

## Vegetables Sesame

Serves 4

### *Ingredients:*

- 1 pound brussels sprouts *or* asparagus *or* broccoli
- 1 Tablespoon oil
- 1 Tablespoon vinegar
- 1 Tablespoon soy sauce
- 2 teaspoons sugar
- 1 Tablespoon sesame seeds

May use the vegetable of your choice

### *Directions:*

1. Cook brussels sprouts, asparagus or broccoli in microwave until crisp tender.
2. In microwave safe bowl, mix oil, vinegar, soy sauce, sugar and sesame seeds. Heat for 1 ½ minutes until sugar dissolves.
3. Pour on top of cooked vegetables, toss and serve hot.



Recipe from UW-Extension Eau Claire County



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