 **Lemon Shrimp & Asparagus Stir Fry**

*Serves 4*

**Ingredients**

1 bunch asparagus, cut into bite size pieces

1 lb shrimp

1 cup mushrooms, chopped

2 cloves garlic, minced

4 tbsp olive oil

Juice of 1 lemon

¼ cup white wine (optional)

Salt and pepper to taste

Lemon Pepper seasoning or your favorite seafood seasoning

Parmesan cheese, for garnish

**Directions**

1. Heat 2 tbsp olive oil in a skillet over medium high heat. Add shrimp and lemon pepper seasoning and cook until pink. Remove from pan and set aside.
2. Heat the remaining 2 tbsps of olive oil in the same skillet. Add the asparagus and garlic and season with salt and pepper. After a few minutes, add mushroom. Cook until both are tender.
3. Return shrimp to pan and add white wine. Cook for several minutes until some of the wine has been absorbed. Squeeze the juice of 1 lemon over the pan. Garnish with parmesan cheese.

**Nutrition**

*225 cals, 4g C, 30g P, 14g F*