

Asparagus Frittata

This omelet that cooks in the oven makes a tasty supper or brunch.

- 2 tablespoons Italian dressing
- 2/3 cup sliced fresh mushrooms
- 1/3 cup chopped red pepper
- 1 (14.5-ounce) can Michigan asparagus cuts and tips, drained
- 8 eggs
- 1/4 cup milk
- 3/4 cup shredded provolone cheese, divided
- 1/4 cup freshly grated Parmesan cheese

Heat dressing in a large ovenproof skillet over medium heat. Add mushrooms and red pepper. Cook and stir 5 minutes. Add well-drained asparagus. Beat eggs, milk and 1/2 cup provolone cheese in a medium bowl. Pour over vegetable mixture in skillet. If handle of skillet is not ovenproof, wrap it in foil.

Bake in a preheated 350-degree oven 20 minutes or until eggs are almost set. Remove from oven and sprinkle with remaining 1/2 cup provolone cheese and Parmesan cheese. Bake 5 minutes or until cheese is melted on top. Cut into wedges to serve.

Makes 4 servings.



Roasted Potatoes and Asparagus

Serve this side dish with your favorite meat.

- 1/2 cup Italian dressing
- 1/3 cup Dijon mustard
- 2 pounds small red potatoes, unpeeled, quartered (about 1-inch pieces)
- 2 cups cut-up fresh or frozen Michigan asparagus
- 2 cups grape or cherry tomatoes, cut in half
- 1/3 cup sliced green onion

Combine Italian dressing and mustard until blended.

Toss 1/4 cup dressing mixture with potatoes in a medium bowl. Spray 15x10x1-inch baking pan with nonstick spray. Arrange potatoes on pan. Bake in a preheated 350-degree oven 20 to 25 minutes. Remove from oven; add asparagus to the pan. Continue to bake 10 to 15 minutes or until potatoes are tender when pierced with a fork and asparagus is lightly browned.

Put potatoes and asparagus in a large bowl. Stir in tomatoes, onion and remaining dressing mixture. Serve warm or at room temperature.

Makes 6 servings.

Italian Beef Wrap

This is a healthy twist on a traditional sandwich.

- 2 tablespoons mayonnaise
- 1/4 teaspoon dried Italian seasoning
- 1 large (10 to 11 inch) flour tortilla
- 1 leaf romaine lettuce
- 2 thin slices mozzarella, cheddar or provolone cheese
- 2 thin slices (about 2 ounces) shaved roast beef
- 2 large pieces prepared roasted red pepper, well drained
- 4 Michigan asparagus spears, cooked

Combine mayonnaise and Italian seasoning. Spread over one side of flour tortilla. Layer lettuce, cheese and roast beef. Place red pepper pieces near center of roast beef. Top with asparagus. Roll up. Cut in half diagonally to serve.

Makes 1 serving.



Michigan's Amazing Asparagus

Taste the Difference

Asparagus: Prescription for Good Nutrition

Asparagus is a nutritional powerhouse with many health promoting benefits. It is one of the most nutritionally well-balanced vegetables, leading nearly all produce items in the wide array of nutrients it supplies for a healthy body.

- There are only 4 calories per medium spear or 20 calories per 1/2 cup serving.
- It's fat free, cholesterol free and is nature's true low-carbohydrate food.
- Asparagus is a good source of potassium. It also is a source of fiber, providing 1 to 3 grams of fiber per serving.
- Asparagus has more folic acid than any other vegetable. Just one serving (about 1/2 cup or 4 medium spears) provides more than half of the recommended daily allowance of folic acid, which is also called folacin or vitamin B-9. Folacin is necessary for blood cell formation, growth and

the prevention of liver disease and is associated with a decreased risk of neural tube birth defect. Increased amounts of folacin are recommended for pregnant women.

- Asparagus is a good source of vitamin C, a carotenoid that is a strong disease-fighting antioxidant.
- According to the National Cancer Institute, asparagus is a good source of glutathione, one of the body's most potent cancer fighters. Of all foods tested, including vegetables, fruits, grains and meats, none was higher in glutathione than asparagus.

The Michigan Asparagus Advisory Board is a promotion organization funded by Michigan asparagus growers. Michigan ranks third in the nation in asparagus production, behind California and Washington. There are more than 300 asparagus growers in Michigan that produce more than 30 million pounds of asparagus each year.

For more recipes and other information about asparagus visit www.asparagus.com

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Asparagus is one of nature's most perfect vegetables and Michigan asparagus is deliciously different. The robust stalks have a bolder flavor and are bursting with key nutrients for a healthy body.

Fresh Michigan asparagus is harvested in April, May and June, and is available in many supermarkets throughout the Midwest. Frozen and canned asparagus is available all year. Michigan asparagus is unique because it is hand-snapped above the ground as it is harvested, so each spear is all green. In other growing areas, asparagus is cut below the ground so that a hard, inedible portion of the spear is harvested. Buying Michigan asparagus means you buy all-edible asparagus.

While asparagus is delicious all by itself, it goes well with other foods. This brochure features fun, flavorful asparagus recipes that are easy to prepare any time of year.

Discover the amazing taste of Michigan asparagus now!



Orange and Asparagus Salad

Quick and colorful, this salad appeals to kids and adults.

