

Asparagus

Selection - Choose crisp odorless stalks with dry tight tips.

Storage - Store in the refrigerator with the cut ends wrapped in a wet paper towel (stays fresh about 4 days).

Nutrition - Vitamin K in asparagus supports bone health and blood clotting.

3 EASY WAYS TO USE ASPARAGUS

- To sauté asparagus, add a small amount (about 1/4 c.) of broth to pan. Once bubbling, add asparagus, garlic and mushrooms (or other veggie). Cover with lid and cook for about 5 minutes.
- Roast asparagus, cherry tomatoes and walnuts by tossing in olive oil and oregano. Then place in oven for about 15 minutes at 400 degrees.
- Add sautéed asparagus to cooked whole wheat pasta with your choice of spices and sauce.



Ingredients

- ☐ 8 oz (about 2 cups) uncooked whole wheat pasta
- ☐ 2 tablespoons olive oil
- ☐ 1 pound of asparagus, cut into 1 inch pieces
- ☐ 1/2-1 teaspoon garlic powder
- ☐ 2 cups cherry tomatoes, cut in half
- ☐ 1 cup shelled peas (fresh or frozen)
- ☐ 1/2 cup low sodium chicken broth
- ☐ 1/2 cup grated parmesan cheese
- ☐ Black pepper to taste

Directions

1. Cook pasta according to package directions.
2. While the pasta noodles are cooking, heat oil in a skillet.
3. Add asparagus and garlic powder to the skillet and cook for about 3 minutes.
4. Add tomatoes and peas to the asparagus and cook for 2 more minutes.
5. Pour chicken broth into the pan and bring to a simmer.
6. Stir in cooked pasta, parmesan cheese and black pepper.

If desired, can be served with pasta sauce. Other vegetables, such as green beans or carrots, can be used in place of asparagus.

Recipe from: Utah State University Cooperative Extension, MyPlate Kitchen

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pasta-primavera>

