

Quick Bites



Asparagus is the quintessential spring vegetable. It's also a good source of vitamins K, C, A, folate, antioxidants and fiber. These nutrients can help reduce the risk of chronic diseases. Select spears with firm tips and no soft spots. Thickness does not matter as both thick and thin spears are tender. Store asparagus spears in a partially closed zip top bag in the fridge for up to one week

Find more recipes at: www.jocoeats.com

Asparagus, Peas and Pasta

Makes 4 servings
Source: www.jocoeats.com

- 12-ounces uncooked whole wheat penne pasta
- 1/2-pound asparagus, bottom 1-inch trimmed off
- 1/2-pound (8-ounces) peas
- 1 cup shredded parmesan cheese
- 1 tablespoon olive oil
- 1 teaspoon oregano

1. Clean work area with warm, soapy water. Wash hands with soap and warm water for 20 seconds.
2. Cut asparagus into 1-inch pieces.
3. Prepare pasta according to package instructions.
4. Add asparagus and peas to pasta for last minute of cooking.
5. Drain pasta and vegetables and toss with olive oil, parmesan and oregano.



* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

4 servings per container	
Serving size	1/4 of recipe
Amount per serving	
Calories	480
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 410mg	18%
Total Carbohydrate 74g	27%
Dietary Fiber 11g	39%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 295mg	25%
Iron 4mg	20%
Potassium 481mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tips That Make Cents

- Buy foods in season to save money. When fruits and vegetables ripen, grocery stores are flooded with these low-cost fruits and vegetables. You will find something year-round that is in season, which makes it affordable.
- Smaller-sized fruits and vegetables may be cheaper than larger ones.
- Instead of buying canned fruits and vegetables in large pieces, buy these foods canned in smaller pieces. For example, pineapple chunks and diced tomatoes usually cost less than pineapple rings and whole tomatoes.
- For best buys of healthy foods, stock up on fruit juices, milk, grits, peanut butter cookies, and popcorn for snacks. Avoid junk foods.
- Avoid buying single servings of such foods as snack crackers, vegetable juice, and ice cream.

Ways to Enjoy Asparagus!

- **Snap It:** Most asparagus stems have a woody end. Leaving this woody part can create stringy asparagus. Remove the woody end just by holding each end of the asparagus in each hand and gently bend till the woody end snaps away.
- **Roast It:** Preheat an oven to 400°F. Place clean and prepped asparagus on a cooking sheet (lined with foil for easy clean up). Drizzle with extra virgin olive oil and sprinkle with salt and pepper. Roast in the oven for 10 to 15 minutes, shaking the sheet half way through.
- **Steam It:** Place clean and prepped spears in a steamer basket insert and set inside a pot with a few inches of water. Heat the water to a simmer and cook the asparagus for 2 minutes or until bright green. Carefully remove the asparagus and place in a bowl of ice water to stop the cooking and preserve its bright color.



Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Johnson County K-State Research and Extension, 913-715-7000.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.