

Asparagus



Prepared By: Connie Bretz,
Family and Consumer Science Agent
Walnut Creek Extension District

Family & Consumer
SCIENCES

K-STATE
Research and Extension

KSU, County Extension Councils, Extension Districts and U.S Department of Agriculture Cooperating. K-State Research and Extension is an equal opportunity provider and employer.

*Knowledge
for Life*

Asparagus

Asparagus is a member of the lily family and was considered a delicacy by the Greeks and Romans. It has been in cultivation over 2,500 years and in the United States since the 1870's. It is native to the Mediterranean.

It is a hardy perennial and is one of the first vegetables ready to harvest in home gardens in the spring. Although establishing a good asparagus bed requires considerable work, a well-planned bed can last for about 15 years without being replanted.

California, Washington and Michigan are the prime producers of asparagus in the United States. The reason that asparagus is so expensive-compared to other vegetables-is that it must be harvested by hand.



Selection

When buying asparagus look for compact tips and smooth green stems that are uniform in color down the length of the stem. Pencil thin or thick stems can equally be delicious. Contrary to popular belief, thinner stems are not an indication of tenderness. Thick stems are already thick when they poke their heads out of the soil and thin stems do not get thicker with age. Tenderness is related to maturity and freshness.

Varieties

Asparagus comes in a variety of colors including white, violet-green, pink and purple. Green and purple asparagus are used interchangeably in most recipes. White asparagus has milder flavor than green asparagus-and fewer nutrients.



Purple asparagus is a newcomer on the asparagus scene. Purple spears are larger and less fibrous than green asparagus spears. It also has a higher sugar content and therefore can be eaten raw. Cooked purple asparagus has a mild nutty flavor. Cooking it too long, however, turns it dark green.

White asparagus has long been considered a delicacy, particularly by Europeans, who developed it in the late 18th century by growing green asparagus underground. Spears that never saw the sun did not undergo the process of photosynthesis that makes green asparagus green.

Today white asparagus commands a high price in the United States because there is a limited supply and it is a labor-intensive crop. Grown commercially under sandy-soil mounds or black plastic “polyhouses” to protect them from the sun, white asparagus spears are harvested by hand daily in season.

Wild asparagus is green asparagus returned to nature by birds or other wildlife that disburse seeds. Many eagerly look for this in their favorite foraging spots every spring.

Nutrition Information

Asparagus is low in calories and low in sodium. Asparagus is an excellent source of folic acid which helps new blood cells form and prevents serious birth defects. It is also a fairly significant source of vitamin C, thiamine and vitamin B6. It is also an important source of potassium and many micronutrients. It also contains fiber and is one of the richest sources of rutin, a compound which strengthens capillary walls. Asparagus is the highest tested food containing glutathione, of the body's most potent cancer fighters according to the National Cancer Institute.

A 5.3 ounce serving (about 5 spears) has only 20 calories, 0 fat or cholesterol, 5 milligrams of sodium, 400 milligrams of potassium, 3 grams of fiber, 60% of the US Recommended Daily Allowance of folacin.

Storing

Asparagus should be eaten as soon as possible after being picked as they lose flavor and moisture as soon as they are harvested. Stored at room temperature, it can, for example lose half its vitamin C in two days. If you must keep it overnight, wrap the bottom ends in damp paper towels, cover it with plastic wrap, and put it in the refrigerator. Or you can stand the spears upright in a glass of water in the refrigerator, covered with a plastic bag, for up to two days.

If you wish to freeze fresh asparagus, blanch small spears 2 minutes, medium spears 3 minutes, and large spears 4 minutes. Remove from blanching water and immediately immerse in ice water for 5 minutes to cool. Drain. Package, in freezer bags and freeze up to 8 months.

Preparation

To prepare, wash fresh asparagus under cool water and trim an inch from the stem end. Use a vegetable peeler to peel an inch or two off the bottom end, if desired.

Peeling asparagus can be tedious so many cooks prefer breaking off the tough ends. To do this feel along the lower stalk for a natural breaking place—a divide between the tough and more tender parts. You can then snap off the end of the stalk. The tougher bottoms can be saved for soup or stock if desired.



Cooking

Asparagus can be eaten raw, steamed, boiled, grilled, roasted or incorporated into casseroles and salads. The flavor of asparagus goes well with many ingredients and is delicious served with olive oil, lemon juice, salt and pepper. Raw asparagus can also be served with a dipping sauce. When using asparagus as a salad, always wait until serving time to add the dressing as the high acid content of most dressings will turn the spears yellow. Add fresh chives, savory, thyme and tarragon to enhance the flavor of cooked asparagus.

Steaming or boiling is the traditional methods of cooking whole spears. It takes about 3-5 minutes to cook asparagus either way. Be careful not to overcook asparagus or it will become soggy and limp. Cook just until tender-crisp.

- **Microwaving** is another easy way to cook asparagus spears. Place a pound of spears tips to the center, in shallow microwavable dish, add $\frac{1}{4}$ cup water, cover tightly and cook at 100% power for 4-7 minutes. Let stand 3-5 minutes.
- To **Stir Fry**, cut asparagus spears into 1 inch diagonal slices, keeping tips whole. In a large skillet or wok, heat 1-2 tablespoons vegetable oil. Add asparagus pieces and stir-fry for 3-7 minutes. Thinner spears are ideal for stir frying.

