

Asian Asparagus Salad

From the Cooperative Extension Service at the University of Kentucky

Ingredients

- 1 pound fresh asparagus
- 1½ tablespoons low sodium soy sauce
- 2 teaspoons sugar
- 1 tablespoon olive oil
- 2 teaspoons sesame seeds

Directions

1. Snap off and discard the root ends of the asparagus.
2. Wash remaining stalks thoroughly.
3. Slice stalks into 1½ inch lengths on the diagonal.
4. Blanch asparagus for 1–3 minutes on boiling water, until color is bright green.
5. Cool immediately under cold water and drain.
6. Combine soy sauce, sugar, olive oil, and sesame seeds in a small glass bowl. Mix dressing until sugar is dissolved.
7. In a gallon zip-seal bag, add asparagus and dressing. Turn bag to coat asparagus with dressing and chill in refrigerator for 15 minutes. Turn bag again and chill for another 15 minutes before serving.



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Nutrition Information

Servings 4.5
Calories 70
Fat 4.5g
Saturated fat .5g
Sodium 250 mg
Carbohydrates 7g
Fiber 2g
Protein 3g



Substitutions: Asparagus comes in lots of colors. Experiment with a new variety when they are available.



Storage: Once picked, asparagus loses quality quickly (up to three days). Wrap the base of a bunch of asparagus in a moist paper towel, place in a plastic bag and store in the refrigerator. Wash before using.



Tip: For help choosing and preparing asparagus, visit EFNEP Youtube channel at <https://www.youtube.com/watch?v=188vAh83ZU>

To find local farmers' markets in North Carolina, visit myeatSMARTmove.com/FarmersMarkets



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