



# Recipes

---

## ORIENTAL ASPARAGUS SALAD

- |   |                                      |
|---|--------------------------------------|
| 3 cups (750 mL) diagonally sliced asparagus | 1 tbsp (15 mL) oil                   |
| 2 tbsp (25 mL) soy sauce                    | 2 tsp (10 mL) sesame oil             |
| 1/4 tsp (1 mL) sugar                        | 1 tbsp (15 mL) sesame seeds, toasted |
| 1/8 tsp (0.5 mL) red pepper flakes          |                                      |

Cook asparagus in boiling salted water for 2 minutes; drain. Cool immediately in ice water; drain. Pat asparagus dry with paper towels. To prepare dressing, whisk together soy sauce, sugar and red pepper flakes until combined. Gradually whisk in oil and sesame oil until blended. Place asparagus in a bowl. Add dressing and toss to combine. Sprinkle with sesame seeds. Serves 3 - 4.