

Lemony Asparagus



Ingredients

- 1 bunch fresh asparagus
- 2 cloves fresh garlic, sliced thin
- 1 tbsp toasted sesame oil
- 1 squeeze lemongrass paste - about 1/2 tsp
- 1 tsp fresh lemon juice
- 1 shake crushed red pepper flakes
- Salt and lots of freshly ground pepper
- 1 tbsp finely chopped roasted cashews

Directions

Clean and trim the bottom 1/4 of a bunch of fresh asparagus. Cut each stalk thinly on the bias. Heat oil on medium in a flat-bottomed pan. Add asparagus and stir to coat. Add garlic, cook for a minute or so to toss. Add lemongrass paste, salt and pepper and pepper flakes. Toss together. Squeeze lemon juice. Cook until crisp-tender. Add chopped cashews and enjoy!

Asparagus is a great source of fiber, as well as vitamins A, C and K, and is an awesome blood-sugar stabilizer. Enjoy this dish alone or with your favorite Asian-inspired meal.