



MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

# Asparagus

Did you know?

Asparagus is available all year round!

Asparagus is an excellent source of Vitamin C.

Asparagus is also a good source of Vitamin A and potassium.

## Fun Fact!

“Martha Washington” is one of the most popular varieties of asparagus.

## FIGHTBAC!

**Clean:** Wash hands and Surfaces Often

**Separate:** Don't Cross-Contaminate

**Cook:** Cook to Proper Temperatures

**Chill:** Refrigerate Promptly

<http://www.fightbac.org/>

## What am I looking for?

- Look for asparagus with close, compact tips.
- Select asparagus with a rich green color over most of the spear.
- Wash asparagus well before use.
- Avoid asparagus with moldy or decayed tips as well as spears that are not rounded.

## Scrumptious Grilled Vegetables

**Cooking spray**

**1/2 red pepper, cut in strips**

**8 medium asparagus spears**

**8-10 fresh string beans**

**1 medium-large zucchini, sliced lengthwise**

**Clean vegetables, cut into strips or squares, and lay on grill pan. (You may lightly spray your nonstick pan with canned olive oil, but very lightly.)**

**Cook vegetables over medium heat. Turn them (with plastic clamps or turners) about four times during cooking . Cooking time varies. Start with beans, asparagus, and pepper; after five minutes, add the zucchini. If you want to cook eggplant, it takes a bit longer and will get limp.**

**Preparation Time: 5 minutes**

**Cook Time: 10-15 minutes**

**Serves: 4**

**Nutrition:**

**Calories: 85**

**Total Fat: 0 g**

**Cholesterol: 0 mg**

**Sodium: 4 mg**

**Total Carbohydrate: 8 g**

**Protein: 2 g**

<http://healthyliving.tamu.edu/recipes>

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**Can you help the summer squash find the snap peas?**

