

Asparagus Stir-Fried with Mushrooms 4 Servings

- ½ pound asparagus
- 1 teaspoon vegetable or chicken bouillon granules
- 1 Tablespoon oyster sauce, if you wish
- 1 Tablespoon cornstarch
- ½ cup cold water
- 1 Tablespoon oil
- 1 clove garlic, minced
- 1/4 pound fresh mushrooms, sliced
- ¼ cup onion, chopped



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1. Clean the asparagus and trim hard ends. Cut into shorter lengths if you wish.
2. In a separate bowl, mix bouillon, oyster sauce, cornstarch and water.
3. Heat oil in a fry pan over medium-high heat. Add the garlic and brown it.
4. Add the asparagus, mushrooms and onions all at once. Stir fry until asparagus is crisp tender.
5. Add sauce mixture. Stir and heat until thickened. Serve hot.



Recipe adapted from Veggie Bites, Jennifer Blazek,
Dane County UW-Extension

University of WI, U.S. Dept. of Agriculture and WI counties cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA.



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