



FEED OUR FUTURE®

Local Foods for Growing Minds



ECE CENTER RECIPE

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.

ENJOY!

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

Email ohiofeedourfuture@gmail.com for full nutrition facts.



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ECE FCCH RECIPE

Roasted Asparagus

Featured Item: Asparagus
Serving Size: 0.25 cup • Yield 6

HACCP Process #2:
Same day service

Child Nutrition Credit:
0.25 Cups of Other Vegetables

INGREDIENTS

1 pound, 3 1/4 ounces	Asparagus, Local, raw
1 1/2 teaspoon	Olive Oil, extra virgin
1/4 teaspoon	Salt
less than 1/8 teaspoon	Black Pepper
1 tablespoon, 2 7/8 teaspoon	Parmesan cheese, grated



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