

Asparagus Brown Rice Oriental Medley

- * 2 teaspoons vegetable oil
- * 1 pound, 4 ounces of fresh Michigan asparagus washed, trimmed and cut into 1-inch pieces, or 2 cups (12-ounce package) frozen Michigan asparagus cuts and tips, thawed, drained
- * 1/2 cup chopped onions
- * 1/2 cup thinly sliced celery
- * 1 cup thinly sliced mushrooms
- * 2 cups cooked brown rice
- * 2 tablespoons light soy sauce

Heat oil in large non-stick frying pan or wok over medium heat. Add asparagus and vegetables. Cook and stir 2 minutes. Add rice and soy sauce. Continue cooking and stirring 2 minutes longer or until thoroughly heated. Remove from heat and serve immediately. Makes 4 servings.