



Jackie Newgent's Spring Asparagus Stir-Fry with Tofu and Veggie Fried Rice

FRESH PRODUCE

- Asparagus - 2 lb.
- Carrot - ¾ cup
- Garlic - 2 large cloves
- Gingerroot, fresh - 1 tsp. + 1 Tbsp. grated
- Mung bean sprouts, fresh - 1 cup
- Scallions - 3

BREAD AND GRAINS

- Brown rice, basmati or long-grain - 2 cups cooked

DAIRY AND EGGS

- Egg - 1 large

CONDIMENTS, SEASONING, AND BAKING NEEDS

- Asian garlic-chili sauce - 1 tsp.
- Honey or coconut nectar - 1 Tbsp.
- Sea salt - ⅛ tsp.
- Sesame seeds, roasted or toasted - 1 tsp.
- Soy sauce, naturally brewed, reduced sodium - 3½ Tbsp.
- Toasted sesame oil - 3 Tbsp.

MISCELLANEOUS

- Extra-firm tofu - 2 cups cubed (to serve 4)
- Peas, frozen - ½ cup



½ plate **Spring Asparagus Stir-Fry**
(1 serving)

¼ plate **Veggie Fried Brown Rice**
(1 serving)

¼ plate **½ cup cubed extra-firm
tofu, lightly browned in
1 tsp. sesame oil**

YOUR PLATE NUTRITION

Choices

Starch 1.5, Nonstarchy Vegetable 3,
Medium-Fat Protein 2, Fat 2

Calories	425
Calories from Fat	190
Total Fat	21 g
Saturated Fat	2.3 g
Trans Fat	0 g
Cholesterol	45 mg
Sodium	700 mg
Potassium	685 mg
Total Carbohydrate	43 g
Dietary Fiber	7 g
Sugars	11 g
Protein	21 g
Phosphorus	395 mg



SPRING ASPARAGUS STIR-FRY

Try white or purple asparagus, not just the usual green variety, when you can find them. Whichever color you choose, you'll find with this recipe that stir-fries are ideal for sides, not just entrées. Try pairing this sweet-n-salty asparagus stir-fry with an orange- and ginger-accented roasted or grilled salmon, chicken, or organic tofu entrée and steamed brown basmati rice. Oh, so good—and good for you.

Makes: 4 servings

Serving Size: 1 rounded cup

Preparation Time: 10 minutes

Cooking Time: 7 minutes

INGREDIENTS

- 2 Tbsp.** naturally brewed, reduced-sodium soy sauce
- 1 Tbsp.** honey or coconut nectar
- 2 tsp.** toasted sesame oil
- 2 large** cloves garlic, minced
- 1 tsp.** grated fresh gingerroot
- 2 lbs.** asparagus, ends trimmed, cut on diagonal into 2-inch-long pieces
- ½ tsp.** sea salt
- 1 tsp.** sesame seeds, roasted or toasted

DIRECTIONS

- 1.** Stir together the soy sauce and honey in a small bowl and set aside.
- 2.** Heat the oil in a large skillet or wok over medium-high heat. (Reduce the heat if the oil begins to smoke.) Add the garlic and ginger and sauté until fragrant, about 30 seconds.
- 3.** Add the thick-stemmed asparagus pieces and stir-fry for 1 minute. Add the thin-stemmed asparagus pieces and stir-fry for 1 minute. Add the asparagus tips and stir-fry until tender-crisp, about 2 minutes.
- 4.** Add the soy sauce-honey mixture and cook while tossing to fully coat the asparagus, about 1 minute. Sprinkle with the sea salt. Transfer the asparagus with any remaining sauce to a serving bowl, sprinkle with the sesame seeds, and serve.

PER SERVING

Spring Asparagus Stir-Fry

Makes: 4 servings

Serving Size: 1 rounded cup

Calories	70
Total Fat	3 g
Saturated Fat	0 g
Trans Fat	0 g
Carbohydrate	10 g
Fiber	2 g
Sugars	6 g
Cholesterol	0 mg
Sodium	350 mg
Potassium	280 mg
Protein	3 g
Phosphorus	75 mg

Choices: Vegetable 1.5, Fat 0.5

(Continued)



RECIPE



(Continued)

VEGGIE FRIED BROWN RICE

Fried rice from your local Chinese carryout—filled with excess sodium and fat—can be a diabetes-meal plan disaster. But there's no need to forgo this "fried" side. This recipe is naturally healthful and flavorful since it starts with whole-grain rice and is surprisingly full of veggies. If you like, add an extra whammy of nutritional goodness and flavor intrigue by garnishing with fresh herbs, such as fresh cilantro or Thai basil.

Makes: 4 servings

Serving Size: $\frac{3}{4}$ cup

Preparation Time: 15 minutes

Cooking Time: 6 minutes

(when using precooked rice)

INGREDIENTS

- 1 Tbsp.** toasted sesame oil
- 3** scallions, green and white parts, thinly sliced
- 1 Tbsp.** grated fresh ginger root
- 1 cup** fresh mung bean sprouts
- $\frac{3}{4}$ cup** shredded carrot
- 2** cups cooked brown basmati or long-grain brown rice, chilled
- $\frac{1}{2}$ cup** frozen peas
- $1\frac{1}{2}$ Tbsp.** naturally brewed, reduced-sodium soy sauce
- 1 tsp.** Asian garlic-chili sauce
- 1 large** egg, lightly beaten

DIRECTIONS

- 1.** Heat the oil in a large nonstick skillet or wok over medium-high heat. Stir-fry the scallions and ginger for 1 minute. Add the sprouts and carrot and stir-fry for 1 minute. Add the chilled rice, frozen peas, soy sauce, and chili sauce and stir-fry until the rice and peas are heated through, about 2 minutes.
- 2.** Slowly stir the egg into the rice and cook until the egg is scrambled into small pieces and begins to brown.
- 3.** Serve immediately in bowls or your own takeout containers.

PER SERVING

Veggie Fried Brown Rice

Makes: 4 servings

Serving Size: $\frac{3}{4}$ cup

Calories	200
Total Fat	6 g
Saturated Fat	1 g
Trans Fat	0 g
Carbohydrate	30 g
Fiber	4 g
Sugars	4 g
Cholesterol	45 mg
Sodium	340 mg
Potassium	240 mg
Protein	6 g
Phosphorus	150 mg

Choices: Starch 1.5, Nonstarchy Vegetable 1, Fat 1