



Asian Asparagus Salad

1 pound fresh asparagus

1½ tablespoons low sodium soy sauce

2 teaspoons sugar or artificial sweetener

1 tablespoon olive oil

2 teaspoons sesame seeds

- 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, .5 g sat. fat, 0 mg cholesterol, 250 mg sodium, 7 g carbohydrate, 2 g fiber, 3 g protein.

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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.

Source: www.fruitsandveggiesmatter.gov

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.

ASPARAGUS

Kentucky Proud Project

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