



LOCAL FOODS FOR GROWING MINDS

**FEED
OUR
FUTURE**

RECIPE CARD

Make this dish. Make an impact.

When you choose to buy, prepare and eat fresh, local foods, it's better for you and your community! What will you make today? Cook & share with #FeedOurFuture.



Roasted Local Asparagus

Featured Item: Asparagus

Serving Size: ½ Cup • Number of Servings: 50

HACCP Process # 3:

• Complex Food Preparation

Child Nutrition Credit:

• .5 c other vegetable



INGREDIENTS

1 gal, 2 qt, 1 c. Asparagus, Raw

DIRECTIONS

1. Preheat oven (convection oven 350 degrees; conventional oven 375-400 degrees).
2. Properly wash and trim asparagus spears.
3. Spray with cooking spray and sprinkle with black pepper and garlic powder to taste. Toss asparagus with tongs to coat in cooking spray and seasonings.
4. Place dry asparagus on baking sheet.
5. Roast in preheated oven until just tender, 12 to 15 minutes depending on thickness.

Source: Pisanick Partners, LLC.