

Sautéed Sesame Asparagus

Serves 4

2.5 c asparagus, large ends removed,
washed, chopped
1/4 c water
1.5 T toasted sesame oil
1/4 t salt
2 t chopped garlic



Place the asparagus, water, toasted sesame oil, and salt in a nonstick pan over medium-high heat, cover, and allow to steam for 3 minutes. Remove cover, and cook for an additional minutes. Add garlic and continue to cook until most of the liquid is gone and the garlic is browned. Serve.

Nutrition information per serving (about 1 cup): 60 calories, 5g fat, 2g protein, 3 g carbohydrate, 150mg sodium, 2g dietary fiber. Good source of Vitamin A and Iron.

