

Asparagus-Snap Pea Stir-Fry



Makes six 2/3-cup servings

Ingredients:

- 1 pound asparagus spears
- 1 Tbsp. vegetable oil (try canola or grape seed oil)
- 2 tsp. grated fresh ginger
- 2 cloves garlic, minced (or use 1 tsp. minced garlic in a jar)
- 1 medium red onion, cut into thin wedges
- 1 medium red sweet pepper, stemmed, seeded and cut into 1-inch pieces
- 2 cups fresh sugar snap pea pods or frozen sugar snap pea pods
- 1 Tbsp. sesame seeds
- 2 Tbsp. reduced-sodium soy sauce
- 2 Tbsp. rice vinegar (can substitute white wine vinegar)
- 1 Tbsp. packed brown sugar
- 1 tsp. toasted sesame oil
- 1-2 fresh orange wedges

Directions:

1. Snap off and discard woody bases from asparagus. If desired, scrape off scales. Bias-slice (cut at an angle) asparagus into 2-inch pieces (you should have about 3 cups).
2. In a wok or large skillet, heat vegetable oil over medium-high heat. Add ginger and garlic; cook and stir 15 seconds. Add asparagus, onion and sweet pepper; cook and stir 3 minutes. Add pea pods and sesame seeds; cook and stir 3 to 4 minutes more or until vegetables are crisp-tender.
3. Add soy sauce, rice vinegar, brown sugar and sesame oil to vegetable mixture; toss to coat.
4. Add a squeeze of each orange wedge and mix in right before serving. If desired, serve with a slotted spoon.

Nutritional facts per 2/3-cup serving:

Calories: 87 • Fat: 4g • Sodium: 188mg • Carbohydrates: 10g • Dietary Fiber: 3g • Protein: 3g

Source: *Diabetic Living Magazine* and www.eatingwell.com