



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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