

Asparagus & Snow Pea Stir-Fry

Ingredients

- 1 lb Asparagus Spears
- 1 T Cooking Oil
- 2 T Fresh Ginger (grated)
- 2 Cloves Garlic (minced)
- 1 Medium Red Onion (cut into thick wedges)
- 1 Medium Red Pepper (cut into 1" pieces)
- 2 c Sugar Snap Peas (fresh or frozen)
- 1 T Sesame Seeds
- 2 T Soy Sauce
- 2 T Rice Vinegar
- 1 T Brown Sugar (packed)
- 1 t Toasted Sesame Oil

Instructions

- Snap off and discard woody bases from asparagus. Bias-slice asparagus into 2-inch pieces.
- In a wok or large skillet, heat oil over medium-high heat. Add ginger and garlic; cook and stir for 15 seconds. Add asparagus, onion, and sweet pepper; cook and stir for 3 minutes. Add sugar snap peas and sesame seeds; cook and stir for 3 to 4 minutes or until vegetables are crisp-tender.
- Add soy sauce, rice vinegar, brown sugar, and sesame oil to vegetable mixture; toss to coat.