



## ASPARAGUS PASTA STIR-FRY

1 pound fresh asparagus, trimmed  
½ cup sliced onion  
1 Tablespoon soy sauce  
1 clove garlic, minced  
1 teaspoon ginger root  
½ teaspoon Worcestershire  
¼ teaspoon crushed red pepper  
6 ounces low protein spaghetti, cooked and drained

- Diagonally slice asparagus into 1 ½ to 2 inch pieces.
- Stir-fry asparagus and onion until crisp-tender.
- Add seasonings and mix well.
- Add cooked pasta and stir-fry until thoroughly heated and evenly mixed.

This recipe makes 12 servings

Per serving: 30 mg phe

Per recipe: 363 mg phe



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