# Asian Asparagus Salad

<table>
<thead>
<tr>
<th>1 pound fresh asparagus</th>
<th>2 teaspoons sugar or artificial sweetener</th>
<th>2 teaspoons sesame seeds</th>
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<tbody>
<tr>
<td>1½ tablespoons low sodium soy sauce</td>
<td>1 tablespoon olive oil</td>
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1. Snap off and discard the root ends of the asparagus.
2. Wash remaining stalks thoroughly.
3. Slice stalks into 1½ inch lengths on the diagonal.
4. Blanch asparagus for 1-3 minutes in boiling water, until bright green in color.
5. Cool immediately under cold water and drain.
6. Combine soy sauce, sugar, olive oil, and sesame seeds in a small glass bowl. Mix dressing until sugar is dissolved.
7. In a gallon zip-seal bag, add asparagus and dressing. Turn bag to coat asparagus with dressing and chill in the refrigerator for 15 minutes. Turn bag again and chill for an additional 15 minutes before serving.

**Yield:** 4, ½ cup servings.

**Nutrition Analysis:** 70 calories, 4.5 g fat, 0.5 g saturated fat, 0 mg cholesterol, 250 mg sodium, 7 g carbohydrate, 2 g fiber, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.

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## Kentucky Asparagus

**SEASON:** April through May.

**NUTRITION FACTS:** Asparagus is a good source of vitamin A and folate. One-half cup of fresh, steamed asparagus has 22 calories, 2 grams of protein, and 4 grams of carbohydrate.

**SELECTION:** Choose bright green stalks with tightly closed tips. The most tender stalks are apple green in color with purple-tinged tips.

**STORAGE:** Fresh asparagus will keep 1-2 weeks in the refrigerator. Refrigerate upright with cut ends in water or with cut ends wrapped in wet a paper towels in a plastic bag.

**PREPARATION:** One pound of asparagus will yield 4 one-half cup servings, about 6 spears per serving. Wash asparagus thoroughly in cool, running water. Eat asparagus raw or lightly boil, steam, stir-fry, or grill. Overcooked asparagus will be mushy. Try seasoning it with herbs, butter, or Parmesan cheese.

**Source:** www.fruitsandveggiesmatter.gov