- **Roasting** has become popular also. Preheat the oven to 375 degrees F. Lay the spears in a single layer in a shallow pan, coat with olive oil, and season with salt and pepper. Roast until spears are tender-crisp, about 20 minutes.
- To **Grill**, brush or toss spears with olive oil, sprinkle with salt, and place crosswise on the grill rack over a medium fire. Grill, turning often, until tender, 4-6 minutes, depending on the thickness of the spears. Sprinkle with pepper and lemon juice before serving. To make grilling easier and quicker, you can first parboil asparagus in a large pot of rapidly boiling, lightly salted water for just 1 minute. Drain and spread spears out to cook quickly and prevent further cooking. Then grill for just 3-4 minutes. Thicker spears are ideal for grilling.

Serving Ideas

- Whole asparagus spears, served on their own, make an elegant first course or a special occasion side dish. The traditional sauce for hot asparagus is lemony, buttery hollandaise sauce and for cold asparagus spears, vinaigrette or mayonnaise.
- Cut-up asparagus makes a good addition to stir-fries. Parboiled or stir-fried asparagus pieces are delicious in omelets, salads, soups, and stews.
- A favorite party appetizer is low-fat ham slices rolled around short spears of cold cooked asparagus – with or without a dab of mayonnaise.
- Leftover cooked green asparagus, pureed in a food processor or blender, can be heated up with a little milk and a pinch each of chopped parsley and chopped tarragon to make an almost instant cream of asparagus soup.
- Brighten up steamed asparagus by squeezing a fresh lemon over the top of the spears.
- Chives, parsley, chervil, savory, tarragon and other herbs or spices melted into butter are delicious when poured over asparagus.
- Sour cream, yogurt, and mayonnaise are easy, simple toppings.



Asparagus Facts

- Asparagus is planted in the ground three years before it can be harvested for the full season. First comes the seed, then comes the plant, then the plant is harvested only a short time to allow for growth, then comes the mature plant that can be harvested all season.
- An asparagus stalk can grow 10 inches in a 24 hour period.
- Asparagus beds are cut every day (weather permitting) and the length of harvest is generally 70-80 days.
- About 70% of the cost of asparagus production is labor. Asparagus must be hand-harvested every day or every other day.
- California produces about 70% of the domestic supply of asparagus with the states of Washington and Michigan providing the balance. Other states also grow asparagus in smaller quantities.
- After eating asparagus, 80% of the population will develop an odor in their urine while 20% will not. The natural chemical that creates the odor is called aspartic acid. It is found in the amine group and the odor is characteristic of this amine group. The 80% of the population cannot metabolize the acid so it goes straight through the system, thus the odor.
- Asparagus was first cultivated about 2500 years ago in Greece. The name is a Greek word, meaning stalk or shoot. The Greeks believed asparagus was a herbal medicine which, among other things, would cure toothaches and prevent bee stings.

Roasted Parmesan Asparagus

1 1/2 lb fresh asparagus
2 Tbps olive or vegetable oil
1/2 tsp seasoned salt
1/2 tsp garlic pepper blend
1/2 tsp dried oregano leaves
2 Tbps shredded Parmesan cheese

- 1 Heat oven to 425°F. Spray 15x10x1 inch pan with cooking spray. Wash asparagus; break off tough ends where stalks snap easily. If desired, peel stems of spears.
- 2 In shallow bowl, mix remaining ingredients except cheese; toss with asparagus to coat. Spread in pan.
- 3 Roast uncovered 10 minutes. Sprinkle with cheese; toss to coat. Roast uncovered 5 to 8 minutes longer or until asparagus is crisp-tender.

Nutrition Facts

Nutrition (per serving): 60 calories, 5g total fat, 150mg sodium, 2g carbohydrates, 2g protein.

Tips

Do ahead: Have the asparagus trimmed and ready to bake. Pop it in the oven while the roasted turkey is standing and you're making gravy.

Substitute 1/4 teaspoon each garlic powder and coarse ground pepper for the garlic pepper blend.

Garlic Roasted Asparagus

1 1/2 pounds fresh asparagus spears
2-3 garlic cloves, thinly sliced
1/4 teaspoon salt
1/4 teaspoon ground black pepper

- 1 Preheat oven to 450°. Snap off and discard woody bases from asparagus. Place asparagus and garlic in a 15x10x1 inch baking pan. Drizzle with oil and sprinkle with salt and pepper. Toss to coat.
- 2 Roast for 10 to 15 minutes or until asparagus is crisp-tender, stirring once halfway through roasting. Serve immediately. Makes 6 servings.

