

ASPARAGUS



TRY THIS

- Add shaved fresh asparagus to pizza or flatbread.
- Add sautéed sliced asparagus, bell peppers, and mushrooms to scrambled eggs or omelets.
- Grill asparagus with lemon, olive oil, and a little garlic powder and black pepper on high heat for about 15 minutes.
- Stir-fry chopped asparagus, sliced carrots, celery, and onions with a little fresh ginger and dash of low-sodium soy sauce. Serve over brown rice.

BUYING OR STORING

- Choose firm bright green spears with tightly closed tips.
- Wrap in slightly damp paper towel and store in an open plastic bag in refrigerator crisper drawer up to four days. Or trim woody ends, place in glass with one inch of water, cover loosely with a plastic bag and keep in refrigerator up to ten days.
- To freeze, trim woody ends, blanch for three minutes in boiling water, drain, pat dry, place in a freezer safe bag or container, and freeze up to eight months.

ASPARAGUS AND PARMESAN PASTA

Time: 25 minutes | Makes: 6 servings | Serving Size: About 1 cup

Nutrition Information Per Serving: Calories 255, Carbohydrate 33g, Dietary Fiber 5g, Protein 9g, Total Fat 11g, Saturated Fat 4g, Cholesterol 16mg, Sodium 126mg

INGREDIENTS

1 pound fresh asparagus, trimmed,
cut into 1-inch pieces

8 ounces whole wheat pasta

2 tablespoons vegetable oil

2 tablespoons butter

6 cloves garlic, chopped or
1 teaspoon garlic powder


½ cup grated Parmesan cheese

Salt and pepper, to taste

Pinch red pepper flakes (optional)

INSTRUCTIONS

1. Bring large pot of water to boil. Add pasta and cook according to package directions.
2. While pasta is cooking, add olive oil, butter, and garlic to large skillet.
3. Cook over medium heat for 2–3 minutes or until garlic is soft and fragrant. Add asparagus and continue to sauté until asparagus is fork-tender, about 10–12 minutes. Turn off heat.
4. Reserve ¼ cup of pasta water and drain pasta.
5. Add pasta and 2–4 tablespoons of pasta water to skillet with asparagus. Mix gently.
6. Sprinkle grated Parmesan cheese over pasta. Add pinch of red pepper flakes (optional) and salt and pepper to taste. Mix gently and serve.



Always wash hands
before preparing
food. Wash all fresh
fruits and vegetables
before using.

CHANGE IT UP

- Add cooked chicken, canned tuna, or canned garbanzo beans for protein to make this a main course.
- Change it to a Greek pasta salad. Replace the Parmesan cheese with feta cheese, use low-fat Greek dressing instead of Italian, and add chopped cucumbers, Kalamata olives, and sliced red onion.
- Add 1–2 tablespoons chopped walnuts in Step 6.