

Asparagus Cashew Stir-Fry Recipe

Ingredients

- 1-pound fresh asparagus, trimmed and cut into 1-inch pieces
- 1/2 cup chopped green onions
- 1/2 cup chopped sweet red pepper
- 1 teaspoon canola oil
- 1 garlic clove, minced
- 2 tablespoons corn-starch
- 1-1/2 cups vegetable broth
- 3 tablespoons reduced-sodium soy sauce
- 1/4 teaspoon ground ginger
- 1/2 cup lightly salted cashews
- 1 teaspoon sesame oil
- 4 cups hot cooked brown rice



Directions

- In a large non-stick skillet, saute the asparagus, onions and red pepper in oil until tender. Add garlic; cook 1 minute longer. Combine the corn-starch, broth, soy sauce and ginger until blended; gradually stir into the skillet. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Reduce heat; add cashews and sesame oil. Cook 2 minutes longer or until heated through. Serve with rice.