



## Chef Lindsay Moore

### Sesame Asparagus

#### Ingredients

Asparagus  
1 Cup Portabello Mushrooms  
1 pint blueberries  
1 large onion  
Olive Oil  
Sesame Oil  
Sesame Seeds (2 teaspoons)  
Turmeric  
Salt & Pepper



#### Directions

Bring cast iron skillet to medium heat and add 2 teaspoons of olive oil  
Add 1 cup white onion and cook until tender  
Add 2 cups diced asparagus and stir  
Add 1 cup diced mushrooms and 1 pint of blueberries  
Stir mixture until tender  
Add 1 teaspoon sesame oil  
Mix all ingredients well and continue to stir  
Add 1 teaspoon turmeric  
Add salt and pepper to taste  
Top with Sesame seeds once done