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I try to have asparagus several times a week while it is in season, usually just lightly steamed in a little water, but here is a main dish recipe (vegetarian style) that will please many.

Spicy Portobello and Asparagus Linguine

1 lb whole wheat linguine
Extra virgin olive oil
3 large Portobello mushrooms, stems removed, and sliced about ½ inch thick
Salt
4 garlic cloves thinly sliced
10 dashes red chili flakes (optional)
1 large bunch asparagus, bottom quarter trimmed, cut into 2 inch pieces
Parmesan or other favorite cheese for shaving

In a large pot, cook the linguine in boiling salted water until al dente. Drain and toss with olive oil to keep the pasta from sticking.

Heat ¼ cup olive oil in a large skillet over high heat. Toss in the mushrooms, season with salt, and sauté over high heat, browning evenly. Remove the mushrooms from the oil and set aside. Reduce the heat to medium and add the garlic and chili flakes (if using). Cook garlic just a minute or so without browning it. Add the asparagus pieces and cook until they are bright green and slightly softened. Add the mushrooms back to the pan and toss together with the asparagus. Season to taste with salt and toss with the pasta until heated through. Transfer to serving plates and top with shaved cheese.