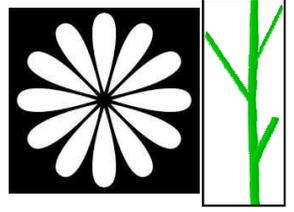


# ASPARAGUS



In the garden:



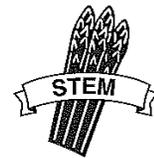
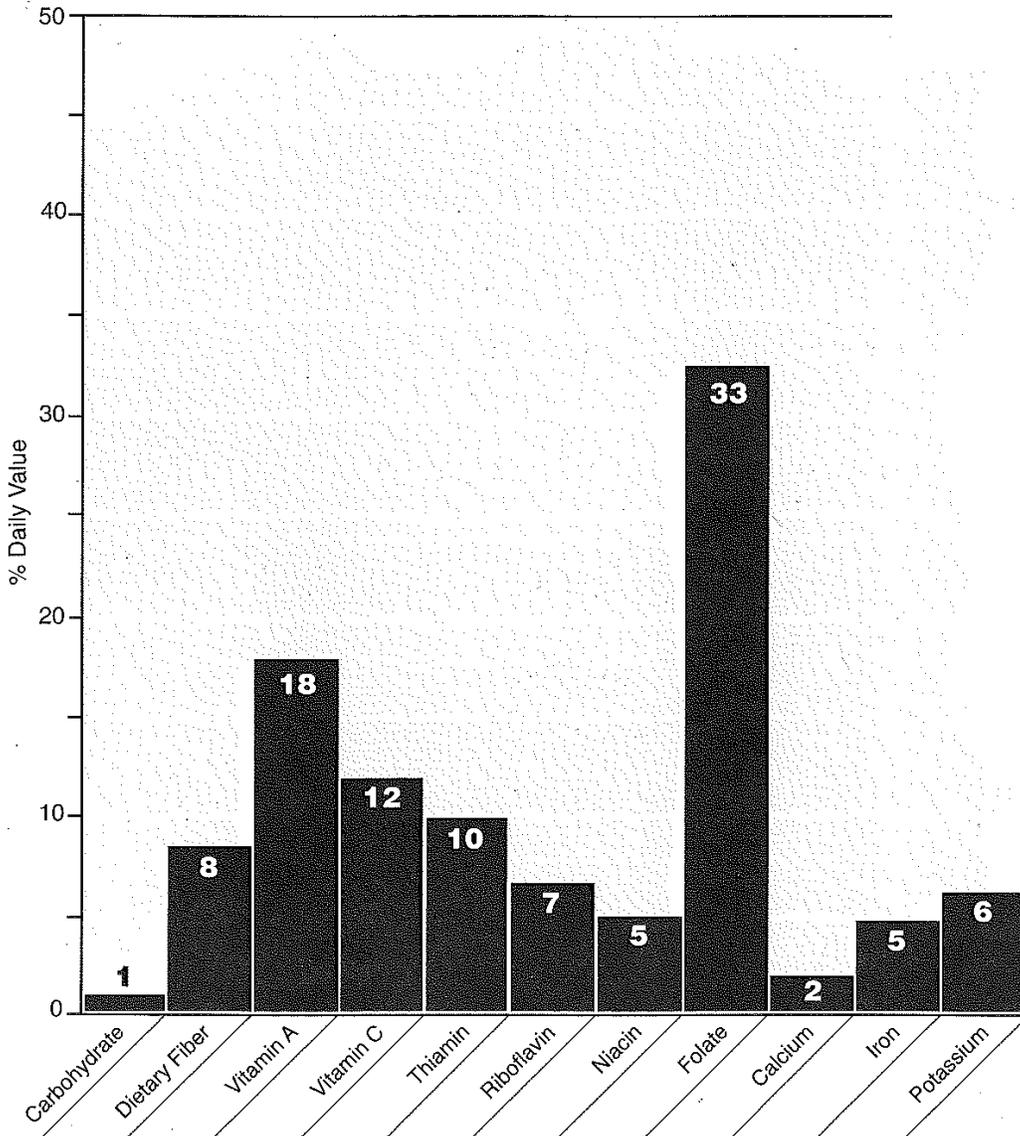
Ready to eat:



## FUN FACTS:

- Asparagus can be green, white, and even purple!
- Asparagus is a perennial, so you plant it once and it keeps growing year after year.
- Asparagus grows wild in some areas such as Oregon and Montana.

# Asparagus Nutrition Facts



## Serving Size

6 Medium Spears  
89 Grams

20 Calories  
8% from fat  
26% from protein  
65% from carbohydrate

2 Grams Protein

4 Grams Carbohydrate  
2 grams dietary fiber

0.2 Gram Fat

82 Grams Water

12 Milligrams Sodium

Asparagus is a good source of  
Vitamin A for eye and skin health!

# Asparagus with Gremolata Sauce

## Ingredients:

2 pounds asparagus, washed and trimmed  
2 tablespoons butter  
2 teaspoons lemon peel, grated  
1 garlic clove, large and minced  
2 tablespoons lemon juice  
Parsley (optional)



## Helpful Storage Tips:

- Select firm, straight, smooth stocks with tightly closed tips.
- To keep fresh longer, trim the large ends off fresh asparagus and stand in a jar with about 1 inch of water.

## Directions

1. Cook asparagus in a large pot of boiling water until tender, about 4 minutes.
2. Drain and then rinse with cold water to cool quickly. Drain again.
3. Pat dry, place in clean container, cover, and refrigerate.
4. Melt butter in sauce pan over medium-high heat.
5. Add lemon peel and garlic and stir for 30 seconds.
6. Add asparagus and toss to coat.
7. Sprinkle with lemon juice. Sauté until asparagus is heated through and coated with Gremolata sauce, about 3 minutes.
8. Transfer to platter. Sprinkle with parsley (optional) and serve.

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/>

# Asparagus with Gremolata Sauce

## Ingredients:

2 pounds asparagus, washed and trimmed  
2 tablespoons butter  
2 teaspoons lemon peel, grated  
1 garlic clove, large and minced  
2 tablespoons lemon juice  
Parsley (optional)



## Helpful Storage Tips:

- Select firm, straight, smooth stocks with tightly closed tips.
- To keep fresh longer, trim the large ends off fresh asparagus and stand in a jar with about 1 inch of water.

## Directions

1. Cook asparagus in a large pot of boiling water until tender, about 4 minutes.
2. Drain and then rinse with cold water to cool quickly. Drain again.
3. Pat dry, place in clean container, cover, and refrigerate.
4. Melt butter in sauce pan over medium-high heat.
5. Add lemon peel and garlic and stir for 30 seconds.
6. Add asparagus and toss to coat.
7. Sprinkle with lemon juice. Sauté until asparagus is heated through and coated with Gremolata sauce, about 3 minutes.
8. Transfer to platter. Sprinkle with parsley (optional) and serve.

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/>

# WASHINGTON STATE UNIVERSITY

---



PIERCE COUNTY EXTENSION

USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

# WASHINGTON STATE UNIVERSITY

---



PIERCE COUNTY EXTENSION

USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.