



TRY THIS: ASPARAGUS

Did you know: Asparagus is considered a powerhouse when it comes to nutrition? One 5-ounce serving contains only 20 calories, 2 grams of fiber, and packs an excellent source of Vitamin A and Vitamin K. It can be found in green, white, and purple varieties.

HOW TO:

Pick it: No matter which color you pick, choose firm stalks with tight, dry tips. Avoid limp or wilted stalks.

Store it: Asparagus is best when very fresh. After purchase, refrigerate for up to 4 days by wrapping the ends of the stalks in a wet paper towel and placing in a plastic baggie.

Use it: Wash under cool water to remove any dirt or debris just before preparing. Grasp each spear in the middle and bend until it snaps. It will break naturally at the point where it starts to get tough and stringy. If spears are thick and have a fibrous skin, use a vegetable peeler to pare these sections away from the stalks, starting just below the tips. Then sautee it, use it in soups or stir-frys, or roast in the oven.



When it's in season: March to June

GARLIC SAUTEED ASPARAGUS

Servings: 4

Ingredients:

- 1 pound fresh asparagus (1 bunch), trimmed
- 1 ½ tbsp. olive oil
- 2-3 cloves of garlic, minced
- Salt and ground black pepper to taste

Directions:

6. Preheat skillet over medium-high heat.
7. Add the garlic and asparagus spears;
8. Season with salt and pepper to taste.
9. Coat baking sheet with foil or non-stick spray and arrange the squash on this pan.
10. Roast in the oven until squash is tender and lightly browned (about 25-30 minutes)

EASY OVEN ROASTED ASPARAGUS

Servings: 4-6

Ingredients:

- 2 pounds fresh asparagus (2 bunches), trimmed
- Olive or canola oil
- Salt and ground black pepper to taste

Directions:

1. Preheat oven to 450 degrees.
2. Place the trimmed asparagus on two baking sheets. Make sure they are in one single layer, being careful not to crowd the pans.
3. Drizzle oil over the asparagus spears and lightly sprinkle with salt and pepper.
4. Gently toss to combine.
5. Roast about 10 minutes, or until asparagus is tender (but not mushy).