

Asparagus Stir-Fry

Yield: 3 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-round-spinach-recipe>

Ingredients:

- toasted sesame oil
- 8 ounces extra firm tofu cut into slices thick as a pencil
- 4 green onions thinly sliced
- 1 tablespoon ginger freshly grated, peeled
- 1/2 teaspoon crushed red pepper flakes
- 1/2 asparagus a bunch of, trimmed and cut into 1-inch pieces
- 1 pinch fine grain sea salt
- 3 cloves garlic chopped
- 1 toasted cashews big handful of, chopped up a bit
- 3 handfuls spinach or chopped kale, or chopped chard
- 1 lime
- 2 tablespoons hoisin sauce
- 1 handful fresh mint slivered
- 1 handful fresh basil slivered

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 16 grams
3. Fat: 7 grams
4. Fiber: 5 grams
5. Protein: 14 grams
6. SaturatedFat: 1 grams
7. Sodium: 300 milligrams
8. Sugar: 4 grams

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