Servings: 6

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	64
	% Daily Value
Total Fat 5g	8%
Sodium 99mg	4%
Potassium 234mg	7%
Total Carbohydrates 5g	2%
Fiber 2g	8%
Sugar 2g	

Source

Source: Better Homes and Gardens

Lemon-Glazed Asparagus

- 1 1/2 pounds fresh asparagus spears
- 1 teaspoon lemon juice
- 1 tablespoon butter or margarine
- 1/4 cup water
- 1 tablespoon honey
- 1 teaspoon cornstarch

- 1 Trim asparagus; cut spears diagonally in half. Place 3 inches water in 4-quart Dutch oven. Heat to boiling. Add asparagus; reduce heat. Cover and cook 3-5 minutes or until crisp-tender. Drain; place in serving bowl.
- 2 Meanwhile, heat butter, honey and lemon juice in 1-quart saucepan over medium-low heat, stirring frequently, until butter is melted.
- 3 Mix 1/4 water and the cornstarch in small bowl. Stir into lemon mixture. Cook over medium heat, stirring constantly, until bubbly and thickened. Pour glaze over asparagus.

Servings: 4

Cooking Times

Preparation Time: 20 minutes
Total Time: 20 minutes

Nutrition Facts

Serving size: 1/4 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	70
	% Daily Value
Total Fat 3g	5%
Cholesterol 10mg	3%
Sodium 25mg	1%
Total Carbohydrates 9g	3%
Fiber 1g	4%

Source

Source: Betty Crocker

Cream of Asparagus Soup

- 3 medium leeks (white portion only), chopped
- 2 cups diced peeled potatoes
- 3 tablespoons butter
- 1/8 to 1/4 teaspoon white pepper
- 4 cups chicken broth
- 1/2 cup 2% milk
- 1 1/2 pounds fresh asparagus, trimmed and cut into 1-inch pieces
- 1 tablespoon minced fresh parsley

- 1 In a large saucepan, sauté the leeks in butter. Add broth, asparagus, potatoes and pepper. Bring to a boil. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender.
- 2 In a blender, process soup in batches until smooth; return to the pan. Add milk; cook over low heat until heated through. Sprinkle with parsley. Yield: 6 servings.

Servings: 6

Cooking Times

Preparation Time: 20 minutes
Total Time: 20 minutes

Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie

Amount Per Serving	
--------------------	--

diet.

Nutrition information provided by the recipe author.

	% Daily Value
Total Fat 8g	12%
Saturated Fat 4g	20%
Cholesterol 17mg	6%
Sodium 748mg	31%
Total Carbohydrates 22g	7%

Source

Source: Taste of Home

Asparagus Mozzarella Salad

		Ingredients		
2	pounds	fresh asparagus, trimmed and cut into 1-inch pieces	1/4	cup
1	pound	fresh mozzarella cheese, cubed	2	tablespoons
2	cups	grape tomatoes	1	clove
1	medium	red onion, halved and sliced	1/2	teaspoon
1/4	cup	minced fresh basil	1/2	teaspoon
			2	tablespoons
				olive oil
				balsamic vinegar
				garlic, minced
				salt
				Dijon mustard
				pepper
				lemon juice

- 1 In a large saucepan, bring 1/2 inch of water to a boil. Add asparagus; cover and boil for 3 minutes. Drain and immediately place asparagus in ice water. Drain and pat dry. Transfer to a large bowl. Add the cheese, tomatoes, onion and basil.
- 2 In a small bowl, whisk the oil, vinegar, garlic, salt, mustard and pepper. Pour over salad; toss to coat. Drizzle with lemon juice. Chill until serving. Yield: 15 servings (2/3 cup each).

Servings: 15

Cooking Times

Total Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 135 calories, 10g total fat, 24mg cholesterol, 132mg sodium, 4g carbohydrates, 1g fiber, 6g protein.

Source

Web Page: <http://www.tasteofhome.com>

Asparagus Beef Bundles

1	pound	medium rare deli roast beef, thinly sliced	1 1/2	Tbsp.	horseradish
25		thin asparagus spears, cut into 3-inch lengths	1	Tbsp.	parsley, finely chopped
3/4	cup	cream cheese	1	Tbsp.	chives, finely chopped

- 1 Drop asparagus spears into boiling water for 2 minutes. Do not overcook. Cool in ice water bath.
- 2 Combine cream cheese, parsley, chives and horseradish.
- 3 Lay thinly sliced beef on waxed paper. Spread each slice with cream cheese mixture. Place one asparagus spear on each slice so tip is exposed.
- 4 Roll each slice and tie with chive sprig. Cover and chill before serving.

Servings: 25

Cooking Times

Preparation Time: 20 minutes

Total Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 47 calories, 3g total fat, 16mg cholesterol, 174mg sodium, 1g carbohydrates, <1g fiber, 4g protein.

Tips

These appetizers can be prepared the day before and refrigerated until ready to serve. Use 1/3 less fat cream cheese to save additional fat and calories. Try one of the flavored types of roast beef, like Cajun style, peppered, salsa or mesquite.

Source

Source: Texas Beef Council

Ham and Asparagus Rolls

- 12 fresh asparagus spears
- 1/4 cup mayonnaise or salad dressing
- 1 tablespoon Dijon mustard
- 1 teaspoon chopped fresh thyme leaves
- 6 slices cooked ham (from deli; about 10 oz)

- 1 Fill 13x9 inch (3 quart) glass baking dish half full with water and ice; set aside.
- 2 In 12-inch skillet, heat 1 inch water to boiling over high heat. Snap or cut off tough ends of asparagus spears. Add asparagus to boiling water; cook uncovered 2-3 minutes or until crisp-tender. Remove asparagus from skillet; place in baking dish with ice water. Let stand 3-5 minutes or until chilled. Drain; pat dry with paper towels. Set aside.
- 3 Meanwhile, in small bowl, mix mayonnaise, mustard and thyme
- 4 Spread about 1 teaspoon mayonnaise mixture over each ham slice to within 1 inch of edges. Cut each ham slice in half lengthwise. Roll 1 ham strip tightly around each asparagus spear. Store tightly covered in refrigerator.

