



# Asparagus

**Taste!**  
York Fresh Food Farms

Grown by us. Prepared by YOU.

*Rich in vitamins & minerals, asparagus is a low-calorie, low-fat veggie*

- CHOLESTEROL-FREE
- FAT-FREE
- LOW SODIUM
- LOW-CALORIE

**CHOOSE:** Bright green, firm, closed flower heads

**STORE:** Refrigerate. Keep upright in a jar with 2 inches of water.

**PREPARE:** Rinse. Hold the spear at each end and slowly bend until it snaps. Discard the ends.

**EAT:** Eat raw with dipping sauce.

**Steam:** Cook in covered skillet with ½ cup water in the bottom.

**Roast:** Drizzle with oil and salt. Place in a single layer on a cooking sheet at 425 degrees for 9-12 minutes for thin spears, 15-20 minutes for thick spears.

**Grill:** Place on an oiled grill until tender.

**Saute:** Stir in butter or oil until tender.

0.2g  
FAT

20  
CALORIES

2.2g  
PROTEIN

1.8g  
FIBER

3.7g  
CARBS

\*Per ½ cup, cooked

## Marinated Asparagus Salad

**INGREDIENTS:**

- 1 pound fresh asparagus spears
- 1 hard-boiled egg, peeled
- OR ½ cup shredded cheese

**Dressing:**

- ¼ tsp dried oregano
- 1 small clove garlic, finely chopped
- ¼ tsp sugar
- ⅛ tsp salt
- ⅛ tsp ground pepper
- ¼ tsp brown mustard
- 1 tbsp vinegar
- 4 tbsp olive oil or other vegetable oil

**INSTRUCTIONS:**

- 1 Wash asparagus and remove tough ends.
- 2 Cook asparagus in water for 3 minutes, until barely tender.
- 3 Whisk first 7 dressing ingredients together. Whisk oil in slowly.
- 4 Remove asparagus from water and place in a serving dish.
- 5 Pour the dressing over the asparagus turning spears to cover.
- 6 Marinate for 10 minutes. Then top with egg, or cheese.

