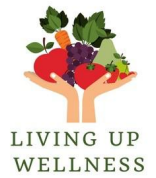


Roasted Sesame Asparagus



Course: Side Dish
Categories: Vegetable
Source: www.livingupwell.com

Serving size: 4 servings 8 spears of Asparagus
Preparation time: 5 mins
Cooking time: 10 mins

Ingredients

2 pounds asparagus (1 bunch)
3 tablespoons dark sesame oil
1 tablespoon Braggs Aminos
1 tablespoon minced garlic
1 teaspoon fresh ginger
3 tablespoons sesame seeds
Parchment paper

Directions

Prep:

In small bowl, whisk together: 1 tbsp. Braggs Aminos, 3 tbsp. sesame seed oil, 1 tbsp. sesame seeds, 1 tbsp. minced garlic and 1 tsp ginger. Cover, label and store in refrigerator.

Prepare:

Preheat oven to 450 F.

1. Cut 1/2 inch of the woody ends off 2 lbs. asparagus using a knife or scissors.
2. Place asparagus in a single layer on a cookie sheet covered with parchment paper. Pour sesame ginger sauce and mixed to coat all asparagus (You may have to whisk sauce again if it has separated).
3. Cook on bottom rack for 8-10 minutes, until asparagus bends downward in a u-shape when picked up from the middle. Remove from heat. Taste, season with s&p if needed.