

Treat yourself to fresh asparagus and celebrate a spring vegetable that full of vitamins A, B and C plus iron and potassium. It's been a delicacy since ancient times, when the Greeks and Romans cultivated it. Today's Spargel Fest in Germany and asparagus festivals in Michigan and California, to name a few, are annual rites of spring. This recipe uses Asian flavors with a spritz of lemon to add zing.

### **Asparagus with Lemon-Soy Sauce**

1 1/4 lbs. thin asparagus stalks, ends trimmed and cut diagonally into 1 1/2-inch lengths  
8 whole scallions, trimmed to include a little green  
1 Tbsp. canola oil  
1/4 tsp. fresh ginger, minced  
5 scallions, trimmed to include a little green, minced and divided in 2 batches  
1/2 cup fat-free, reduced-sodium chicken broth  
1 Tbsp. rice vinegar  
1 tsp. reduced-sodium soy sauce  
1/2 tsp. sugar  
Freshly ground-black pepper  
1 tsp. lemon juice, or to taste

Steam asparagus and the whole scallions in a steam basket over boiling water (or in the microwave, with a small amount of water) until crisp-tender, about 5 minutes. Rinse under running cold water to stop the cooking and set color. Drain and cool.

To make the dressing, heat oil in a small saucepan over medium-high heat. Add ginger and stir until it begins to color. Add half the minced scallions and cook a few seconds. Add broth, vinegar, soy sauce and sugar. Set aside.

Just before serving, place the remaining minced scallions in a large bowl. Add steamed asparagus and scallions. Bring the dressing to a boil over medium-high heat. Let boil 30 seconds. Gradually stir in pepper and lemon juice, tasting, to achieve an appealing tart and peppery flavor. Toss the vegetables with the dressing.