

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 first crops of the season in the state.

Asparagus is low in calories and sodium. It also contains potassium and is a significant source of 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 for a complete list of recipes.

Wild Mushroom and Asparagus Pasta

*Chef Jason K. Morse, C.E.C., Valley Country Club, Aurora, Colo.
ACF Colorado Chefs Association President*

Serves 4

12 oz. Pancetta or Bacon, medium dice
1-1/2 Medium Shallots, sliced
2 cloves Fresh Garlic, minced
8 pieces Morel Mushrooms, sliced
16 pieces Crimini Mushrooms, stem off, sliced
8 pieces Chanterelle Mushrooms, sliced
1/2 bunch Asparagus, trimmed, grilled, sliced into pieces
1/4 cup Dry Sherry
Black Ground Pepper to taste
1 bunch Fresh Oregano, leaves only
2 cups Alfredo Sauce, homemade or pre bought
1/2 pound Pasta, shell or trumpet
Parmesan Cheese

In a heavy sauté pan, cook pancetta (or bacon) slowly. When fat is rendered about 80%, remove from heat and transfer pancetta to a paper towel to drain, saving the rendered fat. Sauté the shallots in the fat until slightly colored, then add the cooked bacon or pancetta. Add the garlic and sauté approximately one minute, add the mushrooms and asparagus and sauté until hot. Deglaze pan with sherry and add the alfredo sauce, stirring well to combine. Add pepper and oregano. In a separate pot, cook pasta, slightly drain and add to the sauté pan. (Do not rinse the pasta, the starch will help thicken the dish.) Toss the pasta and ingredients well to coat, add extra sauce if needed. Garnish with the shaved Parmesan cheese.

Enjoy with a Colorado wine, such as a glass Visanne, a blend of Rousanne and Viognier, from BookCliff Vineyards, located in Boulder, Colorado.

Next Month... **Cherries**