

Asparagus with Lemon Ginger Dressing

Summary

Yield	Servings
Source	wailana
Prep time	15 minutes
Cooking time	30 minutes
Total time	45 minutes

Description

Fresh, simple, and nutritious, this beautiful dish is one of my favorites. With its diuretic and mild laxative action, asparagus is a wonderful vegetable for detoxifying your body. It is also calming to your nerves.

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Ingredients

1 bn
Large bunch of asparagus

--Sauce:

1 Tbsp
toasted sesame oil
2 Tbsp
Fresh ginger, peeled and minced
1 tspn
Lemon juice
2 tspn
fresh ginger juice*
2 Tbsp
Soy sauce
1 tspn
Granulated fructose or raw sugar
1 c
Water
2 Tbsp
Cornstarch mixed with...
2 Tbsp
Water

Instructions

1. Wash the asparagus well as directed above.** Steam or boil for 6-10 minutes, or until just tender and still bright green. Arrange on a serving plate with the tips facing the same way.
2. Heat the sesame oil in a small saucepan and sauté the ginger until light golden. Add the remaining ingredients except the cornstarch mixture. Bring to a boil and thicken with the cornstarch mixture. Remove from the heat and drizzle the sauce over the asparagus immediately.

Notes

*To make fresh ginger juice, simply grate some fresh ginger, then manually squeeze the pulp.

**Asparagus can sometimes be very sandy and gritty-tasting, so here are a few tips for preparing it. Soak first in warm water for about 10-15 minutes. Wash each stalk separately under running water and check for bad spots and grit. Cut off the small ears that run up the sides if you find a lot of grit hiding there. Trim the bottom of each spear, usually the last inch or so, and cook as directed.

Nutritional Information Per Serving:

Calories: 98, Fat 3.6g (32 cal), Carbohydrate 12.3g (49 cal), Protein 4.1g (17 cal)

Added information: Saturated Fat 0.1g, Cholesterol 0mg, Sodium 506mg, Dietary Fiber 3g

Source URL: <http://www.wailana.com/lifestyle/recipe/asparagus-lemon-ginger-dressing>