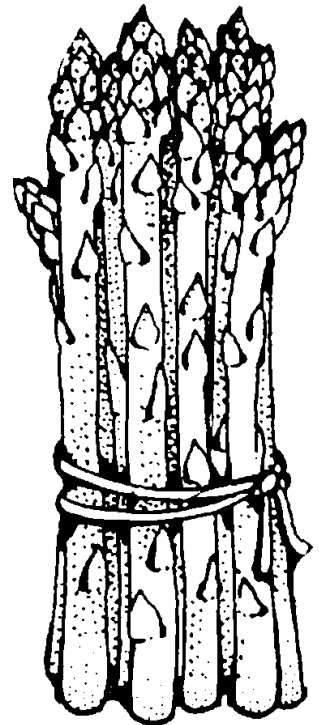


# Asparagus

The asparagus plant was not originally found in this region of the country. It seems to have come to New England via the early settlers who brought the roots with them from Europe. Nowadays, we think of it as being from around here, since it is grown in gar-

dens everywhere. And we even consider it one of Vermont's special vegetables, being among the first to burst out of the ground in the springtime. But the season is short, so Vermont-grown asparagus is quickly gone. Despite a brief season, there are many good reasons to

munch on asparagus—raw or cooked. The tender spears are high in vitamin A and mildly flavored, so kids might take a liking to them.



## Citrus-dressed Asparagus

Makes 4 servings

### Ingredients:

- 1 pound asparagus
- 2 teaspoons olive oil
- 4 teaspoons lemon juice
- 4 teaspoons orange juice
- Pinch of cayenne
- Pepper to taste



### Directions:

1. Rinse asparagus and snap off the tough stems.
2. Cut spears into 2-inch pieces.
3. Steam asparagus for about 7 to 10 minutes, or until just tender.
4. While the asparagus is steaming, whisk together the rest of the ingredients in a bowl.
5. When asparagus is done, toss with dressing.

Source: "Moosewood Restaurant Low-Fat Favorites: Flavorful Recipes for Healthful Meals," Pam Kraus, Clarkson Potter, NY, NY, 1996

## Nutrition Facts

Serving Size 1 Serving (126g)  
Servings Per Container 4

Amount Per Serving

Calories 50      Calories from Fat 25

% Daily Value\*

Total Fat 3g      5%

Saturated Fat 0g      0%

Cholesterol 0mg      0%

Sodium 15mg      1%

Total Carbohydrate 3g      1%

Dietary Fiber 1g      4%

Sugars 3g

Protein 3g

Vitamin A 0%      • Vitamin C 50%

Calcium 0%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Tips

- Snap or cut off the bottom end of each spear and discard this woody section before cooking.
- Choose asparagus spears that have a similar thickness to one another so that they will be tender at the same time when cooked.

## Complementary Herbs

chives  
parsley  
tarragon  
thyme

## Asparagus Guacamole

Makes 16 servings

### Ingredients:

4 cups (1 pound) asparagus, rinsed, trimmed  
1 clove garlic, chopped  
2 teaspoons lime or lemon juice  
1/4 cup canned, chopped green chilies  
1/2 teaspoon salt  
1/2 teaspoon cumin  
2 Tablespoons onion, chopped  
1/2 cup tomato, chopped

### Directions:

1. Cook asparagus in small amount of water until tender.
2. Drain well and cool thoroughly.
3. In food processor or blender, process asparagus, garlic, lime juice, green chilies, salt, and cumin until mixture is smooth, about 30 seconds.
4. Scrape bowl frequently.
5. Remove from food processor bowl and stir in onion and tomato.
6. Chill thoroughly before serving with tortilla chips, cut vegetables, chicken, or seafood.

Source: Michigan Asparagus Advisory Board

## Nutrition Facts

Serving Size 1 Serving (40g)  
Servings Per Container 16

Amount Per Serving

**Calories** 10      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      **0 %**

Saturated Fat 0g      **0 %**

**Cholesterol** 0mg      **0 %**

**Sodium** 90mg      **4 %**

**Total Carbohydrate** 1g      **0 %**

Dietary Fiber 1g      **4 %**

Sugars 1g

**Protein** 1g

Vitamin A 0%      • Vitamin C 15%

Calcium 0%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.