

# **SESAME ROASTED ASPARAGUS**

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**Makes 4 servings.**

From "The Roasted Vegetable" by Andrea Chesman  
(Harvard Common Press, \$12.95).

## **Oil for baking sheet**

**2 tablespoons oyster sauce**

**2 tablespoons rice wine or dry sherry**

**1 tablespoon toasted sesame oil**

**1 tablespoon peanut oil**

**1 pound asparagus (12 to 16 medium-thick  
spears), cleaned, bottoms trimmed**

**2 tablespoons sesame seeds**

■ Preheat the oven to 400 degrees. Lightly oil a large, shallow roasting or half-sheet pan.

■ In a small bowl, combine the oyster sauce, rice wine, sesame and peanut oil. Arrange the asparagus in a single layer in the pan. Pour the sauce over the asparagus and roll it to coat evenly.

■ Roast 10 minutes. Shake the pan, sprinkle with the sesame seeds and roast an additional 5 minutes, until the asparagus is tender and lightly browned. Remove from oven and serve hot.

## **NUTRIENTS:**

■ *Per serving: 112 calories, 75 percent calories from fat, 4 grams protein, 6 grams carbohydrates, 9 grams fat, 0 milligrams cholesterol, 67 milligrams sodium, 2 grams dietary fiber, 1 gram saturated fat.*