

NUTRITION TIPS

- 6 large stalks = 1 cup of vegetables
- Excellent source of Vitamin A & K, and folate
- Good source of Vitamin C
- No fat or cholesterol
- 2 g dietary fiber



What to do with Asparagus

Produce tips:

Select bright green, asparagus with closed, compact, firm tips

Wash in cold water

Storage Tips:

Stand stems up in a container of water and cover loosely with a plastic bag

Store in the refrigerator until ready to use

Optimal to use asparagus within 3 days if stored in the refrigerator

To avoid premature spoilage, keep asparagus tips dry

Cooking tips:

Bake, steam, grill, microwave, or stir-fry asparagus

Add cooked asparagus to soups and salads

Dip raw or partially cooked asparagus in a low-fat dressing

Roast chopped asparagus, mushrooms, eggplant, carrots, and zucchini with one cup of chicken broth at 350°F for 30 minutes.

Stir-Fry chopped asparagus, sliced bell pepper, onions and strips of chicken for a quick meal.



Marinated Asparagus Salad

Ingredients:

- 2 cups of cauliflower, chopped
- 2 cups of mushrooms, sliced
- 2 cups of asparagus, sliced on a diagonal
- 2 (14 oz) cans of artichoke hearts, drained, quartered
- 3/4 cup red wine vinaigrette
- 10 cups tightly packed spinach leaves

Directions:

- Steam or microwave cauliflower, mushrooms, and asparagus until asparagus is tender and crisp.
- Place in a bowl with artichoke hearts and toss with 1/2 the dressing.
- Tear spinach into bite-size pieces and toss with remaining dressing in a large bowl
- Top with marinated vegetables and serve (warm or cold)