated Fat**      Less than 20g      25g

**Cholesterol**      Less than 300mg      300mg

**Sodium**      Less than 2,400mg      2,400mg

**Total Carbohydrate**      300g      375g

**Dietary Fiber**      25g      30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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