

## Sesame Asparagus

Bon Appétit | April 1996

Here's a simple, colorful side dish.

**Yield:** Serves 4

### ingredients

1 pound fresh asparagus, ends trimmed, each stalk cut diagonally into thirds

1/2 teaspoon vegetable oil

1/2 cup finely diced red bell pepper

1 tablespoon low-sodium soy sauce

1/2 teaspoon oriental sesame oil

2 teaspoons sesame seeds, toasted

### preparation

Cook asparagus in large pot of boiling salted water until crisp-tender, about 3 minutes. Drain. Rinse asparagus under cold water. Drain well. (Can be made 1 day ahead. Wrap in paper towels and chill.)

Heat vegetable oil in large nonstick skillet over medium-high heat. Add bell pepper and stir 1 minute. Add asparagus and sauté until heated through, about 2 minutes. Add soy sauce and sesame oil; toss until asparagus and bell pepper are coated, about 1 minute. Transfer to platter. Sprinkle with sesame seeds.

### nutritional information

Per serving: calories, 50; total fat, 2 g; saturated fat, 0; cholesterol, 0

*Nutritional analysis provided by Bon Appétit*