- 2 cups cut-up fresh or frozen Michigan asparagus
- 1 (6-ounce) bag spring or European lettuce mix
- 1 (11-ounce) can mandarin orange sections, well drained
- 1/3 cup thinly sliced red onion
- 1/4 cup honey roasted cashews
- 1/2 cup raspberry vinaigrette dressing

Steam or microwave asparagus until tender-crisp. Drain and let cool. Combine cooked asparagus, lettuce, oranges, onion and cashews. Pour dressing over all. Toss to evenly coat. Serve immediately.

Makes 6 servings.

Chicken and Vegetable Stir-Fry

This entrée goes together fast for a flavorful family meal.

Sauce:

- 1/2 cup chicken broth
- 1/4 cup lemon juice
- 3 tablespoons soy sauce
- 2 tablespoons granulated sugar
- 1 1/2 tablespoons cornstarch
- 1 tablespoon dark sesame oil
- 1/8 to 1/4 teaspoon ground red pepper

Chicken and Vegetables:

- 2 tablespoons vegetable oil
- 1 1/4 pounds boneless skinless chicken breast, cut into thin strips
- 1 large clove garlic, crushed
- 1 1/2 cups cut-up fresh or frozen Michigan asparagus
- 1/2 cup shredded carrots
- 1/2 cup sliced green onions
- 1/2 cup sliced fresh mushrooms
- 1/2 cup sliced water chestnuts
- Hot cooked rice (optional)

For the Sauce, combine all sauce ingredients in a small bowl; set aside.

For Chicken and Vegetables, heat oil in a large wok or skillet. Cook and stir chicken and garlic over medium heat 8 to 10 minutes or until chicken is no longer pink. Remove chicken and garlic from pan; keep warm.

Add asparagus, carrots, green onions, mushrooms and water chestnuts to the pan. Cook and stir 5 to 7 minutes or until vegetables are crisp-tender.

Return chicken and garlic to pan. Add sauce. Cook and stir over medium heat until sauce reaches a boil and has thickened. Serve chicken and vegetable mixture over hot cooked rice, if desired.

Makes 4 to 6 servings.



Cream of Asparagus Soup

If you think you don't like asparagus, try this soup. It's good any time of year.

- 1 (14.5-ounce) can Michigan asparagus cuts and tips
- Milk
- 1/4 cup butter or margarine
- 1/4 cup finely chopped onion
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon chicken bouillon granules

Drain asparagus, reserving liquid. Add enough milk to liquid to measure 4 cups; set aside. Puree asparagus in food processor or electric blender; set aside.

Put butter and onions in a 3-quart saucepan; cook over medium heat until onions are soft, but not brown. Remove pan from heat. Stir in flour, salt and bouillon granules; stir until mixture is smooth. Add milk mixture and asparagus; stir to combine ingredients.

Return pan to medium heat. Cook, stirring constantly, until mixture boils and thickens. Cook and stir 1 minute longer. Remove from heat; serve hot. Garnish with cooked asparagus spears, if desired.

Makes 5 (1-cup) servings.

Cooking Asparagus

Fresh Michigan asparagus can be cooked several ways.

- To steam in a saucepan, steamer or frying pan, put 1 pound of fresh asparagus spears or two-inch asparagus pieces in 1/2 cup boiling water. Add salt, pepper and butter, if desired. Cover. Cook 5 to 8 minutes, or until crisp-tender.
- To microwave fresh asparagus, put 1 pound fresh spears in a microwave-safe rimmed plate or shallow dish. Add 1/4 cup water and cover tightly. Microwave at 100 percent power for 4 to 7 minutes for spears, 3 to 5 minutes for pieces. Stir or turn halfway through the cooking time.

Roasted Asparagus

If you have never roasted asparagus, this is something you have to try. The result is delectable. Roasting makes the asparagus more flavorful and sweeter. The texture, although not as crisp as steamed asparagus, is tender and medium firm. The spears do shrink and become slightly wrinkled.

Here are the basic directions.

Wash and trim fresh Michigan asparagus spears. Spread spears on a large rimmed baking sheet. Drizzle spears with olive oil and roll them around to coat lightly.

Roast medium-thick spears in a preheated 450-degree oven about 15 minutes; thin ones about 10 minutes, occasionally shaking the pan to roll them around for even browning. Test with a fork to determine doneness. Spears should be tender throughout and lightly browned, but no charred.

Variations: Add 2 to 3 cloves chopped garlic to the spears before roasting. Or drizzle with balsamic vinegar or lemon juice after roasting. Roasted asparagus is great combined with pasta or rice for side dishes or salads and is especially good on a vegetable pizza.



The best way to cook frozen or canned asparagus is to microwave it.

- For frozen asparagus, place frozen spears or pieces in a microwave-safe plate or shallow dish. If cooking whole spears, arrange with tips in the center. Add 2 tablespoons water and cover tightly. Microwave at 100 percent power for 4 to 7 minutes, depending on the quantity cooked. Spears take longer to cook than cut-up asparagus. Stir or rearrange the asparagus halfway through the cooking time.
- For canned asparagus, drain all but 1 tablespoon liquid. Transfer asparagus and remaining liquid to a microwave-safe bowl. Microwave at 100 percent power for 2 to 4 minutes, stirring once halfway through the cooking time.