

ROASTED LEMON ASPARAGUS

Makes Six Servings

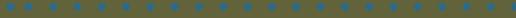


- 1 ½ pounds fresh asparagus spears
- ¼ cup onions, sliced
- ¼ cup red bell peppers, sliced
- ¼ cup olive oil
- 1 tablespoon lemon juice
- ⅛ teaspoon thyme
- Salt and pepper to taste

- ◆ Preheat oven to 400°F.
- ◆ Combine asparagus, onions and peppers. Toss to blend.
- ◆ Combine oil, lemon juice, thyme, salt and pepper. Whip to blend.
- ◆ Combine vegetables and dressing. Toss to coat. Place in a roasting pan and roast in oven for 15 minutes or until golden brown. Serve.



ASPARAGUS



Asparagus Officinalis – *Family Liliaceae*

Native Origin – Egypt and Europe

Vitamins: A, C, K, Folate, B1, B2, Niacin

Minerals: Iron, Phosphorus, Potassium, Manganese, Copper

Asparagus is high in a type of phytonutrient called saponins, which are thought to have antioxidant and anti-cancer properties.¹

IN THE KITCHEN

Asparagus can be served hot or cold in salads, pasta or omelets. Contrary to popular belief, asparagus poses no danger if eaten raw. Serve it with dip as a crudite.

IN THE GARDEN

Companion: aster family flowers, marigolds, dill, coriander, parsley, basil, carrots, tomatoes

Competitor: Onions, garlic, potatoes

Two out of three people who eat asparagus will be able to notice a strong grassy odor from their urine after consuming it. This should not cause concern, and though the exact cause is yet unknown, it is proposed to be one of 21 chemical substances found in the asparagus itself.¹

¹ www.whfoods.com

About the Center:

This recipe series is sponsored by The Center for Nutrition and Healthy Food Systems, focused on building sustainable food in health care.

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