

## 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 is a significant source of potassium, 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](http://www.coloradoagriculture.com) for a complete list of recipes.

## Chinese Style Asparagus

*Colorado Chef Mick Rosacci,  
Tony's Meats & Specialty Foods*

- ¼ cup Sesame seeds
- 1½ lbs. Asparagus
- 1 tbsp. Soy sauce
- 1 tsp. Sesame oil
- Asian Red Chili Oil

Toast sesame seeds in a dry pan over medium heat, shaking every few minutes until aromatic and toasted, then set aside.

Bring a medium pot of water to a boil. Break tough ends off of asparagus and cut into 2 inch pieces at a diagonal. Add to pot and boil until tender, crisp and bright green. Remove and immediately plunge into ice water, then pat dry.

Whisk together soy sauce, sesame oil and red chili oil (dashes of Hoisin and/or Oyster Sauce can also be added to taste). Toss with asparagus in a serving bowl and sprinkle with sesame seeds. Serve warm or at room temperature as a perfect side dish.

Enjoy with a Colorado wine, such as a glass of Orange Muscat from Colorado Cellars, located in Palisade, Colorado.

*Next Month...* **Cherries**