

## Asparagus with Warm Vinaigrette



**Prep Time:** 15 minutes

**Cook Time:** 10 minutes

### Ingredients:

- 1 lb. asparagus, spears, tips, fresh, 2" long or less (or frozen)
- ¾ tsp. cornstarch
- 1 pinch garlic powder
- 1 pinch ground ginger
- 1/3 juice drink, apricot nectar, ready to drink, can (1/2 of a 5 ½ ounce can)
- 1 tbsp. white wine vinegar

### Directions:

1. For fresh asparagus, snap off, and discard the woody bases of asparagus. If desired, use a vegetable peeler to scrap off scales.
2. Cook, covered, in a small amount of boiling water for 3-5 minutes or until crisp-tender. (Cook frozen asparagus according to package directions.) Drain.
3. Meanwhile, for vinaigrette, in a small saucepan combine the cornstarch, garlic powder, and ginger. Stir in apricot nectar.
4. Cook and stir over medium heat until mixture is thickened and bubbly. Cook and stir for 2 minutes more.
5. Remove saucepan from heat; stir in vinegar. Pour over cooked asparagus; toss gently to coat.

### Nutrition Facts

Makes 4 servings

Amount per serving:

<b>Calories</b>	11.2
<b>Total Carbs</b>	2.6 g
<b>Dietary Fiber</b>	0.2 g
<b>Sugars</b>	1.7 g
<b>Total Fat</b>	0 g
<b>Saturated Fat</b>	0 g
<b>Unsaturated Fat</b>	0 g
<b>Potassium</b>	8.1 mg
<b>Protein</b>	0.2 g
<b>Sodium</b>	1 mg