

## **Baked Asparagus with Balsamic Sauce**

Journal as: 1 cup vegetables without added fat

1 bunch fresh asparagus, white ends trimmed off (the bunch should weigh about 1 pound)

Canola cooking spray

Salt and pepper to taste

1 tablespoon whipped butter

1 tablespoon light soy sauce

1 1/2 teaspoons balsamic vinegar

- Preheat oven to 400 degrees. Arrange asparagus spears in a 9 x 13-inch baking dish (or similar). Coat the top of asparagus with canola cooking spray, then season with salt and pepper to taste.
- Bake asparagus until tender (about 10 minutes depending on thickness of spears).
- Melt butter in a small, nonstick saucepan over medium heat, then remove pan from heat. Stir in the soy sauce and vinegar to make a sauce. Pour the sauce over the baked asparagus spears and serve.

Yield: 4 servings

Per serving: 47 calories, 3 g protein, 6 g carbohydrate, 2.2 g fat, 1.2 g saturated fat, 5 mg cholesterol, 2.5 g fiber, 148 mg sodium (not including salt to taste). Calories from fat: 35%.