Selection & Preparation

- Choose spears that are crisp, round and straight with tight pointed tips. Do not choose spears if the tips have begun to flower.

- Choose asparagus spears that are the same thickness so that the cooking time will be the same.

- Store in refrigerator in a plastic bag. Wrap base of spears in a damp paper towel. Use within 3-5 days.

- Wash well and trim about an inch off the end of spears if they're tough.

- Asparagus is best when steamed just until tender. Place in a pan with about 1 inch of water. Cook for 4-7 minutes, or until fork tender.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 5 spears</th>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Calories 25</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total Fat 0g</td>
<td>0 %</td>
</tr>
<tr>
<td></td>
<td>Saturated Fat 0g</td>
<td>0 %</td>
</tr>
<tr>
<td></td>
<td>Trans Fat 0g</td>
<td>0 %</td>
</tr>
<tr>
<td></td>
<td>Cholesterol 0g</td>
<td>0 %</td>
</tr>
<tr>
<td></td>
<td>Sodium 0 mg</td>
<td>0 %</td>
</tr>
<tr>
<td></td>
<td>Total Carbohydrate 4 g</td>
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</tr>
<tr>
<td></td>
<td>Dietary Fiber 2 g</td>
<td>7 %</td>
</tr>
<tr>
<td></td>
<td>Sugars 2 g</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Protein 2 g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 10%         Vitamin C 15%
Calcium 2%            Iron 2%
Folate 26%            Potassium 230 mg
Magnesium 14 mg

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Key Nutrients

Potassium - to maintain a normal blood pressure.

Vitamin C - supports healthy gums, skin and blood.

Vitamin A - for healthy skin, good vision and resistance to infection.

Folate - for healthy blood and research suggests that folate promotes a healthy heart and blood vessels.
**Asparagus Soup**

1 onion, chopped
1 tablespoon butter or margarine
1 pound fresh asparagus, trimmed and coarsely chopped
1 cup vegetable or chicken broth
1 clove garlic, minced
Dash pepper
1 cup low-fat milk

Place onion, butter and garlic in a microwave safe dish and microwave on HIGH for 2 minutes. Add asparagus, broth and pepper. Microwave, covered, on HIGH for 6 to 8 minutes. Puree in blender. Return mixture to microwave safe dish. Stir in milk and microwave on MEDIUM until heated through.

**Roasted Asparagus**

2 cups rhubarb, sliced
Olive Oil
Asparagus
Salt, to taste

Rinse asparagus with cold water. Hold asparagus with both hands and bend to break woody ends off of asparagus. Discard ends. Place tops in a bowl and drizzle with a small amount of olive oil. Mix asparagus gently and coat with oil. Spread asparagus out on a cookie sheet lined with foil and sprinkle with salt. Place in oven at 450°F for about 15 minutes.

**Nutrition Highlights:**
Asparagus is a good source of folate, vitamin C and A. These nutrients are all important to keep you healthy and help fight disease.