

# media release

*Colorado Department of Agriculture*

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## FOR IMMEDIATE RELEASE

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### ***Asparagus Adds Color and Flavor to Meals***

LAKEWOOD, Colo. – Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown, raised or processed in the state. This month, Colorado asparagus is featured in the Asparagus with Lemon and Pistachios recipe.

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

The asparagus plant is a member of the lily family, which also includes onions, leeks and garlic. Asparagus is low in calories, fat free and sodium free. It is a good source of vitamins A and C and is high in folate. Refrigerate asparagus for up to four days by wrapping the ends of stalks in wet paper towel and placing in a plastic bag. Look for Colorado asparagus at your local grocery store, farmers' market or at restaurants across the state.

#### **Asparagus with Lemon and Pistachios**

*Chef Jason K. Morse, C.E.C., Executive Chef, Douglas County School District*

Serves 6

2 Bunches Asparagus

1 Cup Pistachios, roasted, salted, chopped

1 Lemon, zested

1/4 Cup Unsalted Butter

To Taste Herbs de Provence

To Taste Sea Salt

To Taste Smoked Black Pepper

Heat a large sauté pan. Clean asparagus, then cut off and discard bottom "wood" portion. Cut remaining asparagus into 2 pieces. Add butter to the pan and melt. Add the asparagus stalks and tips and sauté until tender, while keeping bright green. Season with salt and pepper to taste. Finish with lemon zest, Herbs de Provence to taste and chopped pistachios, sauté for 1 minute. Remove from the pan and pour the pistachio, butter mixture over the cooked asparagus.

Visit [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

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