Servings: 12

Cooking Times

Preparation Time: 20 minutes

Total Time: 20 minutes

Nutrition Facts

Serving size: 1/12 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	70
	% Daily Value
Total Fat 5g	8%
Cholesterol 15mg	5%
Sodium 340mg	14%
Total Carbohydrates 1g	<1%

Source

Source: Betty Crocker

Asparagus Ham Spirals

8	fresh	asparagus spears, trimmed	4	thin	rectangular slices deli ham
1	tube	(8 ounces) refrigerated crescent rolls	2	tablespoons	butter, melted
1	carton	(8 ounces) spreadable chive-and-onion cream cheese	1/4	teaspoon	garlic powder

- 1 Place asparagus in a skillet; add 1/2 inch of water. Bring to a boil. Reduced heat; cover and simmer for 3-5 minutes or until crisp-tender. Drain and set aside.
- 2 Separate crescent dough into four rectangles; seal perforations. Spread cream cheese over each rectangle to within 1/4 inch of edges. Top each with ham, leaving 1/4 inch uncovered on one long side. Place two asparagus spears along the long side with the ham; roll up and press seam to seal.
- 3 Cut each roll into seven pieces. Place cut side down 1 inch apart on greased baking sheets. Combine butter and garlic powder; brush over spirals. Bake at 375° for 10-12 minutes or until golden brown.

Servings: 14

Cooking Times

Preparation Time: 25 minutes

Cooking Time: 10 minutes

Total Time: 35 minutes

Nutrition Facts

Serving size: 1/14 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	171
	% Daily Value
Total Fat 12g	18%
Cholesterol 31mg	10%
Sodium 495mg	21%
Total Carbohydrates 8g	3%

Source

Source: Taste of Home

Asparagus, Artichoke and Red Pepper Pizza

8	oz	fresh asparagus spears, trimmed	6	tablespoons	whipped cream cheese spread
1	large	red bell pepper, cut into 1/2 inch strips	1-2	teaspoons	grated lemon peel
1	tablespoon	extra virgin olive oil	1	jar	(12 oz) marinated artichoke hearts, drained, chopped
1/4	teaspoon	sea salt			
1/4	cup	panko bread crumbs	3/4	cup	shredded Swiss cheese (3 oz)
1	can	refrigerated classic pizza crust	3/4	cup	shredded Gruyere cheese (3 oz)
			1/2	teaspoon	Garlic powder

- 1 Heat oven to 400°. Place asparagus and red pepper in ungreased 13x9 inch pan; drizzle with olive oil and sprinkle with sea salt.
- 2 Bake vegetables 12 to 16 minutes or until crisp-tender, turning once halfway through baking. Cool 5 minutes.
- 3 Meanwhile, spray cookie sheet with no-stick cooking spray. Sprinkle with bread crumbs. Unroll pizza crust dough onto crumb-coated sheet; press into 15x10 inch rectangle. Flute edges of dough.
- 4 Bake 12-16 minutes or until crust is golden brown. Cool 5 minutes.
- 5 Meanwhile, cut asparagus and red pepper into 1/2 inch pieces. Spread cream cheese on to warm crust; sprinkle with lemon peel. Arrange half of the artichokes, asparagus and red pepper over cream cheese; sprinkle with half of the Swiss and Gruyere cheeses. Repeat with remaining vegetables and cheeses.

6 Bake 8 to 10 minutes or until edges are golden brown and cheese is melted. Remove from oven; sprinkle with garlic powder.

Servings: 24

Cooking Times

Preparation Time: 35 minutes

Total Time: 55 minutes

Nutrition Facts

Serving size: 1/24 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	100
	% Daily Value
Total Fat 4g	6%
Cholesterol 10mg	3%
Sodium 210mg	9%
Total Carbohydrates 11g	4%
Fiber 2g	8%

Source

Source: Pillsbury

H.A.T. Sandwich (Ham, Asparagus and Tomato)

- 4 fresh asparagus spears, trimmed
- 1/4 cup baby spinach leaves
- 2 teaspoons extra virgin olive oil, divided
- 2 oz. slow cooked ham
- 2 slices rustic white bread
- 2 slices tomato
- 1 Colby Jack Cheese Slice

- 1 Heat grill pan on high heat. Brush asparagus with 1 tsp. oil; cook 5 to 8 minutes or until crisp-tender, turning occasionally. Remove from pan. Cut to fit bread.
- 2 Fill bread slices with cheese, asparagus, spinach, ham and tomatoes. Brush outside of sandwich with remaining oil.
- 3 Cook in grill pan 6-8 minutes or until golden brown on both sides, turning after 4 minutes.

