

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Asparagus

You can find POW! info sheets on the EHHD website!  
[www.ehhd.org](http://www.ehhd.org)  
Look for  
Produce Of the Week



What veggie can grow 10 inches in a 24 hour period ?

### ASPARAGUS!

- ⇒ Look for spears with closed, compact tips
- ⇒ Avoid limp or wilted stalks
- ⇒ Store for up to 3 days in a plastic bag, in the refrigerator
- ⇒ Wash and trim about 1/4 inch from the stalks before cooking or eating
- ⇒ Asparagus can be eaten raw, lightly steamed, or cooked in various dishes

[www.asparagus.com](http://www.asparagus.com)

### NUTRITION FACTS:

- ◆ One serving is about 5 spears
- ◆ One serving contains 20 calories
- ◆ Excellent source of folacin
- ◆ Has no fat or cholesterol
- ◆ Asparagus is a good source of vitamins A & C, fiber & thiamin

Did you know ?

Asparagus was first cultivated about 2,500 years ago in Greece

Greeks used asparagus to cure toothaches

Asparagus can be grown in the family garden and will produce shoots for 15 or more years!

## Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

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# Try these delicious, nutritious and healthy recipes!

## Pesto Chicken Pasta with Asparagus

6 Servings

### INGREDIENTS

6 ounces bow tie pasta	2 cups fresh asparagus
3 cups cubed, cooked chicken	1 cup halved cherry tomatoes
1/3 cup chopped red onion	1 can sliced ripe olives, well drained
3/4 cup prepared pesto sauce	3 tablespoons freshly shredded Romano cheese

### DIRECTIONS

1. Cook pasta according to package directions; rinse and drain.
2. Steam asparagus until tender crisp. Drain.
3. Combine cooked pasta and asparagus in a large bowl. Stir in chicken, tomatoes, onions, olives and pesto sauce. Garnish with Romano cheese and serve

## Simple ways to enjoy ASPARAGUS:

- ~ Wash and eat fresh ~ Steam lightly, chop coarsely, and add to a garden salad ~
- ~ Add a handful to a casserole, stir fry, or mixed vegetables~

## Asparagus Dip

6 to 8 servings

### INGREDIENTS

24 spears fresh asparagus, trimmed and coarsely chopped	1/2 cup salsa
1/4 cup fresh cilantro, chopped	2 cloves garlic, minced
4 green onions, sliced	6 ounces <b>fat free</b> cream cheese

### DIRECTIONS

1. Steam asparagus in a pot or in the microwave until tender but firm. Drain & rinse with cold water.
2. Place the asparagus, salsa, cilantro, garlic, and green onions in a food processor or blender, and process to desired consistency.
3. Mix in cream cheese until blended
4. Refrigerate 1 hour, or until chilled, before serving.

Recipes modified from [allrecipes.com](http://allrecipes.com) & [asparagus.com](http://asparagus.com)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**