

Sesame-Ginger Asparagus

4 servings

INGREDIENTS

- 1½ lb. thin asparagus
- 1 Tbsp. canola oil
- 1 Tbsp. fresh ginger
- 1 Tbsp. reduced-sodium soy sauce
- ¼ tsp. crushed red pepper
- 1 tsp. sesame seeds
- 1 tsp. Asian sesame oil

DIRECTIONS

1. In 12-inch skillet, heat 1 cup water to boiling over high heat. Add asparagus; heat to boiling. Reduce heat to medium. Cover and cook 4 to 5 minutes or until asparagus is tender-crisp. Drain asparagus in colander, then immediately plunge into large bowl of ice water to stop cooking; drain thoroughly.
2. Carefully wipe skillet dry with paper towels. Add canola oil; heat oil over high heat until hot. Add asparagus, ginger, soy sauce, and crushed red pepper, and cook 1 to 2 minutes or just until asparagus is heated through. Remove skillet from heat; stir in sesame seeds and sesame oil.