Servings: 1

Cooking Times

Preparation Time: 20 minutes

Total Time: 20 minutes

Nutrition Facts

Serving size: Entire recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	410
	% Daily Value
Total Fat 24g	37%
Cholesterol 40mg	13%
Sodium 1120mg	47%
Total Carbohydrates 32g	11%
Fiber 2g	8%

Source

Source: Kraft Foods

Chicken, Mushroom and Asparagus Stir-Fry

1 cup	uncooked regular long-grain white rice	1 medium	onion, cut into 1/2 inch wedges
2 cups	water	1 package	(8 oz) sliced fresh mushrooms
2 tablespoons	vegetable oil	1/4 cup	water
1 pound	chicken breast strips for stir-frying	1/2 cup	stir-fry sauce
1 pound	asparagus spears, trimmed, cut into 2-inch pieces	1/4 cup	oyster sauce

- 1 Cook rice in water as directed on package.
- 2 Meanwhile, in wok or 10-inch skillet, heat 1 tablespoon of the oil over medium-high heat until hot. Add chicken strips; stir-fry 5-6 minutes or until no longer pink in center. Remove chicken from wok; place on plate.
- 3 Add remaining 1 tablespoon oil to wok. Add asparagus and onion; stir-fry 3 minutes. Add mushrooms; stir-fry 3 minutes longer. Add water; cover and steam 2 to 3 minutes or until asparagus is tender.
- 4 Meanwhile, in small bowl, mix stir-fry sauce and oyster sauce. Add sauce mixture and return chicken to wok; stir-fry about 1 minute longer or until hot.

Servings: 4

Cooking Times

Preparation Time: 25 minutes

Total Time: 25 minutes

Nutrition Facts

Serving size: 1/4 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
	% Daily Value
Calories	460
Total Fat 11g	17%
Saturated Fat 2g	10%
Cholesterol 70mg	23%
Sodium 1890mg	79%
Total Carbohydrates 55g	18%
Fiber 2g	8%

Source

Source: Betty Crocker

Asparagus Enchiladas

1/3 cup	vegetable oil	3 cups	shredded Monterey Jack Cheese, divided
1 dozen	flour tortillas (8 inch each)	3 cups	cooked shredded chicken
1/2 cup	butter	1/2 cup	chopped green onions, divided
1/2 cup	all-purpose flour	2 pounds	fresh asparagus, trimmed
2 cans	(15 ounces each) chicken broth	1/3 cup	grated Parmesan cheese
1 cup	sour cream	1/4 cup	sliced ripe olives
1/2 cup	green taco sauce		

- 1 In a skillet, heat oil over medium-high. Soften tortillas in the hot oil 30 seconds per side. Drain on paper towel; cool.

- In a large saucepan, melt butter over medium heat. Blend in flour. Whisk in chicken broth, cook and stir until thickened. Remove from the heat. Stir in sour cream and taco sauce. Keep warm but do not boil. Divide the chicken, 2 1/2 cups Monterey Jack cheese and all but 2 tablespoons of the onions over the 12 tortillas. Arrange asparagus over filling with the tips extending beyond the tortillas. Top each with 2 tablespoons sauce. Roll up and arrange, seam side down, in a 13x9 inch baking dish. Top with reserved sauce the Parmesan cheese.
- Bake at 400° for 25 minutes or until bubbly. Sprinkle with remaining Monterey Jack cheese and return to the oven just until melted. Garnish with olives and reserved onions. Serve with additional green taco sauce. Yield: 12 servings.

Servings: 12

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Total Time: 1 hour

Nutrition Facts

Serving size: 1/12 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	526
	% Daily Value
Total Fat 32g	49%
Saturated Fat 15g	75%
Cholesterol 92mg	31%
Sodium 797mg	33%
Total Carbohydrates 33g	11%
Fiber 1g	4%

Source

Source: Taste of Home

Beef and Asparagus Stir-Fry

- | | | | |
|---------------|--|--------------|--------------------------------------|
| 1 pound | boneless beef top round steak (3/4 inch thick) | 1 cup | sliced cauliflower |
| 2 tablespoons | cornstarch | 1 small | sweet red or green pepper, julienned |
| 2 tablespoons | plus 1/2 cup water, divided | 1 small | onion, cut into 1/4 inch wedges |
| 1/2 teaspoon | salt | 2 teaspoons | beef bouillon granules |
| 1/4 teaspoon | pepper | 1 tablespoon | soy sauce |
| 1/8 teaspoon | hot pepper sauce | 1 tablespoon | ketchup |
| 3 tablespoons | vegetable oil, divided | 1 teaspoon | red wine vinegar |
| 2 cups | fresh asparagus pieces or fresh broccoli florets | | Hot cooked rice |

- Slice beef into thin 3-inch strips. In a large resealable plastic bag, combine the cornstarch, 2 tablespoons water, salt, pepper and hot pepper sauce; add the beef. Seal bag and turn to coat.
- In large skillet or wok, stir-fry half of the beef in 1 tablespoon oil until no longer pink; remove from the skillet and keep warm. Repeat with remaining beef and 1 tablespoon oil.
- Stir-fry the asparagus and cauliflower in remaining oil for 4 minutes. Add red pepper and onion; stir-fry for 2 minutes. Return beef to skillet.
- In a small bowl, combine the bouillon, soy sauce, ketchup, vinegar and remaining water; add to the skillet. Cook and stir for 2 minutes or until heated through. Serve with rice.

