

Available Now...

Asparagus

As the weather gets warmer and grass begins to green, delicate asparagus heads also pop up from the ground in Colorado. This tender green vegetable is one of the early season crops in the state.

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.



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 for a complete list of recipes.

Warm Bacon Asparagus

Chef Jason K. Morse, C.E.C., 5280 Culinary, LLC

Serves 4-6

2 bunches	Asparagus, rinsed and chilled
8 strips	Applewood Smoked Bacon, julienned
1 ea.	Small Red Onion, peeled, julienned
2 tbsp.	Olive Oil
6 tbsp.	Sugar
1/4 cup	Red Wine Vinegar
To Taste	Kosher Salt
To Taste	Black Ground Pepper
As Needed	Slurry (equal parts of cornstarch and water, mixed together)

Trim asparagus of the woody bottom part, and then cut remaining stalk in half leaving the tip portion and center portion. Julienne the bacon and hold chilled. Heat a sauté pan over medium high heat; add the olive oil and heat. Sauté the asparagus until half cooked, remove and allow to cool to room temperature. Keep the pan on the heat; add the bacon and sauté until half cooked. Add the onion and cook until the bacon starts to caramelize. Turn the heat down to low and add the sugar, cook until melted. Add the vinegar and bring to a boil. Adjust the flavor with salt, pepper and more sugar if needed. Add the slurry mixture and thicken to syrup consistency. Add the par-cooked Asparagus and heat until hot. Toss to combine and serve warm as a salad.

Enjoy with a Colorado wine, such as a glass Rkatsiteli, from Hermosa Vineyards, located in Palisade, Colorado.

Next Month. . . **Cherries**