



Food Safety Cooking with Asparagus

Washing:

Thoroughly wash the spears under cold water before using.

Cutting:

- Ends of asparagus are tough and fibrous and need to be removed.
- Remove the ends by bending and snapping off the bottom 1 inch of the stem.

Is it Ripe?

- Asparagus should be brightly colored with varied colors: green, white, or purple.
- Stems should be firm.
- Tips should be tightly closed and compact with each other.

Storage

Store asparagus in the refrigerator for up to 3-4 days.



Health Benefits of Asparagus

Nutritional Facts:

25 calories per cup
2 g protein
2 g fiber
4 g carbohydrates
0 g fat

Rich in vitamins and minerals

	% of DV
Folate	17%
Thiamin	13%
Vitamin A	20%
Vitamin C	13%
Vitamin K	70%
Iron	16%
Potassium	8%

Asparagus



Cream of Asparagus Soup

Sauté and Puree

Ingredients (serves 3-4)

- 2 lbs. fresh asparagus
- 1 large onion, chopped
- 3 tbsp. unsalted butter
Or vegetable oil
- 5-6 cups chicken broth
(or vegetable broth)
- ½ cup heavy cream
(or almond/ coconut)
- ¼ tsp fresh lemon juice



Recipe:

1. Cut tips from 12 asparagus 1 inch from top; set aside for garnish.
2. Cut remaining asparagus into ½ inch pieces.
3. Cook onion in 2 tbsp butter in a 4 quart heavy pot over medium-low heat, stirring, until softened.
4. Add asparagus pieces; salt + pepper to taste, then cook, stirring, 5 min.
5. Add 5 cups broth and simmer, covered, until asparagus is very tender, 15- 20 min.
6. While soup simmers, cook reserved asparagus tips in boiling water until just tender, 3- 4 min, then drain.
7. Purée soup in a blender until smooth; return to pan.
8. Stir in cream, then add more broth to thin soup to desired consistency.
9. Season with salt and pepper.
10. Bring soup to a boil and whisk in remaining tablespoon of butter.
11. Add lemon juice; garnish with asparagus tips, or mint. Serve.

Lemon Asparagus Pasta

Boiled

Ingredients (Serves 8)

- 1 package penne pasta
- 1 lb fresh asparagus, cut into 2-inch pieces
- 1 large lemon, zested and juiced
- 1 cup grated Parmesan cheese
- ½ cup olive oil
- Salt and fresh cracked pepper

Recipe:

1. Bring a large pot of water to a boil.
2. Stir in penne. Cook pasta uncovered, for 8 minutes stirring occasionally.
3. Stir asparagus into the pot with the boiling penne pasta and bring back to a boil;
4. Cook until pasta is al dente and asparagus is bright, Drain.
5. Place penne and asparagus into a large bowl; Stir in lemon zest, lemon juice, Parmesan cheese, olive oil, salt, and black pepper. Serve.



Asparagus and Potatoes

Steam or Microwave

Ingredients (Serves 4)

- 1 lb. fresh asparagus, cut into 2-inch pieces
- 1 lb. Baby Red Potatoes, washed cut into ½" chunks
- 1 Lemon
- ¼ cup Olive Oil
- Garlic Powder, Salt, Pepper, Rosemary

Recipe:

1. Microwave potatoes for 2-3 min.
2. Season with garlic powder, salt, pepper, lemon juice and olive oil.
3. Place asparagus into a bowl and season the same as above.
4. Cover with lid and microwave the asparagus for 2-3 min. Stir.
5. Mix potatoes and asparagus together and microwave for 2-3 min until tender. Serve.

