

Recipes and Suggestions..

Lemon-Sesame Asparagus

Yield: 4 Servings

Ingredients: 1 1/4 pounds fresh asparagus, 2 tbs. rice wine vinegar, 1 tbs. water, 1 tsp. dark sesame oil, 1 tsp. lemon juice, 1 1/2 tsp. sesame seeds, Toasted lemon rind strips - optional

Directions:

1. Snap off tough ends of asparagus.
2. Remove scales if desired.
3. Steam 4 minutes or until crisp tender.
4. Set aside and keep warm.
5. Combine vinegar and next 3 ingredients; stir well.
6. Pour over asparagus; toss gently to coat.
7. Sprinkle with sesame seeds.
8. Garnish with lemon rind, if desired.