

Asparagus

Key Points

- For the best buy, choose asparagus spears that are crisp and have pointed tops. Avoid wilted or dried out asparagus.
- To prepare asparagus, rinse and snap off ends of stems. Lightly steam for best flavor.
- To keep fresh, store asparagus in a plastic bag in the refrigerator and use within 3-5 days.
- Asparagus contains fiber which helps to keep you regular.



Spring Vegetable Hash

Ingredients:

2 teaspoons oil
1 onion, chopped small
1 potato, chopped small
1 carrot, chopped small
1 bunch asparagus (or 1/2 pound),
chopped
1 cup chicken broth
Salt and pepper to taste
8 eggs, fried or poached (optional)

Directions:

1. Heat oil in a large frying pan over medium high heat.
2. Cook onion, potatoes and carrots over medium high heat until lightly browned, about 15 minutes. Stir often.
3. Add asparagus and broth. Cook until asparagus is soft, about 3-5 minutes.
4. Continue to cook until broth has cooked away and bottom of hash is crispy.
5. Serve each portion of hash topped with an egg, if desired. Enjoy!
6. Refrigerate leftovers.

Makes 8 servings.

Asparagus Vinaigrette

Ingredients:

2 bunches asparagus (or 2 pounds)
3 tablespoons vinegar
2 tablespoons minced onion
1 tablespoon oil
1 garlic clove, minced
1/4 teaspoon pepper
Salt to taste

Directions:

1. Cook asparagus in a large pot of boiling water until tender, about 3 minutes. Drain and cool.
2. In a large bowl, mix together vinegar, onion, oil, garlic, pepper and salt.
3. Add asparagus and toss.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

- Chop asparagus and toss in a soup, casserole or stir fry.
- Lightly steam asparagus. Serve with low fat dip.
- Broil asparagus and top with shredded cheese.
- Remember to rinse all fruits and vegetables before using.

Just Say Yes to Fruits and Vegetables

The Nutrition Facts Label — What does it tell us?

Recipe Name:
Spring Vegetable Hash

Recipe Name:
Asparagus Vinaigrette

Nutrition Facts			
Serving Size (144g)		Servings Per Container	
Amount Per Serving			
Calories 110	Calories from Fat 50		
		% Daily Value*	
Total Fat 6g	9%		
Saturated Fat 1.5g	8%		
Trans Fat 0g			
Cholesterol 185mg	62%		
Sodium 270mg	11%		
Total Carbohydrate 7g	2%		
Dietary Fiber 1g	4%		
Sugars 2g			
Protein 8g			
Vitamin A 30%	• Vitamin C 10%		
Calcium 4%	• Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

1. Start with the serving size.

2. Check calories.

3. Limit these:
- Total fat
- Saturated fat
- Trans fat
- Cholesterol
- Sodium

4. Get enough of these:
- Fiber
- Vitamins A and C
- Iron
- Calcium

Nutrition Facts			
Serving Size (165g)		Servings Per Container	
Amount Per Serving			
Calories 60	Calories from Fat 20		
		% Daily Value*	
Total Fat 2.5g	4%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 95mg	4%		
Total Carbohydrate 7g	2%		
Dietary Fiber 3g	12%		
Sugars 3g			
Protein 3g			
Vitamin A 15%	• Vitamin C 25%		
Calcium 4%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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