

Available Now...

Asparagus

Farmers' markets are beginning to open, and an early season crop you'll find is asparagus.



Tips & Nutrition

This nutritionally well-balanced vegetable is low in calories and sodium free. Asparagus is a good source of vitamins A and C, and 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.



Fresh Inspirations...

Asparagus, Goat Cheese and Prosciutto Pizza

Ingredients

- 8-10 oz. Pizza Dough, fresh or defrosted
- 1/4 Cup Pesto Sauce with Sun Dried Tomato
- 1/4 Cup Mozzarella/Parmesan Cheese Blend, shredded
- 4 slices Prosciutto, cut into 1/2" strips
- 6 spears Jumbo Asparagus, cut into tips and stalks (remove woody part)
- 1 Shallot, peeled and shaved thin
- 4-5 oz. Goat Cheese, crumbled
- 1 Roma Tomato, sliced
- 1 tsp. All Purpose Seasoning

Directions

Preheat oven to 450°. Allow the dough to soften at room temperature for approximately 15 minutes. Hand stretch the dough to a very thin crust and place onto a floured pizza pan. Top with pesto sauce, cheese blend, Prosciutto, asparagus, shallots, goat cheese, Roma tomatoes and seasoning to taste. **Chef's Tip:** Building the pizza quickly will ensure the dough doesn't get wet from the toppings and stick. Bake for 9 to 12 minutes and garnish with freshly chopped parsley.

Enjoy with a glass of Colorado wine such as "Bubble Universe" Sparkling Albariño from Infinite Monkey Theorem in Denver, Colorado.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

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.coloradoproud.org for a complete list of recipes.

Next Month... **Colorado Tomatoes**