



# FarmFresh

## Recipes

May 2013

### Available Now...

#### Asparagus

The asparagus plant is a member of the lily family, which also includes onions, leeks and garlic.



#### Fun Facts

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 ends of stalks in wet paper towel and placing in a plastic bag.



### Fresh Inspirations...

#### Asparagus with Lemon and Pistachios

Serves 6

##### Ingredients

- 2 Bunches Asparagus
- 1/4 Cup Unsalted Butter
- 1 Cup Pistachios, roasted, salted, chopped
- 1 Lemon, zested
- To Taste Smoked Black Pepper
- To Taste Herbs de Provence
- To Taste Sea Salt

##### Directions

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.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

Next Month... Colorado Dairy