



Brought to You by Ohio SNAP-Ed and the Ohio Expanded Food and Nutrition Education Program (EFNEP)

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.



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

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

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:

18 pt Arial Bold Headline

Text in 11 pt. Arial Regular



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

RECIPE

Spring Vegetable Sauté

Ingredients:

- 1 tsp. olive oil
- ½ cup sliced onion
- 1 finely chopped garlic clove
- 2-4 tiny quartered new potatoes
- ¾ cup sliced carrots
- ¾ cup asparagus
- ¾ 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.

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

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

4. Add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender- about 3-4 minutes more.
5. Serve immediately.

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/

Revised January 2016

This material funded by USDA-Food & Nutrition Service's Supplemental Nutrition Assistance Program (SNAP), Ohio Food Assistance Program Grant/Contract ODJFS Grant Agreement G-1213-17-0612, October 1, 2012-June 30, 2013

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.