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.

Next Month... Colorado Tomatoes

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.