Servings: 6

Preparation time: 30 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 330.0 calories; 33% calories from fat; 12.0g total fat; 46.0mg cholesterol; 250.0mg sodium; 32.0g carbohydrates; 2.0g fiber; 30.0g net carbs; 22.0g protein.

Recipe Source

Source: Taste of Home

Recipe formatted and exported by Living Cookbook from Radium Technologies, Inc.

Overnight Asparagus Strata

1	pound	fresh asparagus, trimmed and cut into 1-inch pieces	8		eggs, lightly beaten
			2	cups	2% milk
4		English muffins, split in half and toasted	1	teaspoon	salt
2	cups	Shredded Colby-Monterey Jack cheese, divided	1	teaspoon	ground mustard
			1/4	teaspoon	pepper
1	cup	cubed fully cooked ham			
1/2	Cup	Chopped sweet red pepper			

- 1 In a large saucepan, bring 8 cups water to a boil. Add asparagus; cover and cook for 3 minutes. Drain and immediately place asparagus in ice water. Drain and pat dry.
- 2 Arrange six English muffin halves, cut side up, in a greased 13x9 inch baking dish. Fill in spaces with remaining muffin halves. Layer with 1 cup cheese, asparagus, ham and red pepper.
- 3 In a small bowl, whisk the eggs, milk, salt, mustard and pepper; pour over muffins. Cover and refrigerate overnight.
- 4 Remove from the refrigerator 30 minutes before baking. Sprinkle with remaining cheese.
- 5 Bake, uncovered, at 375° for 40-45 minutes or until a knife inserted near the middle comes out clean. Let stand for 5 minutes before cutting. Yield: 6-8 servings.

Servings: 6

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	318
	% Daily Value
Total Fat 17g	26%
Saturated Fat 9g	45%
Cholesterol 255mg	85%
Sodium 916mg	38%
Total Carbohydrates 20g	7%
Fiber 1g	4%

Source

Source: Taste of Home

Asparagus Swiss Quiche

10		bacon strips, diced	1/4	teaspoon	salt
1/2	cup	chopped onion	1/8	teaspoon	pepper
1	pound	fresh asparagus, trimmed	1	unbaked	pastry shell (9 inches)
1	cup	shredded Swiss cheese	3		eggs
1	tablespoon	all-purpose flour	1/2	cup	half and half cream

- 1 In a skillet, cook bacon over medium heat until crisp. Remove with a slotted spoon to paper towels; drain, reserving 1 tablespoon drippings. In the drippings, sauté onion until browned; drain.
- 2 Cut eight asparagus spears into 4 inch long spears for garnish. Cut remaining asparagus into 1 inch pieces. In a saucepan, cook all of the asparagus in a small amount of boiling water until crisp-tender; drain.
- 3 In a bowl, toss the bacon, onion, asparagus pieces, cheese, flour, salt and pepper. Pour into pastry shell. In a bowl, beat eggs and cream; pour over bacon mixture. Top with asparagus spears. Bake at 400° for 30-35 minutes or until a knife inserted near the center comes out clean and crust is golden brown. Let stand for 10 minutes before cutting. Yield: 6-8 servings.

Servings: 6

Cooking Times

Preparation Time: 25 minutes

Cooking Time: 30 minutes

Total Time: 55 minutes

Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	390
	% Daily Value
Total Fat 31g	48%
Saturated Fat 13g	65%
Cholesterol 124mg	41%
Sodium 450mg	19%
Total Carbohydrates 17g	6%
Fiber 1g	4%

Source

Source: Taste of Home

Potato Ham Bake

1	pound	Yukon gold potatoes, sliced	1	tablespoon	snipped fresh tarragon or 1/2 tsp. dried tarragon, crushed.
1	8-ounce	tub light cream cheese spread with chive and onion	8	ounces	cooked boneless ham, cut in bite-sized slices
3/4	cup	milk	1	pound	fresh asparagus spears, trimmed, cut in 2-3 inch pieces
1/4	cup	finely shredded Parmesan cheese			

- 1 Preheat oven to 400 degrees F. In medium saucepan cook potatoes, covered, in small amount of lightly salted boiling water 5-7 minutes, just until tender. Drain; transfer to bowl and set aside.
- 2 For sauce, in same saucepan combine cream cheese, milk, 2 tablespoons Parmesan, and 1/4 teaspoon black pepper. Heat and whisk until smooth and cheese is melted. Remove from heat; stir in tarragon.
- 3 Layer potatoes, ham, asparagus, and sauce in 1 1/2 quart baking dish. Bake, covered, 20 minutes. Uncover;

sprinkle remaining Parmesan. Bake 10 to 12 minutes. Let stand 5 minutes. Top with tarragon and freshly ground black pepper. Serves 4.

