

Side Dish

Stir-Fried Asparagus with Spicy Orange Sauce

St Lucie News Tribune

1/3 cup orange juice

1 1/2 tablespoons soy sauce

1/2 teaspoon red pepper flakes

1 1/2 pounds asparagus spears, washed and cut into 2-inch pieces

1 tablespoon vegetable oil

3 cloves garlic, minced

1 tablespoon fresh ginger, minced

In a small bowl, mix orange juice, soy sauce and red pepper flakes; set aside.

Heat vegetable oil in a skillet or wok over medium-high heat; add asparagus, stirring while it cooks.

Add garlic and ginger; cook until fragrant.

Add orange sauce; cook for 2 minutes. Remove tender asparagus and place in serving dish.

Turn heat to high and let sauce thicken. Pour sauce over asparagus.

Per Serving (excluding unknown items): 269 Calories; 15g Fat (44.4% calories from fat); 11g Protein; 30g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 1553mg Sodium. Exchanges: 4 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat.