NUTRITION AND YOU...ASPARAGUS

FOOD FOR THOUGHT
Did you know that asparagus comes in green, white, and purple varieties? Green asparagus is the most popular type in the United States, while white asparagus is more popular in Europe. Purple asparagus is slightly sweeter than green or white asparagus and turns green when you cook it.

SHOP SMART
Fresh local asparagus has a short growing season and is usually in stores from May to July. In fall and winter, some stores sell imported asparagus, but the price is higher. You can buy asparagus fresh, frozen, or canned. Choose firm stalks with deep green or purple tips that are closed and compact. Avoid asparagus with partly open or wilted tips.

EAT HEALTHY
Asparagus is:
• An excellent source of Vitamin A
• A good source of Vitamin C

Note: 1 cup of cooked asparagus is equivalent to 1 cup of your daily vegetable requirement.

KEEP IT SAFE
These food safety tips will help protect you and your family:
• Wash hands for 20 seconds with warm water and soap before and after preparing food
• Fresh asparagus should be kept cold to preserve its tenderness, sweetness, and vitamin C content
• Wrap the bottom of the stalks in a damp paper towel, place in a plastic bag, and keep in the coldest part of the refrigerator
• Wash asparagus in cool, running water before preparing

Your Local Story here:
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Text in 11 pt. Arial Regular
RECIPE

Spring Vegetable Sauté

**Ingredients:**
1 tsp. olive oil
½ cup sliced onion
1 finely chopped garlic clove
2-4 tiny quartered new potatoes
¼ cup sliced carrots
¼ cup asparagus
¼ cup sugar snap peas, or green beans
¼ tsp. salt
¼ tsp. black pepper
½ tsp. dried dill or 2 tsp. fresh chopped dill

**Instructions:**
1. Heat the oil in a skillet. Cook the onion 2 minutes, add garlic, and cook another minute.
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add 1-2 tbsp. of water.
4. Add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender- about 3-4 minutes more.
5. Serve immediately.

**Nutrition Facts – Spring Vegetable Sauté**

Cost: Per Recipe: $ 2.17  Per Serving: $ 0.54
Serving Size: 133 g (1/4 of recipe)
Calories: 70  Calories from Fat: 50

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Total Fat – 1.5 g</td>
<td>2%</td>
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<tr>
<td>Saturated Fat – 0 g</td>
<td>0%</td>
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<tr>
<td>Dietary Fiber – 2 g</td>
<td>8%</td>
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<tr>
<td>Sodium – 170 mg</td>
<td>7%</td>
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<tr>
<td>Sugars – 13 g</td>
<td></td>
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<tr>
<td>Protein – 2 g</td>
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*Percent daily value based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

FOCUS ON FITNESS

Join a walking group in the neighborhood or at the local shopping mall. Recruit a partner for support and encouragement.

REMEMBER:

Vary your veggies.

REFERENCES

• United States Department of Agriculture, choosemyplate.gov/
• Centers for Disease Control and Prevention, fruitsandveggiesmatter.gov
• The Ohio State University Extension Horticultural and Crop Sciences Bulletin, ohioline.osu.edu/b826/b826_4.html
• The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992
• United States Department of Agriculture, SNAP-Ed Connection, recipefinder.nal.usda.gov/

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