Servings: 4

Cooking Times

Preparation Time: 25 minutes
 Cooking Time: 30 minutes

Nutrition Facts

Serving size: 1/4 of a recipe.
 Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
 Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	346
	% Daily Value
Total Fat 16g	25%
Cholesterol 67mg	22%
Sodium 1162mg	48%
Potassium 842mg	24%
Total Carbohydrates 30g	10%
Fiber 5g	20%
Sugar 8g	

Source

Source: Better Homes and Gardens

Asparagus-Potato Brunch Bake

- | | | | | | |
|-----|------------|----------------------|---|------|--|
| 1 | tablespoon | butter or margarine | 3 | cups | frozen southern-style diced has brown potatoes, thawed |
| 1 | cup | sliced green onions | | | |
| 8 | | eggs | 2 | cups | chopped lean cooked ham |
| 1/2 | cup | fat-free (skim) milk | 1 | box | (9 oz) Frozen asparagus cuts, thawed, drained |
| | | | 1 | cup | shredded Cheddar cheese |

- Heat oven to 350°. Generously spray 13x9 inch (3- quart) baking dish with cooking spray. In 8-inch skillet, melt butter over medium heat. Cook onions in butter 2 to 3 minutes, stirring occasionally, until tender.
- In large bowl, mix eggs and milk until blended. Stir in cooked onions, potatoes, ham and asparagus. Pour into baking dish. Top with cheese.
- Bake 30 to 35 minutes or until set. Season to taste with salt and pepper.

Servings: 8

Cooking Times

Preparation Time: 15 minutes
 Total Time: 50 minutes

Nutrition Facts

Serving size: 1/8 of a recipe.
 Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
 Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	270
	% Daily Value
Total Fat 13g	20%
Cholesterol 245mg	82%
Sodium 530mg	22%
Total Carbohydrates 19g	6%
Fiber 2g	8%

Source

Source: Betty Crocker

Bow Tie Primavera

7 ounces	uncooked dried bow tie pasta	1 medium	red bell pepper, coarsely chopped
1 tablespoon	butter	1/3 cup	fat-free zesty Italian dressing
1 pound	asparagus spears, cut into 1-inch pieces	1/2 teaspoon	dried basil leaves
1 medium	yellow summer squash, halved lengthwise, sliced 1/8 inch thick	1/3 cup	shredded Parmesan cheese

- 1 Cook bow ties according to package directions. Drain. Keep warm.
- 2 Meanwhile, melt butter in 12-inch nonstick skillet until sizzling; add asparagus, squash and pepper. Cook over medium-high heat, stirring occasionally, until vegetables are crisply tender (3 to 5 minutes).
- 3 Add cooked pasta, dressing and basil; toss gently to coat. Continue cooking until heated through (2-3 minutes). Sprinkle with cheese.

Servings: 5

Cooking Times

Preparation Time: 10 minutes

Total Time: 25 minutes

Nutrition Facts

Serving size: 1/5 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
	% Daily Value
Calories	230
Total Fat 6g	9%
Cholesterol 10mg	3%
Sodium 300mg	13%
Total Carbohydrates 36g	12%
Fiber 3g	12%

Source

Source: Land O'Lakes

Beef and Asparagus Pasta Toss

1 pound	ground chuck	1/4 cup	minced shallots (about 2 large)
2 cups	uncooked bow tie pasta	2-3	garlic clove, minced
1 pound	fresh asparagus, cut into 1-inch pieces		salt and pepper
2 Tbsp.	olive oil		

- 1 Cook pasta in salted water 10 minutes or until almost tender. Add asparagus; continue cooking 3 to 4 minutes or until pasta and asparagus are tender. Drain well.
- 2 Meanwhile brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into 3/4 inch crumbles. Remove from skillet with slotted spoon; pour off drippings.
- 3 Heat oil in same skillet over medium heat until hot. Add shallots and garlic; cook 3 to 4 minutes or until tender, stirring frequently. Remove from heat. Add beef; toss to mix. Season with salt and pepper, as desired.
- 4 Combine beef mixture with pasta and asparagus in large bowl; toss well.

Servings: 4

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 657 calories, 28g total fat, 71mg cholesterol, 269mg sodium, 67g carbohydrates, 34g protein.

Source

Source: Texas Beef Council

Seafood and Asparagus Manicotti

12	uncooked manicotti pasta shells	1	box	(9 oz.) frozen asparagus cuts, thawed,	
1	jar	(26 oz.) tomato pasta sauce		coarsely chopped	
1/4	cup	dry white wine or nonalcoholic white wine	1/2	cup	chopped sun-dried tomatoes in oil, drained
3/4	cup	half-and-half	1/3	cup	cream cheese, softened
1	package	(6 oz.) frozen cooked salad shrimp, thawed	2	cups	shredded mozzarella cheese
6	oz	refrigerated imitation crabmeat sticks, cut into 1/4 inch pieces	1/4	cup	lightly packed cut-up strips fresh basil leaves

- 1 Heat oven to 350°. Cook and drain pasta as directed on package.
- 2 Meanwhile, in 2-quart saucepan, heat tomato sauce and wine to boiling over medium heat. Reduce heat to low; simmer 4 minutes. Remove from heat; stir in half and half. In ungreased 13x9 inch (3 quart) glass baking dish, spread 1 cup of the tomato sauce.
- 3 In medium bowl, mix shrimp, imitation crabmeat, asparagus, tomatoes, cream cheese and 1/2 cup of the mozzarella cheese. Spoon about 1/4 cup seafood mixture into each pasta shell. Arrange in baking dish. Pour remaining tomato sauce evenly over shells.
- 4 Cover dish with foil. Bake 25 to 30 minutes or until hot. Top with remaining 1 1/2 cups mozzarella cheese. Bake uncovered 5 to 10 minutes longer or until cheese is melted. Sprinkle with basil before serving.

