

## **Portobella Asparagus Pasta**

2 Tbsp high heat cooking oil (Canola, coconut or avocado)

1 C sliced baby bella mushrooms

1/2 lb asparagus, broken in half, woody ends discarded

4 cloves garlic

1 tsp red pepper flakes (or more to turn up the heat!)

1/4 c red wine

1 package Gluten Free Linguini (I like quinoa linguini), cooked according to package

1/4 C Organic Extra Virgin Olive Oil (of good quality!)

S&P to taste

Heat oil in skillet over medium heat and add mushrooms, asparagus, garlic and red pepper flakes. Stir occasionally about 5 minutes until mushrooms and asparagus begin to soften. Add red wine and cover another 5 minutes.

Turn heat off and toss veggies with pasta and olive oil. Serve immediately.