

Stir-Fried Sesame Asparagus with Pickled Ginger

(Makes 6 servings)

(V) – This recipe is a vegan option recipe!

Looking for a quick, easy way to prepare the asparagus that's plentiful in your produce section this spring? This recipe has an Asian taste that marries sweet and sour flavors and makes a perfect side dish to broiled chicken or fish. Select firm, straight stalks with closely closed tips, whether you like pencil-thin or thick stalks. Choose stalks of uniform size for even cooking.

Ingredients:

- 1 teaspoon sesame oil
- 1 shallot, sliced into thin rings
- 1 lb asparagus, tough ends removed, sliced diagonally into 1-inch pieces
- ½ lb shitake mushrooms, stems discarded, thinly sliced
- ⅛ teaspoon crushed red pepper flakes
- 3 tablespoons chopped fresh cilantro
- 2 teaspoons hoisin sauce
- 2 tablespoons finely minced pickled ginger
- 2 tablespoons sesame seeds, toaster

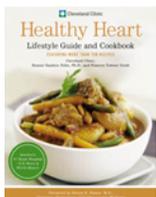
Directions:

- 1) Heat the oil in a nonstick skillet or wok.
- 2) Add the shallot and stir-fry over medium-high heat for 1 minute.
- 3) Add the asparagus and mushrooms and continue to cook, tossing the vegetables constantly, until crisp-tender, about 3 minutes.
- 4) Lower the heat to medium. Add the red pepper flakes, cilantro and hoisin sauce. Stir to mix well.
- 5) Place in a serving bowl. Top with ginger and sesame seeds. Serve immediately.

Nutritional Analysis:

- Calories: 60 (29% calories from fat)
- Total Fat: 2 g
- Saturated Fat: 0 g
- Protein: 3 g
- Carbohydrates: 8 g
- Dietary fiber 3 g
- Cholesterol: 0 mg
- Sodium: 150 mg
- Potassium: 395 mg

Source:



This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.