Servings: 6

Cooking Times

Preparation Time: 30 minutes

Total Time: 1 hour and 10 minutes

Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	550
	% Daily Value
Total Fat 23g	35%
Cholesterol 95mg	32%
Sodium 1290mg	54%
Total Carbohydrates 58g	19%
Fiber 4g	16%

Source

Source: Betty Crocker.

Spring Risotto

- | | | | | | |
|---|-------------|-----------------------------|-----|-------|---|
| 3 | tablespoons | butter | 1 | can | (14 1/2 oz.) chicken or vegetable broth, warmed |
| 2 | tablespoons | olive oil | 1/2 | cup | milk |
| 1 | medium | onion, thinly sliced | 1 | bunch | asparagus, trimmed, chopped into 2-inch pieces |
| 2 | | cloves garlic, minced | 1/3 | cup | grated Parmesan cheese, divided |
| 2 | cups | uncooked instant white rice | 1/8 | tsp. | each salt and pepper |

- Melt butter with olive oil in a deep skillet on medium heat. Add onion and garlic; cook 2-3 minutes. Do not brown.
- Toss in rice and stir to coat the rice. Add warm broth, milk and asparagus.
- Bring to a boil over medium heat; simmer for 5 minutes over low heat. Mix in 1/4 cup of the Parmesan cheese, salt and pepper. Sprinkle with remaining Parmesan cheese just before serving.

Servings: 6

Cooking Times

Preparation Time: 10 minutes
Total Time: 20 minutes

Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	270
	% Daily Value
Total Fat 13g	20%
Saturated Fat 6g	30%
Cholesterol 25mg	8%
Sodium 460mg	19%
Total Carbohydrates 29g	10%
Fiber 2g	8%

Source

Source: Kraft Recipes

Springtime Penne

- | | | | | | |
|-----|-------|---|-----|----------|------------------------|
| 3 | cups | uncooked penne pasta | 1/2 | pound | cubed fully cooked ham |
| 1 | pound | fresh asparagus, trimmed and cut into 1-inch pieces | 1/2 | cup | heavy whipping cream |
| 1 | large | onion, chopped | 1/4 | teaspoon | pepper |
| 1/4 | cup | butter, cubes | 1/8 | teaspoon | salt |

- Cook pasta according to package directions. Meanwhile, in a large skillet, sauté asparagus and onion in butter for 5-8 minutes or until asparagus is crisp-tender.
- Add the ham, cream, pepper and salt; bring to a boil. Reduce heat; cook over low heat for 1 minute. Drain pasta. Add to the asparagus mixture; toss to coat. Yield: 8 servings.

Servings: 8

Cooking Times

Preparation Time: 20 minutes

Nutrition Facts

Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	259
	% Daily Value
Total Fat 14g	22%
Saturated Fat 8g	40%
Cholesterol 50mg	17%
Sodium 450mg	19%
Total Carbohydrates 24g	8%

Source

Source: Taste of Home

Ham & Asparagus Casserole

3 3/4 cups	uncooked yolk-free whole wheat noodles	1 cup	fat-free milk
2 1/2 cups	cut fresh asparagus (1-inch pieces)	1 cup	reduced-sodium chicken broth
1 medium	onion, chopped	1 tablespoon	lemon juice
1 tablespoon	reduced-fat butter	1 1/2 cups	cubed fully cooked lean ham
1/4 cup	all-purpose flour	1/4 cup	minced fresh parsley
1/2 teaspoon	dried thyme	1/3 cup	french-fried onions
1/8 teaspoon	pepper	2 tablespoons	shredded Parmesan cheese

- 1 Cook noodles according to package directions. Meanwhile, in a large saucepan, bring 2 cups of water to a boil. Add asparagus. Cover and cook for 3-5 minutes or until crisp-tender; drain and set aside.
- 2 In a large skillet, sauté the chopped onion in butter until tender. Combine the flour, thyme and pepper; gradually whisk in milk and broth until smooth. Add milk mixture to the skillet. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Remove from the heat; stir in lemon juice.
- 3 Drain noodles; add the ham, parsley, sauce and asparagus. Transfer to a 13x9 inch baking dish coated with cooking spray. Top with fried onions and cheese.
- 4 Cover and bake at 350° for 20 minutes or until bubbly. Uncover and bake 5-10 minutes longer or until golden brown. Yield: 4 servings

Servings: 4

Cooking Times

Preparation Time: 25 minutes

Cooking Time: 25 minutes

Total Time: 50 minutes

Nutrition Facts

Serving size: 1/4 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	343
	% Daily Value
Total Fat 8g	12%
Saturated Fat 3g	15%
Cholesterol 27mg	9%
Sodium 946mg	39%
Total Carbohydrates 50g	17%
Fiber 7g	28%

Source

Source: Taste of Home

