

Asparagus

Excellent source of Vitamin K and B1,
folate, copper, and selenium



Asparagus with Tarragon Lemon Sauce

2 pounds fresh asparagus, trimmed
3 T. olive oil
1 tsp. all-purpose flour
3 T. fat-free milk

1 T. lemon juice
2 tsp. minced fresh
tarragon
Dash salt

Place asparagus in a steamer basket; place in a large saucepan over 1 in. of water. Bring to a boil; cover and steam for 3-5 minutes or until crisp-tender. Drain. Meanwhile, in a small saucepan, combine olive oil and flour. Gradually stir in milk until smooth. Bring to a boil; cook and stir for 1 minute or until thickened. Remove from the heat. Stir in the lemon juice, tarragon and salt. Serve with asparagus. Makes 6 servings

Asparagus and Wild Mushrooms

3 cups halved cremini, shiitake and/or button
mushrooms
2 T. water or low-sodium chicken broth
2 tsp. snipped fresh tarragon
1 lb. fresh asparagus spears

1 T. olive oil
¼ tsp. salt
¼ tsp. black pepper
Snipped fresh tarragon, optional

Preheat oven to 400F. In a medium bowl toss together mushrooms, liquid, and the 2 teaspoons tarragon; set aside. Snap off and discard woody bases from asparagus. Place asparagus in a 15x10x1-inch baking pan. Drizzle with oil and sprinkle with salt and pepper. Toss to coat. Toast asparagus, uncovered, for 5 minutes. Add mushroom mixture to the pan; toss gently to combine. Return to oven; roast about 10 minutes more or until asparagus is crisp-tender. If desired, garnish with additional fresh tarragon. Makes 4 servings.

Garlic Parmesan Roasted Asparagus

½ lb. fresh asparagus
½ tsp. salt
½ tsp. black pepper

3 cloves minced garlic
2-3 T. parmesan cheese
Olive oil spray

Preheat oven to 425°F. Line a rimmed baking sheet with aluminum foil and set aside. Rinse the asparagus and trim off woody end pieces. Spread out in a thin layer on top of the prepared cookie sheet. Spray the asparagus lightly with a coat of olive oil spray. Sprinkle with salt, pepper, garlic, and parmesan cheese. Use your hands to mix the asparagus with all of the ingredients, then lay out into an even layer again. Spray with one more light coat of olive oil. Bake in the preheated oven for 8 minutes. Remove from oven and serve immediately. Makes 4-5 servings.

Asparagus Packets

1 lb. asparagus, tough ends removed
4 tsp. margarine

1 tsp. lemon pepper seasoning

Place asparagus on a square of heavy-duty aluminum foil. Spoon margarine over asparagus and sprinkle with seasoning. Seal aluminum foil. Place on grill rack over medium-hot to hot coals for 10 minutes. Serves 2.

Edamame and Asparagus Couscous

1 cup prepared couscous
2 medium green onions, peeled and thinly sliced
6 asparagus spears, cut into 1 ½ inch pieces
1 ½ tsp. soy sauce
1 T. olive oil
1 small onion, chopped
2 T. balsamic vinegar
1 cup edamame

Heat oil over medium heat. Add green onions and onion; cook, stirring often, until softened. Add asparagus and cook until just tender. Stir in vinegar, soy sauce and edamame. Season to taste with pepper. Reduce heat and cover. Fluff couscous and transfer to shallow serving bowl. Add asparagus mixture and toss to mix. Serve hot.

Asparagus Sauté

2 pounds fresh asparagus
¼ cup butter or margarine
1 large red bell pepper, diced
½ tsp. salt
½ tsp. pepper

Snap off and discard tough ends of asparagus. Melt butter in a large skillet over medium heat. Add asparagus, bell pepper, and remaining ingredients. Sauté 4-5 minute or until crisp-tender. Serve immediately. Serves 6.

Roasted Asparagus

Toss a bunch asparagus with 1 tablespoons olive oil and season as desired. Arrange spears on a baking sheet and roast in a preheated 450°F oven until tender, 10 minutes.

Wrapped Asparagus with Raspberry Sauce

1/3 pound thinly sliced prosciutto or deli ham
16 fresh asparagus spears, trimmed
½ cup seedless raspberry jam
2 T. balsamic vinegar

Cut prosciutto slices in half. Wrap a prosciutto piece around each asparagus spear; secure ends with toothpicks. Lightly grease grill rack. Grill asparagus, covered, over medium heat for 6-8 minutes or until prosciutto is crisp, turning once. Discard toothpicks. In a small microwave-safe bowl, microwave jam and vinegar on high for 15-20 seconds or until jam is melted. Serve with asparagus. Makes 16 appetizers.

Shaved Asparagus Salad

Finely grated zest of ½ medium lemon
2 tsp. freshly squeezed lemon juice (from ½ lemon)
2 tsp. champagne vinegar
2 T. minced shallot (from about 1 medium)
Kosher (salt to taste)
Freshly ground black pepper
3 T. pine nuts
1 lb. thick asparagus spears, tough bottoms removed
3 T. extra-virgin olive oil
½ cup packed shaved Parmesan cheese
1 T. finely chopped fresh Italian parsley leaves

Combine the lemon zest, lemon juice, vinegar, shallot, and a pinch each of salt and pepper in a small bowl. Let sit for 15 minutes. Toast the pine nuts in a medium frying pan over medium heat, stirring often, until golden brown, about 5 minutes. Remove to a small bowl to cool. Using a vegetable peeler, thinly slice the asparagus lengthwise into strips and place in a large bowl. Whisk the olive oil into the lemon-vinegar mixture in a thin and steady stream. Taste and season the dressing with salt and pepper as needed. Add the cooled pine nuts, dressing, half of the Parmesan, and all of the parsley to the asparagus and toss with your hands to combine. Taste and season with salt and pepper. Let sit at least 10 minutes before serving. Serve topped with the remaining Parmesan cheese slices. Makes 4 to 6 servings

Pesto Chicken Pasta

8 oz. uncooked farfalle (bowtie) pasta
2 cups cut-up fresh or frozen Asparagus
1 cup halved cherry tomatoes
1/3 cup chopped red onion
1 (2.25oz.) can sliced ripe olives, well drained
¾ cup prepared pesto sauce
3 T. freshly shredded romano cheese

Cook pasta according to package directions; rinse and drain. Steam or microwave Michigan Asparagus until crisp-tender. Drain and combine in a large bowl with cooked pasta. Stir in chicken, tomatoes, onion, and olives. Gently toss with pesto sauce. Serve warm, garnished with cheese. Makes 6 servings.