5 A Day Recipes

Side Dishes

Sesame Grilled Asparagus

Serves 4

Provides 1 vegetable serving per person

It's wonderful to grill asparagus when it's at its prime in the early spring, and give it an Asian twist. Here's how. Preheat the barbecue to 400°. Snap the ends off of about 8 stalks of asparagus per person. Brush with a mixture of soy sauce, rice vinegar, sugar, toasted sesame oil and a pinch of dried chiles. You should do this ahead of time so it can marinate for at least 15 minutes. Lay the asparagus directly on the barbecue grill and cook for about 10 minutes or until tender. Toast a few sesame seeds to sprinkle on top when it's ready to serve, and you have asparagus that's thrilled to be grilled.

1. Preheat the barbecue to about 400°. Wash the asparagus and snap off the tough ends. It will break at the place it starts to get tough and stringy.

2. Combine the soy sauce, vinegar, sugar, sesame oil and chiles. Brush on the asparagus and marinate at least 15 minutes. Lay on the grill and cook, turning once until tender, up to 10 minutes.

3. Serve sprinkled with the sesame seeds.

Nutritional Analysis per serving:

39 calories
1 g fat
29% calories from fat
0 g saturated fat
0% calories from saturated fat
5 g carbohydrates
250 mg sodium
3 g dietary fiber