

# Asparagus

Asparagus can be cooked and added to salad, pasta, roasted vegetables, or served on its own as a side.

Watch it carefully, as it is easy to over-cook – it should be “tender-crisp” to serve.

- Rinse in cold water, dry on paper towels, and cut off the tougher bottom couple inches before cooking.
- Toss asparagus with 1 tablespoon oil and spread on baking sheet or baking dish. Bake at 450 degrees for 15 minutes, tossing twice during roasting. Season with herbs and lemon if desired.
- Place asparagus in a microwave-safe baking dish or casserole with 2 tablespoons water. Microwave, covered, for 2 to 4 minutes or until crisp-tender.
- Store spears upright in a container with the stems in an inch of water, then cover loosely with a plastic bag. Or simply wrap the ends in moist paper towels and store in a plastic bag.



# Asparagus

Asparagus can be cooked and added to salad, pasta, roasted vegetables, or served on its own as a side.

Watch it carefully, as it is easy to over-cook – it should be “tender-crisp” to serve.

- Rinse in cold water, dry on paper towels, and cut off the tougher bottom couple inches before cooking.
- Toss asparagus with 1 tablespoon oil and spread on baking sheet or baking dish. Bake at 450 degrees for 15 minutes, tossing twice during roasting. Season with herbs and lemon if desired.
- Place asparagus in a microwave-safe baking dish or casserole with 2 tablespoons water. Microwave, covered, for 2 to 4 minutes or until crisp-tender.
- Store spears upright in a container with the stems in an inch of water, then cover loosely with a plastic bag. Or simply wrap the ends in moist paper towels and store in a plastic bag.



# Asparagus

Asparagus can be cooked and added to salad, pasta, roasted vegetables, or served on its own as a side.

Watch it carefully, as it is easy to over-cook – it should be “tender-crisp” to serve.

- Rinse in cold water, dry on paper towels, and cut off the tougher bottom couple inches before cooking.
- Toss asparagus with 1 tablespoon oil and spread on baking sheet or baking dish. Bake at 450 degrees for 15 minutes, tossing twice during roasting. Season with herbs and lemon if desired.
- Place asparagus in a microwave-safe baking dish or casserole with 2 tablespoons water. Microwave, covered, for 2 to 4 minutes or until crisp-tender.
- Store spears upright in a container with the stems in an inch of water, then cover loosely with a plastic bag. Or simply wrap the ends in moist paper towels and store in a plastic bag.



# Asparagus

Asparagus can be cooked and added to salad, pasta, roasted vegetables, or served on its own as a side.

Watch it carefully, as it is easy to over-cook – it should be “tender-crisp” to serve.

- Rinse in cold water, dry on paper towels, and cut off the tougher bottom couple inches before cooking.
- Toss asparagus with 1 tablespoon oil and spread on baking sheet or baking dish. Bake at 450 degrees for 15 minutes, tossing twice during roasting. Season with herbs and lemon if desired.
- Place asparagus in a microwave-safe baking dish or casserole with 2 tablespoons water. Microwave, covered, for 2 to 4 minutes or until crisp-tender.
- Store spears upright in a container with the stems in an inch of water, then cover loosely with a plastic bag. Or simply wrap the ends in moist paper towels and store in a plastic bag.

