

ASPARAGUS

GROWN IN MINNESOTA



DIFFERENT USES

- Steam fresh or frozen asparagus in a microwave-safe bowl or sauté pan with small amount of water, low-sodium seasoning, and garlic.
- Spread a soft cheese (goat cheese, brie, etc.) on whole wheat crackers and top with a crisp asparagus head.
- Enjoy asparagus sautéed with olive oil or in soup, salads, stir-fry, scrambled eggs, or pasta.
- Rinse, dry and enjoy your asparagus raw with your favorite dip.

Nutrition Facts

Serving Size 5 spears (93g)

		% Daily Value
Calories	25	
Total Fat	0g	0%
Sodium	0mg	0%
Total Carbohydrate	4g	1%
	Dietary Fiber 2g	8%
Protein	2g	

Health Benefits

- Contains 60% of daily folate needs, which may help reduce the risk of heart disease, fractures and certain birth defects.
- Good source of vitamin A to support eye and skin health and help protect against infections.
- Inulin, a prebiotic found in asparagus, may help protect against food-borne viruses like E. coli

FUN FACT

- Minnesota grown asparagus is available from May-July at the local farmer's market.
- First consumed over 2,000 years ago, asparagus was used as a pain reliever in ancient Greece and Rome.
- Three different types of asparagus: green, white and purple.
- Asparagus is a spring vegetable and part of the lily family along with onion, garlic, and tulip.
- Consume soon after purchasing for maximum freshness.

