



WHAT'S FRESH? ASPARAGUS



It's naturally good!

- Excellent source of vitamin K
- High in vitamins C, E, A, B1, B2 & B6
- Good source of dietary fiber
- Rich in folate & copper

Storage Tips:

- Do not wash asparagus until ready to eat.
- To keep fresh, store in a loosely closed plastic bag in the refrigerator.
- Eat within 3-5 days.

Too much of a good thing? Freeze it!

Boil asparagus for 1-2 minutes then transfer to a bowl filled with ice water. Drain, pat dry, and store in a freezer-safe container for 4-6 months.

Preparation Tips:

- Rinse under running water and pat dry.
- Snap or cut off the tough, woody ends of the asparagus and discard.
- If serving on its own, leave the spears whole.
- If adding to dishes like pastas or stir-fries, chop the asparagus into 2-inch pieces.
- When asparagus is properly cooked, it will be bright green.

Ways to Eat Asparagus:

- **Add it to scrambled eggs, frittatas stir-fries, soups, pasta dishes & casseroles.**
- **Add it to soups & stews.** Asparagus cooks in 2-4 minutes in simmering liquid.
- **Eat it raw.** Finely slice 6-8 asparagus spears and toss with 1 Tbsp. of lemon juice, 3 tablespoons of oil and a pinch of salt for a quick salad.
- **Steam it.** In a pot with a steamer tray, bring a few inches of water to a boil. Add spears and cover; cook until tender but still crisp, about 3-4 minutes. Season to taste with salt & pepper. For extra flavor, toss with oil, lemon juice & minced garlic or garlic powder.
- **Sautee it.** Heat oil or butter in a skillet over medium-high heat. Add chopped asparagus to hot oil. Cook, stirring frequently, for 3-4 minutes or until bright green and crisp-tender. Season with salt & pepper. For extra flavor, add a dash of vinegar, squeeze of lemon, or your favorite herbs.
- **Roast it.** Preheat oven to 400°F. Toss asparagus with a few tablespoons of oil, salt, & pepper. Place in a single layer on a baking sheet. Roast for 10-15 minutes, until the stalks begin to shrivel and brown lightly. For extra flavor, roast with minced garlic and finish with a squeeze of lemon.
- **Microwave it.** Roll the asparagus in damp paper towel, or place in a loosely-covered microwave-safe dish with a tablespoon of water. Microwave on high for 3-4 minutes or until fork-tender. Season with salt, pepper and your favorite herbs and/or spices.
- **Grill it.** Toss spears with oil, salt and pepper. Place cross-wise on the grill grate. Grill for 5 minutes over a hot grill, until lightly charred and fork-tender.



MAKE IT A MEAL: RECIPES



Sautéed Asparagus with Tomatoes & Garlic

Ingredients:

2 Tbsp. oil	1 (14.5-oz.) can diced tomatoes, drained
2 cloves garlic, minced (or 1/2 tsp garlic powder)	1 bunch asparagus, chopped into 1-inch pieces
Salt & pepper to taste	Pinch of red pepper flakes (optional)

Directions:

1. In a skillet or saucepan with a lid, heat oil over medium heat. Add garlic; Cook, stirring constantly until fragrant, about 30 seconds. Add asparagus and cook for 3-5 minutes, stirring often.
2. Add drained tomatoes and red pepper flakes, if using. Cook until asparagus is tender and tomatoes are heated through. Season with salt and pepper. Serve warm.

Asparagus Pasta Salad

Ingredients:

8-oz. whole wheat pasta	2 Tbsp. oil
1 (15-oz.) can beans (any kind), drained & rinsed	2 Tbsp. vinegar or lemon juice
1 bunch asparagus, chopped into 1-inch pieces	1 clove garlic, minced (or 1/2 tsp garlic powder)
1/2 small onion, finely chopped	1/4 tsp each of salt & pepper

Directions:

1. Bring a large pot of water to a boil and cook the pasta according to package instructions. Add asparagus during the last 3 minutes of cooking. Drain and set aside.
2. In a large bowl, combine pasta, asparagus, beans, onion, oil, vinegar/lemon juice, garlic, salt & pepper.
3. Serve chilled or at room temperature and refrigerate leftovers.

Chicken, Asparagus & Rice Casserole

Ingredients:

2 cups brown or white rice, cooked	1 (10-oz.) can of chicken or 1 cup cooked chicken
2 cups chopped asparagus	1 (10-oz.) can cream of chicken/mushroom soup
1/2 cup of milk or water	1/2 cup mozzarella cheese (optional)

Directions:

1. Bring a pot of water to a boil. Add asparagus. Cook for 3-4 minutes or until bright green and tender. Drain.
2. Combine all ingredients (except cheese) in a casserole dish. Top with cheese, if using.
3. Bake at 350°F for 40-60 minutes or microwave using 50% power for 15-30 minutes, rotating or stirring as necessary. Casserole is done when the top is brown and bubbly.

Asparagus Frittata

Ingredients:

2 Tbsp. oil	1/2 cup cheese
1/2 lb asparagus, trimmed, cut into 1-in. pieces	7 Tbsp. milk
8 eggs	Salt and pepper to taste
1 Tbsp. chopped fresh parsley (optional)	

Directions:

1. Heat oil in a 9-in. nonstick pan over medium heat and cook asparagus, stirring occasionally, until soft but still firm to the bite, 10 to 15 minutes.
2. Beat eggs in a bowl until frothy. Stir in cheese and milk; season with salt and pepper. Pour egg mixture over asparagus and cook until eggs are set, 10 to 15 minutes.
3. Invert frittata onto a plate and garnish with parsley.