Chili Spiced Asapragus



Getting your “5 a day” for fruits and veggies doesn’t have to mean eating bland and boring flavors for every meal. Spice it up with this chili spiced asparagus as a side to your favorite meal. It’s healthy and that extra kick from the chili powder brings the flavor up a notch.

Your Key Ingredient:

NESCO Food Steamer

Grocery Ingredients:

1 pound asparagus
1 tablespoon olive oil
1 teaspoon chili powder
1/2 teaspoon garlic powder
Pinch of salt
1 tablespoon red wine vinegar

Instructions:

1. Add 1 1/2 cups of water to steamer base of the food steamer. Add asparagus and cook for 17 minutes.
2. In a large mixing bowl, whisk olive oil, chili powder, garlic powder, salt and vinegar. Add asparagus and toss until coated.
3. Serve with an extra sprinkle of chili powder for garnish.