

Asparagus

(from Heidi Silvia)

1 1/2 lb Asparagus
1/4 tsp Salt (at maximum!!!)
2 tsp Sugar (or Splenda)
1/4 tsp Soy sauce
3 drops Sesame oil

PREPARE ASPARAGUS:

Snap off tough ends of asparagus & discard. (Stems will naturally break where tender part begins.) Cut tips diagonally into pieces about 2-1/2 in. long.

BLANCH ASPARAGUS:

Bring large pot of water to boiling. Place asparagus in boiling water. Boil 2-3 minutes (until asparagus becomes bright green). (Asparagus should be slightly crisp and not mushy.) Drain, rinse in cold water & drain again.

FINISH:

Sprinkle with salt, sugar, soy sauce & sesame oil. Stir to blend seasonings. Serve immediately or refrigerate in covered container. When chilled, taste again & adjust seasoning if necessary. Serve cold.