

Roasted Asparagus

Featured Item: Asparagus
 Serving Size: 0.25 cup • Yield 50

HACCP Process #2:
 Same day service

Child Nutrition Credit:
 0.25 Cups of Other Vegetables

INGREDIENTS

10 pounds Asparagus, Local, raw
1/4 cup Olive Oil, extra virgin
2 teaspoons Salt
1/2 teaspoon Black Pepper
1 cup Parmesan cheese, grated



DIRECTIONS

1. Wash asparagus. Trim stalks into 2" pieces.
 2. Place cut asparagus on baking sheet and toss asparagus with olive oil, parmesan cheese, salt, and pepper.
 3. Bake in a 400 degrees F oven for 10 minutes, or until asparagus is tender.
- Serve 1/4 C.

NUTRITION FACTS

Calories: 34
Total Fat: 2 g
 Saturated Fat: 0.5 g
 Trans Fat: 0 g
Cholesterol: 2 mg
Sodium: 99 mg
Total Carbohydrate: 3.5 g
 Dietary Fiber: 2 g
 Total Sugars: 2 g
Protein: 3 g



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

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Featured Item: Asparagus
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HACCP Process #2:
Same day service

Child Nutrition Credit:
0.25 Cups of Other Vegetables

INGREDIENTS

1 pound, 3 ¼ ounces Asparagus, Local, raw
1 ½ teaspoon Olive Oil, extra virgin
1/4 teaspoon Salt
less than 1/8 teaspoon Black Pepper
1 tablespoon, 2 ⅞ teaspoon, Parmesan cheese, grated



DIRECTIONS

1. Wash asparagus. Trim stalks into 2" pieces.
2. Place cut asparagus on baking sheet and toss asparagus with olive oil, parmesan cheese, salt, and pepper.
3. Bake in a 400 degrees F oven for 10 minutes, or until asparagus is tender.
Serve 1/4 C.

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