

Asian Asparagus & Chicken

1 pound jumbo asparagus	1 red or green bell pepper, julienne
1 pound boneless chicken, cut into cubes	¼ tsp. black pepper
4 Tbsp. Tennessee Gourmet® Sensual Salad Dressing Plus	1 Tbsp. sugar
1 medium onion, thinly sliced	2 Tbsp. Soy sauce

Heat the Salad Dressing Plus in a wok or electric skillet. Cut the chicken into one-inch cubes and stir-fry until done. Remove from wok and set aside.

Cut the jumbo asparagus into two-inch lengths. Add the onion, bell pepper, pepper and sugar; cook, stirring until the vegetables are crisp-tender.

Add the asparagus, then the chicken. Sprinkle with soy sauce; cover and cook until mixture begins to steam. Reduce the heat and simmer for about 12 minutes.