

Spicy Asparagus with Red Peppers (makes 4 servings)

1 lb Fresh Asparagus
1 med Fresh Red Pepper, diced
1 tsp Fresh Garlic, minced
1 tsp Balsamic Vinegar
1/8 tsp Cayenne Pepper, ground
1/8 tsp Black Pepper

Wash and gently shake water off asparagus. Remove hard ends with a sharp knife. Place in a microwavable pan with tips overlapping in the center. Sprinkle diced red peppers over asparagus. Cover pan with vented plastic wrap or waxed paper. Microwave on high for about 6 min, until tender-crisp. Let sit 2 min. Place in a serving dish and add all other ingredients. Toss gently to mix.

Nutrition per serving: 35 Calories; 4 gm Protein; 7 gm Carbohydrates; 0 gm Fat; 0 Cholesterol; 1 gm Fiber; 3 mg Sodium