**Sweet Potatoes, Asparagus and Sesame Seeds**

1½ pounds sweet potatoes, cooked, cooled, peeled and diced into ¾-inch cubes

 (2 med-large sized sweet potatoes as purchased)

½ pound asparagus, washed, trimmed and cut into 1½-inch pieces

 (1 pound as purchased)

3 tablespoon olive oil

2 tablespoons whole sesame seeds

2 teaspoons whole mustard seeds

2 teaspoons whole cumin seeds

1/2 teaspoon salt (or less as preferred)

1/8 teaspoon cayenne pepper (optional)

1 tablespoon lemon juice

Prepare potatoes and asparagus.

Place oil in large skillet, heat on medium heat.

When the oil is very hot, add the cumin, mustard, and sesame seeds. Cover with lid.

As soon as the seeds begin to pop (this happens within a few seconds) place the diced

 potatoes into the pan and asparagus on top. Stir to even out, then cover and sauté for

 5 minutes, stirring once after 3 minutes of cooking.

Add the salt, cayenne, and lemon juice.

Stir gently and sauté another 4-5 minutes with the lid on until asparagus is crisp tender.

Yield: 4 cups

**Nutrition Information**

Serving size: 1/2 cup = 148 calories, 7 g. total fat (1 g saturated, 0 g. trans), 20 g. total carbohydrate, 4 g. dietary fiber, 3 g. protein, 182 mg. sodium