



Awesome Asparagus! Easy to fix & full of flavor...

- from Denise's Kitchen

Ingredients:

2 bunches of organic asparagus, rinsed & trimmed
Healthy cooking spray
Sea salt & pepper to taste
4 tbsp healthy margarine (i.e. Earth Balance)
2 tbsp organic tamari sauce (i.e. San-J)
2 tsp organic vinegar

Directions:

Preheat oven to 400 degrees. Arrange your asparagus on a baking sheet. Coat with the cooking spray & sprinkle with sea salt & pepper. Bake in the oven for approximately 20 minutes until just tender. Melt the margarine in a saucepan, and then stir in the tamari sauce & vinegar. Remove from heat & pour over the asparagus before serving. This goes well over your favorite (organic, non-GMO) rice, allowing the sauce to blend with the rice. Good stuff!