

Chili Almond Asparagus

Asparagus is a member of the Lily family. It's a nutrient-dense food high in folic acid and a good source of potassium, fiber, vitamin B6, A, C, and thiamin. A perfect compliment to any spring lunch or dinner, this delicious dish is best served hot or warm. Asparagus should be cooked through and tender, but not mushy.

Ingredients:

¼ cup sliced almonds
1 Tbs. vegetable stock powder
2 tsp. red chili flakes
1 lb. asparagus spears, trimmed
2 carrots, peeled
2 tsp. peanut oil (or any kind you like)
1 tsp. toasted sesame oil (or any other kind)
fresh zest and juice of 1 lemon



Directions:

1. Roughly crush almonds so that most are ground fairly fine, but there are some larger pieces left; mix together ½ of the almonds, vegetable stock powder, and chili flakes.
2. Trim carrots to the same length, roughly, as the asparagus spears; half carrots lengthwise, then quarter them, and continue cutting each piece lengthwise until you have lots of long, flexible, thin strips of carrots.
3. In a large bowl, toss carrots and asparagus spears in the oils; sprinkle almond seasoning over **them and toss well, making sure the coating sticks to the veggies.**
4. Arrange veggies in one layer on a parchment covered baking sheet; if there is any seasoning left in the bowl, scrape it onto veggies.
5. Bake at 450° F for about 5 minutes or until veggies are tender; finish under the broiler for a few minutes until brown and crisp in places (watch it – it'll burn easily).
6. Top with the remaining almond pieces, lemon zest, and season with a dash of lemon juice.

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