

Preventing Women's Heart Disease Through Education



CAROL For Heart

Roasted, Toasted Asparagus

Servings: 4; 4 ounces per serving

Preparation: 10 minutes

Cooking time: 4 minutes

Roasting the Asparagus intensifies its natural flavor and sweetness and the toasted sesame oil adds a subtle nuttiness. You can serve this dish warm or at room temperature, which makes it a natural for a buffet.

Vegetable oil spray

1 pound fresh Asparagus (16 to 20 medium spears)

2 teaspoons toasted sesame oil

1/8 teaspoon salt

- Preheat broiler
- Line a baking sheet with aluminum foil. Spray foil with vegetable oil spray.
- Trim about 1 inch from bottom of asparagus. Dry thoroughly with paper towels.
- Place asparagus in a single layer on baking sheet.
- Lightly spray asparagus with vegetable oil spray.
- Broil about 4 inches from heat for 4 minutes, or just until asparagus is tender-crisp and a few brown spots appear.
- Remove from broiler.
- Using a pastry brush, brush sesame oil over asparagus and sprinkle with salt.

Cook's tip on Asparagus

To trim asparagus, hold the cut end of a spear. Bend it gently until you feel where the tough part of the spear begins, often about 1 inch from bottom. Snap the spear at that point, discarding tough end. A rule of thumb is that the thinner the asparagus, the tenderer it will be. If you peel the thicker stalks, they'll also be tender.

Per Serving: Calories 32; Protein 1g; Carbohydrates 2g; Cholesterol 0mg; Total fat 2g; Saturated fat 0g; Polyunsaturated fat --; Monounsaturated fat --; Fiber 1g; Sodium 77mg

Recipe courtesy of: Denis Chiappa • Carlow Cookery • www.carlowcookery.com

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