

HARVEST OF THE MONTH:

Asparagus



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Nutrition Facts

Serving Size: ½ cup cooked asparagus
(90g)

Calories 20

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 13mg 1%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 7%

Sugars 1g

Protein 2g

Vitamin A 18% Calcium 2%

Vitamin C 12% Iron 5%

Other nutrients: Vitamin K (57%), Folate (34%),
Thiamin (10%), Riboflavin (7%), Potassium (6%),
Vitamin E (5%), Niacin (5%)

WHY EAT ASPARAGUS?

- It's a premium vegetable; it's one of the most nutritionally well-balanced veggies.
- Leading supplier of folic acid (60%)-needed for blood cell formation and growth.
- Excellent source of Vitamins A and K; Vitamin A keeps skin and eyesight healthy, Vitamin K helps blood to clot to stop bleeding.
- Good source of Vitamin C.

PRODUCE TIPS

- Look for firm, bright green stalks with closed, compact, and firm tips.
- Wash asparagus in cold water.
- Wrap the bottoms of the asparagus stalks in a damp paper towel to store.
- Makes sure asparagus tips stay dry during storage.

SERVING SUGGESTIONS FOR ASPARAGUS

- Asparagus Wraps—spread mayo or mustard or cream cheese on deli turkey or ham. Roll 2 asparagus spears and insert toothpick to secure. Serve warm or cold.
- Stir fry chopped asparagus, sliced bell pepper, sliced onions and strips of chicken for a quick healthy meal.
- Asparagus Pizza—top English muffin with cream cheese, asparagus and cover with cheese slice. Toast in oven till cheese melts.
- Line cleaned asparagus stalks on a small cookie sheet with sides. Drizzle with olive oil and sprinkle with sea salt. Bake in 350 degree oven until asparagus is crisp tender, about 10 minutes. Serve warm.

Asparagus Cooking Tips

ASPARAGUS SCRAMBLE

INGREDIENTS

- 1 T olive oil
- 3 T minced onion
- 3 T finely chopped sun-dried tomatoes
packed in olive oil, drained
- 6 asparagus spears, woody ends chopped off,
steamed until fork-tender
- 6 eggs, lightly beaten
- 1/3 C. shredded provolone

DIRECTIONS

Heat olive oil in a large nonstick skillet over medium heat. Cook onion, stirring often, for 2 minutes. Add tomatoes and asparagus and cook, stirring, until heated through. Reduce heat to medium-low. Pour eggs into skillet, shaking skillet to distribute eggs around vegetables. Sprinkle with cheese, cover with a lid and let cook for 1 to 2 minutes. Starting at one side of the skillet, use the back of a spatula to push through the center of the egg mixture, repeating from each side of the skillet. Repeat, making sure you are turning over vegetables and egg mixture to get the uncooked egg to the bottom of the skillet until egg is cooked through. Serve scramble warm.

PESTO CHICKEN PASTA

INGREDIENTS

- 8 oz. uncooked bow tie pasta
- 2 C. fresh asparagus, cut up
- 3 C. cubed, cooked chicken
- 1 C. halved cherry tomatoes
- 1/3 C. chopped red onion
- 3/4 prepared pesto sauce
- 3 T. Romano cheese

DIRECTIONS

Cook pasta according to package, rinse and drain. Steam or microwave asparagus until tender crisp. Drain. Combine cooked pasta and asparagus and stir in chicken, tomatoes, and onion. Gently toss with pesto sauce. Serve warm and garnish with cheese.

STOVETOP

Saucepan or Steamer: cook fresh asparagus in a small amount of boiling water until tender. Fresh asparagus will be crisp and tender in 5-8 minutes.

BAKE/BROIL/GRILL

Arrange fresh asparagus stalks on a cooking stone or basket. Sprinkle with sea salt and drizzle or spray with olive oil. Bake, broil, or grill for approximately 10 minutes until asparagus is tender.

STIR-FRY

Cut spears diagonally in 1/2 inch pieces, leaving tips whole. Stir-fry pieces in butter or hot oil, in a skillet or wok at medium high heat. Stir constantly until tender-crisp, 3 to 5 minutes.

MICROWAVE

Microwave fresh asparagus by placing one pound in a microwaveable baking dish. Add 1/4 C. water and cover tightly. Cook 4 minutes checking and turning half way through cooking time. Add additional time if necessary.

