

How to Cook Asparagus

Basic Steps

- Wash asparagus in cool water to remove dirt and sand.
- Bend asparagus, so that it snaps at its natural breaking point. This will remove the woody bottom.



Cooking Methods

- **Boiling** – Cook asparagus in a wide skillet, with about one inch of water. If desired, add about one teaspoon of salt to water.
- **Blanching** – A good method when using asparagus in salads and cold dishes. Place asparagus in boiling water for about 3 minutes. Remove and immediately place in an ice bath.
- **Roasting** – cover a rimmed baking sheet with aluminum foil. Place asparagus on baking sheet in a single layer. Coat with oil and sprinkle with salt and pepper. Rub to coat all spears with oil. Bake in a 450°F oven for about 10 to 15 minutes.
- **Grilling** – purchase thick spears for this cooking method. Clean the grill and coat with oil to prevent sticking. Place spears on the grill and cook for about 5 to 8 minutes. Turn occasionally.

Final Preparation Tips

- Possible additions to asparagus include butter, salt and pepper, fresh lemon juice, garlic, shallots, herbs, such as parsley.

Breakfast Egg Salad Sandwich

Serves 1.

Ingredients:

1 egg, hard boiled
1 Tablespoon reduced fat mayonnaise
1 teaspoon Dijon mustard
Salt and pepper to taste
1 slice of bread, your choice
Dash of hot sauce, optional



Directions:

Peel and chop the egg. Add mayonnaise and mustard. Stir to combine. Spread on bread.

Optional Add-ins:

1/3 of an avocado
Crumbled bacon
Herbs, parsley, cilantro



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SPRING RECIPES

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Strawberry Caprese Salad

Serves 2 as a meal or 4 as a side salad.

Ingredients:

Balsamic Reduction:

2 Tablespoons honey
1/3 cup balsamic vinegar

Salad:

3 to 4 cups gently packed spring greens
1 cup strawberries, hulled and quartered
4 ounces small mozzarella balls,
drained and halved
5 to 6 basil leaves, coarsely chopped
1/4 cup sliced almonds, toasted
1 Tablespoon extra-virgin olive oil
Salt and black pepper, to taste

Directions:

Balsamic Reduction. Combine honey and vinegar in a small saucepan. Simmer gently over low heat until mixture is reduced to about one-fourth cup.

Salad.

1. Wash and dry greens. Divide greens among plates. Top with strawberries, cheese, basil, and almonds.
2. Drizzle each plate with 1 1/2 teaspoons olive oil and 1 1/2 teaspoons balsamic reduction.



Roasted Asparagus and Spring Greens Salad

Serves 6.

Ingredients:

3 Tablespoons extra virgin olive oil
1 pound asparagus, trimmed
1/2 cup shallots, finely minced
1/4 cup lemon juice, preferably fresh
2 teaspoons Dijon mustard
1/4 teaspoon black pepper
1/4 teaspoon salt
6 cups baby spring greens
6 Tablespoons grated Parmesan cheese

Directions:

1. Preheat oven to 400°F.
2. Place asparagus on a large rimmed baking sheet in a single layer. Drizzle with one tablespoon oil. Roast until crisp-tender, about 10-12 minutes. Set aside to cool.
3. **Dressing.** In a small bowl, whisk shallots, lemon juice, mustard, pepper and salt and remaining two tablespoons olive oil.
4. Toss greens with about one-half of dressing. Place greens on a serving platter. Top with asparagus. Top asparagus with more dressing and cheese.



New Potatoes with Sugar Snap Peas

Serves 6.

Ingredients:

1 pound new potatoes
1 teaspoon salt, plus more to taste
2 cups sugar snap peas
1 Tablespoon butter
1/2 teaspoon black pepper
2 Tablespoons fresh herbs, chopped,
optional

Directions:

1. Wash potatoes. Cut into large cubes if desired. Place in a small saucepan, cover with water. Add one teaspoon salt; cover and bring to a boil.
2. Cook over medium heat until tender, about 5 to 6 minutes. Add peas, cover and cook for 2 minutes.
3. Drain, add butter. Season with pepper and additional salt. Add fresh herbs of your choice. Toss gently.



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