



Asparagus is the Harvest of the Month!

Add asparagus to your favorite family meals:

- Add bite-size pieces of asparagus to creamy soups.
- Dip asparagus spears in a healthy dip or dressing.
- Use leftover cooked asparagus in your scrambled eggs.
- Add asparagus to roasted potatoes, rice side dishes, or pasta salad.

Make meals and memories together. It's a lesson kids will use for life.

Select – Choose asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.

Store – Wrap the ends of stalks in a wet paper towel and place in a plastic bag. Refrigerate for up to 4 days.

Prepare – Snap off the woody ends, about 1-2 inches. Enjoy raw, steamed, boiled, grilled, or roasted!

Did you know?

Asparagus can be found in three colors: green, white, and purple. White asparagus is grown under the soil, so it is never exposed to sunlight and never turns green.



Nutritious, Delicious, Wisconsin!
#WitharvestoftheMonth

This material was funded by USDA's Supplemental Nutrition Assistance Program –SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

Recipe of the month

Spring Vegetable Saute Serves 4

Ingredients:

- 1 teaspoon olive oil
- ½ cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 new potatoes (tiny, quartered)
- ¾ cup carrot (sliced)
- ¾ cup asparagus pieces
- ¾ cup sugar snap peas, or green beans
- ½ cup radishes (quartered)
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon dill (dried)

Directions:

Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes. If the vegetables start to brown, add a Tablespoon or 2 of water. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more. Serve immediately.

Source: laxf2s.org

Per serving: 138 calories, 1 g fat, 4 g protein, 39 g carbohydrate, 5 g fiber, 177 mg sodium

