

Sesame Asparagus

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This simple side dish works well for a Chinese-inspired meal. Quickly stir-fried with sesame, ginger, garlic, and shallots, asparagus gets a soft-crispy texture that goes great with a bowl of warm rice.

Ingredients:

1 tablespoon sesame oil
1 ½ cups sliced asparagus
1 tablespoon sesame seeds
1 tablespoon grated fresh ginger
1 tablespoon minced garlic
1 tablespoon minced shallot
½ cup bean sprouts
½ cup diced red bell pepper
2 tablespoons fresh lime juice (about 1 lime)
1 tablespoon soy sauce

Directions:

1. Heat sesame oil in wok or skillet over high heat. When hot, add asparagus, sesame seeds, ginger, garlic, and shallot. Cook 1 minute, stirring constantly.
2. Add sprouts and bell pepper and cook 1 minute, stirring. Add lime juice and soy sauce, stir to coat, and serve immediately.