

## Fligner's Easy Sesame Asparagus

"Asparagus is steamed and then tossed with olive oil, kosher salt and toasted sesame seeds."

Original recipe yield: 4 servings.

Prep Time: 2 Minutes

Cook Time: 10 Minutes

Ready In: 12 Minutes

Servings: 4

### INGREDIENTS:

1 bunch fresh asparagus, trimmed  
1 tablespoon olive oil  
2 tablespoons black sesame seeds, lightly toasted  
- kosher salt to taste

### Directions

1. Fill a large saucepan with 1/2 inch of water and bring to a boil. Cook asparagus until tender-crisp, about 5 minutes.
2. Drain, then rinse with cold water.
3. Return pan to the stove over medium heat, pour in oil, and swirl around pan.
4. Shake excess water off of the asparagus, and toss in oil with sesame seeds, and salt to reheat.

Tip: To toast sesame seeds, toss them in a heavy bottomed skillet over medium heat until they are fragrant.