

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## ***Asparagus + Red Kidney Bean Stir Fry***

2 tablespoons (30 mL) extra-virgin olive oil  
1 large onion, sliced  
1 pound (.45 kg) asparagus, trimmed and chopped into bite-sized pieces  
3 garlic cloves, minced  
1 tablespoon (15 mL) dried oregano  
1/2 teaspoon (2.5 mL) Ontario red pepper flakes  
1 19-ounce can (540 mL) red kidney beans  
Balsamic vinegar  
sea salt and freshly ground black pepper



Heat the oil in a large skillet. Add the onion and cook until just softened, about 2 minutes. Add the asparagus, garlic, oregano and red pepper flakes and season well. Sauté until asparagus softens, approximately 4 minutes. Drain and rinse the kidney beans and add to the skillet and continue to sauté until beans are warmed through and the asparagus is still al dente, approximately 3 minutes. Spoon warm onto 2 dinner plates and drizzle with a bit of balsamic vinegar. Serves 2 as a main meal or 4 as an appetizer.

*Recipe courtesy of food writer, Lynn Ogryzlo*

*Episode: Evidence Based Weight Loss*

*Email Lynn with questions or comments at  
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**Because What You Eat Matters!**