



Asparagus and Shiitake Stir Fry

MyPlate2Yours - Lynn Dugan

Ingredients

1 tablespoon dark sesame oil
1 bunch asparagus, trimmed of tough ends and sliced into 1-1/2 inch pieces
8 ounces fresh shiitake mushrooms, trimmed and sliced into 1/2 inch pieces
1 tablespoon sesame seeds

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