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Asparagus Tomato Stir Fry

Ingredients:

- ¾ lb. fresh asparagus
- ¼ cup chicken or vegetable broth
- 1 tbsp. light soy sauce
- ½ tsp. ground ginger
- 1 clove garlic, minced
- ¼ tsp. black pepper
- 1 tsp. cornstarch
- 4 green onions
- 2 roma tomatoes
- 1 1/2 cups fresh mushrooms
- 1 tablespoon olive oil

Makes 4 servings

Instructions:

1. Trim asparagus and cut into 1 inch pieces.
2. Combine broth, soy sauce, ginger, garlic, pepper and cornstarch in a small bowl to make sauce.
3. Chop green onions and tomatoes into 1/2 inch pieces.
4. Slice mushrooms.
5. Pour oil into a wok or large skillet and preheat over medium-high heat.
6. Add asparagus and green onions; stir-fry 4 minutes.
7. Add mushrooms; stir-fry 1 additional minute or until asparagus is tender-crisp.
8. Add sauce (if using wok, push vegetables to the outer sides). Cook until thick and bubbly.
9. Add tomatoes.
10. Stir well and heat through.

Source: Adapted from University of Kentucky Cooperative Extension

Nutrition Facts	
4 servings per container	
Serving size	3/4 cup
Amount Per Serving	
Calories	70
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 95mcg	480%
Calcium 40mg	4%
Iron 3mg	15%
Potassium 450mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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