**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

**Contact:**
Dr. Georgia Jones  
Extension Food Specialist  
Department of Nutrition & Health Sciences  
University of Nebraska-Lincoln  
Lincoln, NE 68583-0808  
(402) 472-3225  
FAX: (402) 472-1587  
Email: gjones2@unl.edu
Strawberry Caprese Salad

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

Ingredients:

Balsamic Reduction:
2 Tablespoons honey
⅓ 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
½ 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 1½ teaspoons olive oil and 1½ teaspoons balsamic reduction.

Roasted Asparagus and Spring Greens Salad

Serves 6.

Ingredients:
3 Tablespoons extra virgin olive oil
1 pound asparagus, trimmed
½ cup shallots, finely minced
¼ cup lemon juice, preferably fresh
2 teaspoons Dijon mustard
¼ teaspoon black pepper
¼ 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
½ 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.

Contributors:
Alice Henneman, Lancaster County Extension Office
Billene Nemec, Buy Fresh, Buy Local - Nebraska

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska-Lincoln Extension educational programs abide with the non-discrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.