

Asparagus

By: Taylor Crawford

Fun Facts

- Asparagus has its own brand of beetles.
- Asparagus arrived in the US in the 17th century.
- White Asparagus is the same as green asparagus but it is grown underground.



Serving size
½ Cup (Cooked)



Did you know

- Asparagus contains no fat or cholesterol
- Asparagus can be green, white, or purple
- Asparagus comes from the lily family

What to look for while shopping

- Make sure that the stems aren't bendable
- Make sure they are bright green
- Check asparagus spears make sure they are closed tightly



Asparagus Salad

Recipe

Ingredients

- 6 ASPARAGUS SPEARS, CHOPPED
- 5 BABY POTATOES, HALVED
- 1 LARGE TOMATO, SEEDED, CHOPPED
- 1/4 CUP FRESH CORN
- 2 TABLESPOONS OLIVE OIL
- 1 TABLESPOON MUSTARD
- 1 TEASPOON SUGAR
- 1/2 TEASPOON DRIED BASIL
- 1/2 TEASPOON DRIED OREGANO
- 1/4 TEASPOON DRIED ONION POWDER
- 1/4 DRIED GARLIC POWDER
- 1/4 TEASPOON SALT
- 1/4 TEASPOON BLACK PEPPER

Directions

- Bring a large pot of salted water to a boil. Add asparagus and cook until just turns bright green, 2 or 3 min. Remove, drain, & rinse under cold water then set aside.
- Add potatoes to pot and cook until just softened, 5 to 8 min. Remove, drain, and rinse under cold water. set aside
- In a large bowl, combine asparagus, potatoes, tomato, and corn
- In a separate small bowl, whisk together oil, mustard, sugar, oregano, garlic, onion, salt, pepper. Pour over vegetables, toss well to coat, and adjust seasonings. Serve immediately or chill 2 hours for flavors to develop

Vitamins in Asparagus

- Vitamin B2- build red blood cells and gives you energy.
- Protein- helps build up muscle
- Zinc- improves sleep, cognition & energy levels
- Potassium- helps with the water & chemical balance
- Copper- helps with proper growth.