



ASPARAGUS

Description

Asparagus is in season during the spring months in Missouri. It can also be found in the grocery store year-round. Asparagus is high in folic acid and is a good source of potassium, vitamin A, vitamin C, vitamin B-6 and thiamin. These vitamins and minerals work to maintain healthy body tissues and aid in the healing process. They also may reduce the risk of certain forms of cancer and heart disease. Folic acid also helps in the prevention of neural tube defects.

Selection

Choose asparagus stalks that are firm with tips that are tightly closed. Select stalks that are similar in size for a less fibrous texture.

Storing

Wrap asparagus spears in a damp paper towel and store them in the refrigerator. Spears can also be stored upright in a glass or similar container with 1 inch of water in the bottom.

Preparing

Gently wash spears under cool, running water and trim off woody ends. Asparagus can be prepared in a variety of ways including steamed, sautéed, roasted, or grilled.

Recipe of the Month

Roasted Parmesan Asparagus

Ingredients:

- 1 bundle of asparagus
- 1 tablespoon olive oil
- ½ tsp garlic powder
- ¼ cup parmesan cheese
- Salt and pepper as desired
- Red pepper flake, optional

Directions

1. Preheat oven to 425 degrees.
2. Wash asparagus. Cut 1 inch off the end of each spear and pat dry.
3. Toss asparagus in olive oil and seasonings.
4. Place asparagus in a single layer on a sheet pan.
5. Roast for 12-15 minutes (9-10 minutes if thin spears).
6. Remove from the oven and add cheese. Return to oven for an additional 2-3 minutes.
7. Serve immediately.

Nutrition Facts

Serving Size 1 cup raw
asparagus (134g)

Amount per serving

Calories 27

% Daily Value*

Total Fat 0.2g	0%
Saturated Fat 0.1g	0%
Trans Fat 0mg	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 5g	1%
Dietary Fiber 2.8g	11%
Total Sugars 2.5g	
Includes Added Sugars 0g	0%
Protein 2.9g	
Vitamin D 0mcg	0%
Calcium 32.2mg	3%
Iron 2.87mg	16%
Potassium 271mg	7%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Need help stretching your food dollars?

Contact your local resource center or go online to: mydss.mo.gov/food-assistance

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