



Local

# PICK OF THE MONTH

May 2015

## Audacious Asparagus

### Recipe

#### Lemon roasted asparagus

##### Ingredients

- 2 pounds asparagus
- 1 tbsp. olive oil
- 1/2 tsp black pepper
- 2 tsp minced garlic
- 2 tbsp lemon juice

##### Directions

Preheat oven to 400 degrees. Wash asparagus and snap off ends. Place all ingredients in a Ziploc bag, seal tightly and shake until asparagus is coated. Empty asparagus onto a baking sheet. Bake at 400 degrees for approximately 12 minutes until cooked but firm.

Yields 6 servings.

**Nutrition information per serving:**  
70 calories, 2.5g fat, 7g carbohydrates, 3g protein, 3g fiber

*Recipe created by Athena Nofziger, dietitian at Samaritan Lebanon Community Hospital.*

#### What's so great about asparagus?

- May is National Asparagus Month
- Asparagus means spring is here!
- Low fat, low calorie food
- Good source of vitamins A, C and folate potassium

#### What's the best way to eat it?

- Roasted
- Grilled during the summer
- Lightly steamed and chopped in a green salad or pasta salad
- Sautéed in a stir fry



### Selection and preparation

Selection	Storage
Choose asparagus with tight, compact buds and stalks that are firm and crisp to snap	Store trimmed stems in one or two inches of water. Cover with a plastic bag and refrigerate until you are ready to eat.
Preparation	Cooking
Wash asparagus in cool water and snap off the tough ends. The asparagus should break where the tender part meets the tough end.	Enjoy raw, steamed, grilled and roasted!



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**Check your local grocery store for fresh asparagus today.**