



Marinated Asparagus

Serves 6

Ingredients:

- 1 ½ lb of fresh asparagus
- 2 tsp sesame oil + 2 tsp canola
- 2 Tbs. tamari sauce
- 1 Tbsp brown sugar (or to taste)
- 1 Tbsp toasted sesame seeds and/or 2 Tbsp of slivered roasted bell pepper, yellow or red.

Instructions

Snap off the ends opposite the tips of the asparagus. Unless the stalks are the pencil thin*, I peel the stems with a veggie peeler (if thin, you can omit peeling), put in large deep sauté pan with an inch of water. (My sauté pan is 11 inches in diameter.) Bring to a boil, and lower to medium heat for 5-7 minutes until the asparagus is bright green and barely tender when pierced with a fork. Remove the stalks of asparagus and put into ice water and let sit for 5 minutes.

This stops the cooking and quickly cools the vegetable. Place the stalks onto a dry dishtowel, making sure the water is absorbed, and then put in a sealed bag or container.

Mix the rest of the ingredients into a small jar and taste for sweetness. I often make a double batch of the dressing which keeps for a couple of months refrigerated. When using it for this recipe, it takes very, very little dressing. Roll the asparagus in the dressing right before serving or the dressing will make the asparagus turn a much less vibrant color.

To serve, roll the asparagus in a small amount of dressing. Place on a serving platter and top with toasted sesame seeds. I usually garnish this with slivers of roasted red and yellow pepper.