

# Asparagus

Asparagus is a member of the lily family and under ideal conditions can grow 10 inches in a 24 hour period.

**Store:** Asparagus should be refrigerated right away. Wrap asparagus in a damp cloth and store in refrigerator drawer or stand up in a glass or pitcher with a small amount of water if not using right away. Flavor will lessen each day not eaten. To freeze: blanch and cool immediately in ice water. Drain well and pack in plastic freezer bags or containers. Use within 8 months.

**Serve:** Can be baked, roasted, boiled, sautéed, microwaved, steamed or eaten raw.

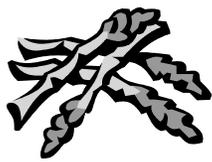


This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.

**Prepare:** Wash well under warm water. Snap or cut off the woody bottom part of the stalk before eating or cooking. Asparagus does not need to be peeled, however you can use a vegetable peeler to peel the skin from the stalk, especially towards the base.



<http://www.asparagus.org/>



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# Asparagus Recipe

## Roasted Asparagus

### Ingredients:

2 lbs fresh asparagus  
Good olive oil  
Kosher salt, plus extra for sprinkling  
Freshly ground black pepper

Prep Time: 10 min

Cook Time: 25 min

Serves: 8

### Directions:

Preheat the oven to 400°F.  
Break off the tough ends of the asparagus and peel them if they are thick. Place asparagus on a baking sheet, drizzle with olive oil, then toss to coat asparagus completely. Spread asparagus in a single layer and sprinkle liberally with salt and pepper. Roast asparagus for 25 minutes, until tender but still crisp.

enjoy!



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<http://www.foodnetwork.com/recipes/ina-garten/roasted-asparagus-recipe/index.html>



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