

## 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. A 5.3 ounce serving provides 60 percent of the recommended daily allowance for folacin, which is necessary for blood cell formation, growth and prevention of liver disease.

Look for fresh Colorado asparagus at your retailer, local farmers' market or on the menu at restaurants.



Each month the Colorado Department of Agriculture will feature a different commodity to highlight the variety and quality of products grown throughout Colorado.

## Marinated and Grilled Asparagus Salad

*Colorado Chef Christopher Heath Stone, Johnson & Wales University*

- 1 lb.   Medium Colorado asparagus rinsed, slightly
- blanched in hot water
- 1 cup   Balsamic vinegar
- 1 1/2 cup  Olive oil
- 1 tsp.   Dijon mustard
- 1/4 bunch  Fresh thyme picked and cleaned
- 1/2 lb.   Vine ripened tomatoes cleaned, cored and
- sliced, about 1/4 inch thick
- 1 small bag  Brussels sprouts snipped off at ends with roots
- 1/4 bunch  Fresh oregano picked and cleaned
- Kosher salt to taste
- Cracked white pepper to taste

Blanch asparagus in boiling water, until tender to the bite. Allow to cool, then cut off coarse ends. In separate bowl, add balsamic vinegar and drizzle in oil slowly, mixing with hand mixer. Add Dijon mustard and herbs, season with salt and cracked pepper. Marinate asparagus for about 20 minutes (to incorporate flavor), then lightly sear on hot grill to caramelize the outsides. Marinate sliced tomatoes in balsamic mixture for 15 minutes. Allow asparagus to cool, then begin to assemble salad on platter. Alternating asparagus with tomatoes and brussels sprouts, drizzle with a little vinegar mixture, salt and fresh cracked pepper.

Enjoy with a Colorado wine, such as a glass of Riesling from Plum Creek Cellars, located in Palisade, Colorado.

## *Next Month...*

June is National Dairy Month, and cherries will be in season.