

Cold Asparagus with a Chinese Dressing

From – Madhur Jaffery's *World Vegetarian*

1 pound asparagus, cut into thirds at a slight diagonal
4 tsp soy sauce
1 tsp sugar
1 tsp dry sherry
2 tsp red wine vinegar
1 tsp oriental sesame oil
1 garlic clove, lightly crushed and peeled but left whole

- Bring a large pot of water to a rolling boil. Drop in the asparagus for just 1 minute. Drain and run under cold water. Drain again. Leave in a colander.
- Mix all the remaining ingredients together and set aside.
- Just before serving, put the asparagus into a bowl. Remove the garlic from the dressing, stir, and pour it over the asparagus.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com