



Recipe

ASPARAGUS TOMATO STIR-FRY

- **¾ pound** fresh asparagus
 - **¼ cup** chicken or vegetable broth
 - **1 tablespoon** lite soy sauce
 - **½ teaspoon** ground ginger
 - **1** clove garlic, minced
 - **¼ teaspoon** black pepper
 - **1 teaspoon** cornstarch
 - **4** green onions
 - **2** Roma tomatoes
 - **1½ cups** fresh mushrooms
 - **1 tablespoon** olive oil
- 1. Trim** asparagus and cut into 1 inch pieces.
 - 2. Combine** broth, soy sauce, ginger, garlic, pepper and cornstarch in a small bowl to make sauce.
 - 3. Chop** green onions and tomatoes into ½ inch pieces. **Slice** mushrooms.

- 4. Pour** oil into a wok or large skillet and **preheat** over medium-high heat.
- 5. Add** asparagus and green onions; **stir-fry** 4 minutes.
- 6. Add** mushrooms; **stir-fry** 1 additional minute or until asparagus is tender-crisp.
- 7. Push** vegetables to the outer sides of the wok. **Add** sauce in center, **cook** until thick and bubbly. **Add** tomatoes.
- 8. Stir** well and **heat** through.

Yield: 4, ¾ cup servings.

Nutritional Analysis: 70 calories, 4 g fat, 0.5 g saturated fat, 0 mg cholesterol, 210 mg sodium, 7 g carbohydrate, 2 g fiber, 3 g sugars, 3 g protein.

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