

Asian Asparagus-and-Orange Salad

SOURCE: Cooking Light, APRIL 1999

INGREDIENTS:

2 oranges
1 TBS vegetable oil
6 C (2") diagonally sliced asparagus (about 2 lbs)
1 garlic clove, thinly sliced
2 tsp low-sodium soy sauce
1/4 tsp dark sesame oil
1 TBS sesame seeds, toasted
Napa (Chinese) cabbage leaves (optional)

DIRECTIONS:

Peel and section oranges over a bowl, reserving 1 tsp juice - set sections aside - discard membranes. Heat vegetable oil in large skillet over medium-high heat - add asparagus + garlic - sauté 5 minutes and remove from pan. Combine soy sauce + sesame oil - pour over asparagus mixture, tossing well - cool to room temperature - stir in sesame seeds, orange sections + 1 tsp juice. Serve on cabbage leaves, if desired.

Yield: 10 servings (serving size: 1/2 C)

NUTRITION PER SERVING: CALORIES 46 (41% from fat); FAT 2.1g (sat 0.4g, mono 0.6g, poly 1g); PROTEIN 2.2g; CARB 6.2g; FIBER 2.5g; CHOL 0.0mg; IRON 0.9mg; SODIUM 34mg; CALC 34mg; FOLATE 110mg