



SAVORY & SWEET MAPLE GLAZED ASPARAGUS

Maple Glazed Asparagus is a quick and easy, savory, and sweet side to enhance your meal.

Ingredients

1 bunch of asparagus

¼ c. red onion, finely chopped

1 tbsp. toasted sesame or coconut oil

½ tbsp. of Coconut Aminos or Tamari Soy Sauce

1 tbsp. Maple Valley Dark & Robust Maple Syrup

Sea salt (to taste)

Organic Toasted Sesame Seeds (optional)

(Continued on backside)

TAP INTO GREATNESS

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*Use Maple Valley syrup
in all of your recipes!*

SUBSTITUTE FOR SUGAR:

Use 2/3 cup of maple syrup for each cup of granulated sugar and reduce the quantity of liquid in the recipe (water, milk or juice) by about 1/4 cup. Reduce oven temperature by 25°F to prevent over-browning.

For honey, molasses or agave syrup, substitute maple in equal quantities.

Directions

1. Rinse asparagus and pat dry with paper towels.
2. Chop off the woody ends of the asparagus. Then, keep long or chop remaining stalks into 1 – 1 1/2 inch pieces.
3. Heat a saute pan or wok on medium with the oil.
4. Place asparagus in heated pan with the red onion and saute for approximately 4 minutes.
5. Add the Coconut Aminos or Tamari sauce. Turn the heat up just a bit to medium-high and continue to saute for another 4 minutes until liquid is absorbed.
6. Pour the tablespoon of Maple Valley maple syrup over the asparagus, coating it and let it heat through until it seems glazed (another 1-2 minutes). Asparagus should be tender yet slightly crisp.
7. Sprinkle on sea salt before serving.