



Asparagus Tomato Salad

1 pound of fresh asparagus, trimmed and cut into 1-inch pieces
1 small zucchini, halved and cut into ¼ inch slices
3 tablespoons olive oil
2 tablespoons red wine vinegar
1 garlic clove, minced

¼ teaspoon seasoned salt
¼ teaspoon honey mustard
1 cup cherry or grape tomatoes, halved
¼ cup sliced green onions
¼ cup shredded fresh mozzarella cheese
¼ cup minced fresh parsley

Place the asparagus and zucchini in a steamer basket. **Place** in a saucepan over 1 inch of boiling water. **Cover** and **steam** for 2 minutes. **Rinse** in cold water. In large bowl, **whisk together** olive oil, red wine vinegar, garlic, seasoned salt and honey mustard. **Pour** over asparagus mixture; **toss** to coat. **Toss** in

tomatoes and green onions. **Sprinkle** with mozzarella cheese and parsley.

Yield: 6 servings

Nutritional Analysis:

110 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 35 mg sodium, 5 g carbohydrate, 2 g fiber, 3 g sugar, 4 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 paper towels in a plastic bag.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: One pound of asparagus will yield 4 one-half cup servings, about six 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.

KENTUCKY ASPARAGUS

Kentucky Proud Project

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