

STIR-FRIED ASPARAGUS

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

1/2 C low-sodium chicken broth
2 tsp reduced-sodium soy sauce
1 tsp cornstarch
1/2 tsp sugar
1 tsp vegetable oil
1/2 lb asparagus, cut into 1/2" diagonal pieces
1/2 carrot, thinly sliced

DIRECTIONS:

In small bowl, combine broth, soy sauce, cornstarch & sugar, stirring to dissolve cornstarch & sugar.

In large nonstick skillet over high heat, heat oil - sauté asparagus till bright green (about 2 minutes). Add broth mixture & carrot - cook, stirring constantly, till asparagus is tender & sauce is thickened (about 3 minutes). Serve.

Makes 4 servings

(per serving: 43 calories; 1g total fat; 0g saturated fat; 0mg cholesterol; 111mg sodium, 6g total carbohydrates; 1g dietary fiber; 3g protein, 23mg calcium - WW points per serving: 1)