

Asparagus

Key Points

- For the best buy, choose asparagus spears that are crisp and have pointed tops. Avoid wilted or dried out asparagus.
- To prepare asparagus, rinse and snap off ends of stems. Lightly steam for best flavor.
- To keep fresh, store asparagus in a plastic bag in the refrigerator and use within 3-5 days.
- Asparagus contains fiber which helps to keep you regular.



Spring Vegetable Hash

Ingredients:

2 teaspoons oil
1 onion, chopped small
1 potato, chopped small
1 carrot, chopped small
1 bunch asparagus (or 1/2 pound), chopped
1 cup chicken broth
Salt and pepper to taste
8 eggs, fried or poached (optional)

Directions:

1. Heat oil in a large frying pan over medium high heat.
2. Cook onion, potatoes and carrots over medium high heat until lightly browned, about 15 minutes. Stir often.
3. Add asparagus and broth. Cook until asparagus is soft, about 3-5 minutes.
4. Continue to cook until broth has cooked away and bottom of hash is crispy.
5. Serve each portion of hash topped with an egg, if desired. Enjoy!
6. Refrigerate leftovers.

Makes 8 servings.

Asparagus Vinaigrette

Ingredients:

2 bunches asparagus (or 2 pounds)
3 tablespoons vinegar
2 tablespoons minced onion
1 tablespoon oil
1 garlic clove, minced
1/4 teaspoon pepper
Salt to taste

Directions:

1. Cook asparagus in a large pot of boiling water until tender, about 3 minutes. Drain and cool.
2. In a large bowl, mix together vinegar, onion, oil, garlic, pepper and salt.
3. Add asparagus and toss.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

- Chop asparagus and toss in a soup, casserole or stir fry.
- Lightly steam asparagus. Serve with low fat dip.
- Broil asparagus and top with shredded cheese.
- Remember to rinse all fruits and vegetables before using.



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