

Side Dish

Gingered Asparagus

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Taste of Home Light & Tasty - April/May 2007

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 15 minutes

2 tablespoons sherry or reduced-sodium chicken broth

1 tablespoon reduced-sodium soy sauce

2 tablespoons sesame oil

1 teaspoon fresh gingerroot, minced

1 teaspoon lemon juice

1 teaspoon rice wine vinegar

1 clove garlic, minced

1 1/4 pounds fresh asparagus, trimmed and cut into 1-inch pieces

In a small bowl, combine the sherry, soy sauce, sesame oil, gingerroot, lemon juice, vinegar and garlic.

Place the asparagus in a shallow 1 1/2-quart microwave-safe dish.

Drizzle with half of the sauce and toss to coat.

Cover the dish and microwave on HIGH for 4 to 6 minutes or until the asparagus is crisp-tender, stirring occasionally.

Drizzle with the remaining sauce.

Serve immediately.

Per Serving (excluding unknown items): 97 Calories; 7g Fat (59.7% calories from fat); 4g Protein; 7g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 153mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.