



# Asparagus Chop Salad

**Featured Item: Asparagus**  
Serving Size: 1/2 cup • Yield 4

**Fun Facts:**  
It takes asparagus 3 years to be ready to harvest for the first time.

**Try It!**  
When asparagus is out of season, use a different local ingredient!

## INGREDIENTS -

### SALAD

- 1/2 cup** Asparagus, Local, raw
- 1/2 cup** Garbanzo Beans, drained
- 1/4 cup** Cucumber, diced
- 2 tbsp** Red Onion, chopped
- 6** Grape Tomatoes, sliced
- 2 tbsp** Red Pepper, diced
- 1/4 cup** Kalamata Olives, chopped
- 2 tsp** Basil, fresh

### DRESSING

- 3 tbsp** Balsamic Vinegar
- 3 tbsp** Extra Virgin Olive Oil
- 1 tsp** Sugar
- 1 tsp** Lemon Juice
- 1/3 tsp** Salt
- 1/3 tsp** Pepper



## DIRECTIONS - PRE PREP

1. Wash asparagus and cut into 2 inch pieces.
2. Drain beans.
3. Wash and dice cucumbers, red pepper, and onions.
4. Slice tomatoes.
5. Chop basil.
6. Rough chop olives.
7. In a bowl, combine the dressing ingredients and whisk together.

## DIRECTIONS - ASSEMBLE SALAD

1. Add asparagus, beans, cucumbers, onion, tomatoes, peppers, and olives in large mixing bowl.
2. Toss vegetables with dressing. Let salad chill in fridge at least one hour or until ready to serve. Add basil before serving.

## NUTRITION FACTS

**Calories:** 73  
**Total Fat:** 5 g  
     Saturated Fat: 0 g  
     Trans Fat: 0 g  
**Cholesterol:** 0 mg  
**Sodium:** 151 mg  
**Total Carbohydrate:** 6.5 g  
     Dietary Fiber: 2 g  
     Total Sugars: 2 g  
**Protein:** 1 g



Scan the code to learn more about Harvest of the Month.

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!

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Recipe and nutritional info provided by our partner, Pisanick Partners LLC

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**HOME RECIPE**

# Cheesy Roasted Asparagus

**Featured Item: Asparagus**  
 Serving Size: 1/2 cup • Yield 4

**Fun Facts:**  
 White asparagus grows in the dark and turns pink in the sun!

**Try It!**  
 Squeeze lemon over asparagus to bring out its freshness.

## INGREDIENTS

- 1 pound** Asparagus, Local, raw
- 2 teaspoons** Extra Virgin Olive Oil
- 1/4 teaspoon** Kosher Salt
- 1 teaspoon** Minced Garlic
- 1/4 teaspoon** Black Pepper
- 2 teaspoons** Parmesan Cheese, grated



## DIRECTIONS

1. Preheat oven to 350°F.
2. Wash and trim asparagus. Cut each stalk in half. Note: 4 stalks (8 pieces) = 1/2 cup serving.
3. Toss asparagus with olive oil, minced garlic, salt, and pepper. Spread onto baking sheet. Sprinkle with Parmesan cheese.
4. Bake for 15 minutes or until asparagus is tender.

## NUTRITION FACTS

**Calories:** 43  
**Total Fat:** 2.5 g  
     Saturated Fat: 0.5 g  
     Trans Fat: 0 g  
**Cholesterol:** 0 mg  
**Sodium:** 47 mg  
**Total Carbohydrate:** 4 g  
     Dietary Fiber: 2 g  
     Total Sugars: 1 g  
**Protein:** 2.5 g



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# Roasted Asparagus

**Featured Item: Asparagus**  
 Serving Size: 1/2 cup • Yield 4

**Fun Facts:**  
 Purple asparagus turns green when you cook it!

**Try It!**  
 Make cooking a family affair! Kids can snap off the ends of asparagus.

**INGREDIENTS**

**2 cups** Asparagus, Local, raw




**DIRECTIONS**

1. Preheat oven to 375°F.
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 asparagus on baking sheet.
5. Roast in preheated oven until just tender, 12 to 15 minutes depending on thickness.

**NUTRITION FACTS**

**Calories:** 13  
**Total Fat:** 0 g  
     Saturated Fat: 0 g  
     Trans Fat: 0 g  
**Cholesterol:** 0 mg  
**Sodium:** 0 mg  
**Total Carbohydrate:** 2.5 g  
     Dietary Fiber: 1.5 g  
     Total Sugars: 1 g  
**Protein:** 1.5 g



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