





May 2007

### **Available Now...**

# Asparagus

In Colorado, April showers bring May asparagus. This tender green vegetable is one of the first crops of the season in the state; the majority of which is grown along the Front Range.

Asparagus is low in calories and sodium. It also contains potassium and is a significant source of thiamin and vitamin B6.



Look for Colorado asparagus at your local farmers' market, grocery store or at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit www.coloradoagriculture.com for a complete list of recipes.

#### **Roasted Asparagus Asian Salad**

Chef Justin Barbour, ACF Colorado Chefs Association

#### Serves 2-3

6 stalks Green Asparagus 6 stalks White Asparagus

1 cup Snap Peas

1/2 cup Red onion, finely sliced Medium carrot, finely sliced

1 clove
1 tbsp.
1 tbsp.
3 cups
Garlic, finely diced
Sesame seeds, toasted
Sliced almonds, toasted
Bean thread noodles

1 cup Teriyaki Sauce

1/2 cup Olive oil Zest of an orange 1 tbsp. Honey

For dressing, slowly whisk in 1/2 cup of olive oil into teriyaki sauce. Then whisk in the honey and add the orange zest. Let sit for about an hour. Vinaigrette should be whisked again before serving.

Bring a medium size pan of water to a boil. Cut 1/2 inch off all asparagus stalks and discard. Coat asparagus in a little olive oil and place in a 350°F oven for about 10 to 15 minutes or until fork tender. Heat a tablespoon of olive oil in a sauté pan. When you smell a nutty aroma from oil add garlic and carrots and sauté for three minutes. Add Snap Peas and sauté for another two minutes. Keep vegetables warm. Toast Almonds in 350°F oven for about eight minutes or just slightly brown. Toast sesame seeds for about five minutes or until slightly brown.

Drop bean thread noodles into boiling water for about one minute, stirring occasionally. Drain noodles and combine with red onion and vegetables. Garnish with almonds, sesame seeds and serve with dressing.

Enjoy with a Colorado wine, such as a glass of Pinot Gris from Colorado Cellars Winery, located in Palisade, Colorado.

## Next Month... Cherries