

# ASPARAGUS

#### Selection Info

Look for bright green asparagus. The stems should be crisp and firm and should snap (not bend) when bend them. Look for dark green spear tips that have a hint of purple, which shows freshness. Avoid asparagus with yellow or dry tips (these indicate old asparagus).

### Preparation

Rinse aspargus under a stream of cool water and snap off the bottoms at their natural breaking point. Discard the bottoms or use them in vegetable stock. Most edible portions are 7-9 inches long. You can microwave, boil, steam, sauté, roast, or grill asparagus. Do not overcook; asparagus is best when still crisp. Microwave: Cut spears into bite-size

pieces and place in a microwave safe bowl with ½ cup water. Cover and cook on high at 1 minute intervals until bright green and just tender.

Steam: Fill a saucepan with about 1 inch of water and insert steamer basket. Bring water to a boil, and put asparagus into the steamer. Steam for about 5-7 minutes until bright green and crisp.

Boil: Bring a large pot of water to a boil with 2 teaspoons of salt. Immerse the asparagus in the water and blanch for 2<sup>1</sup>/<sub>2</sub>-3 minutes. The asparagus should

be crisp and bright green. Serve hot or plunge into cold water to stop the cooking process.

Sauté: Heat 1 tablespoon of oil or butter in a saucepan on medium to high heat. Add the cut asparagus or whole spears to the pan. Sauté until bright green. Roast: Heat oven to 400°F. Lay asparagus flat on an oven safe baking sheet or pan and drizzle with olive oil (about 2 tablespoons). Season with salt and pepper or your favorite seasoning to taste. Roast for 12 minutes. Grill: Cut asparagus as desired and place in large bowl. Add 1-2 tablespoons of olive oil, and toss to coat each piece. Add seasoning to taste. Place on a hot grill for about 90 seconds on each side.

### Storage

Short-Term Storage: Store asparagus in an upright container filled with water or in the refrigerator in a plastic bag with a damp paper towel. Asparagus will last up to about 5 days in the refrigerator. Do not use asparagus if the tips are slimy, yellow, soft, or rotten.

Long-Term Storage: Asparagus can be frozen or pickled. To freeze, blanch or steam asparagus for 30 seconds in boiling water then plunge into cold water for 5 minutes. Dry the asparagus with a lint-free towel. Put into freezer bags and store up to 3-4 months in a freezer.

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# **ASPARAGUS AND SHRIMP QUINOA SALAD WITH LEMON VINAIGRETTE**

#### Ingredients For the vinaigrette

- 1 teaspoon grated lemon peel (optional) 3 tablespoons fresh or bottled lemon juice
- 3 tablespoons olive oil
- 1 teaspoon Dijon mustard
- 1/2 teaspoon dried thyme leaves 1/2 teaspoon ground black pepper

#### For the salad

2 cups fresh asparagus (cut large spears into 1-inch pieces)

1/2 yellow or red sweet pepper (cut into

- 1/2-inch pieces)
- 1 clove garlic (minced) 1 14-ounce can quartered artichoke hearts (drained)
- 12 ounces fresh or frozen large raw shrimp
- (peeled and deveined) 1 1/2 cups dry quinoa (cooked according to package directions)

### Directions

- Place all the vinaigrette ingredients in a small bowl and whisk. Set aside.
- Cut vegetables. 2
- Heat grill and grilling tray. 3
- Place vegetables and shrimp in a large 4 bowl. Add about 1/3 of the vinaigrette to the bowl (about 3 tablespoons) and toss
- Spread shrimp-vegetable mixture over 5. hot grilling tray. Grill, turning shrimp and vegetables,
- 6 until the flesh of the shrimp is opaque color (about 5-6 minutes). Remove from grill.
- Serve grill mixture over cooked 7. quinoa, and drizzle with remaining vinaigrette.







Share your recipes!

trition Inform	ation	
rving Size	1/4 of recipe	
ıtrients	Amount	% Daily Valu
otein	33g	
rbohydrates	52g	17
etary Fiber	7g	28
tal Sugars	6g	
olesterol	125mg	42
nerals		
lcium	200mg	20
dium	570mg	24
n	6.3 mg	35
amins		
amin A	96mcg RAE	
amin C	54mg	90

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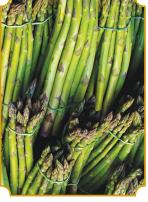
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- 1 1/2 cups dry quinoa (cooked according to package directions)

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- Heat grill and grilling tray.
- Place vegetables and shrimp in a large 4. bowl. Add about 1/3 of the vinaigrette to the bowl (about 3 tablespoons) and toss.
- Spread shrimp-vegetable mixture over hot grilling tray.
- 6. Grill, turning shrimp and vegetables, until the flesh of the shrimp is opaque color (about 5-6 minutes). Remove from grill.
- Serve grill mixture over cooked quinoa, and drizzle with remaining vinaigrette.







# f Share your recipes!

Nutrition Information			
Serving Size	¼ of recipe		
Nutrients	Amount	% Daily Value	
Protein	33g		
Carbohydrates	52g	17	
Dietary Fiber	7g	28	
Total Sugars	6g		
Cholesterol	125mg	42	
Minerals			
Calcium	200mg	20	
Sodium	570mg	24	
Iron	6.3 mg	35	
Vitamins			
Vitamin A	96mcg R/	96mcg RAE	
Vitamin C	54mg	90	

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1/4 of recipe

33g

52a

7g

-6q

125mg

200mg 20

570mg 24

6.3 mg 35

54mg 90

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33g

52g

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Amount % Daily Value

17

28

20

24

Nutrition Information

Serving Size

Carbohydrates

**Dietary Fiber** 

Total Sugars

Cholesterol

Minerals

Calcium

Sodium

Vitamins

Vitamin A

Vitamin C

Iron

Extension

Nutrients

Protein

96mcg RAE

Amount % Daily Value

17

28

42

Nutrition Information

Serving Size

Carbohvdrates

Dietary Fiber

Total Sugars

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Protein

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