



All Things Asparagus

May 2014

Prosciutto-Wrapped Asparagus

EatingWell: March/April 2009

Makes: 4 servings | Active Time: 20 minutes | Total Time: 20 minutes

Ingredients

16 spears asparagus, (about 1 bunch), trimmed
1 teaspoon extra-virgin olive oil
Pinch of salt
Freshly ground pepper, to taste
2 very thin slices prosciutto, (about 1 ounce), cut in half lengthwise

Directions

1. Turn on broiler to HIGH. Place oven rack in highest position.
2. Toss asparagus with oil, salt and pepper in a medium bowl. Wrap 1 length of prosciutto around the middle of 4 asparagus spears. Repeat, making 4 bundles.
3. Place bundles on broiler pan or piece of foil. Broil the asparagus bundles, turning once or twice, until the asparagus is tender and charred in spots, about 10 minutes.

Nutritional Information (per serving: 4 spears): 40 Calories; 2 g Fat; 0 g Sat; 10 mg Cholesterol; 240 mg Sodium, 3 g Carbohydrates; 1 g Fiber; 3 g Protein

Asparagus & Salmon Spring Rolls

EatingWell: March/April 2011

Makes: 12 rolls | Active Time: 45 minutes | Total Time: 45 minutes

Ingredients

Spring Rolls

24 thick or 36 thin asparagus spears (about 2 pounds)

2 (3- to 4-ounce) packages smoked wild salmon

12 8-inch rice-paper wrappers

1 ripe avocado, cut into 24 slices

1 cup shredded carrot

1/2 cup chopped fresh basil

1/2 cup chopped fresh mint

Dipping Sauce

1/3 cup reduced-sodium soy sauce

2 tablespoons orange juice

2 tablespoons lemon juice

2 tablespoons mirin

1/4 teaspoon crushed red pepper, or more to taste

Directions

1. To prepare spring rolls: Bring 1 inch of water to a boil in a large skillet. Trim asparagus spears to no longer than 6 inches; add to the boiling water. Partially cover and cook the asparagus until tender-crisp, about 3 minutes. Drain; refresh under cold water. Cut each spear in half lengthwise. Cut salmon slices into 12 strips no longer than 6 inches each.
2. Soak one wrapper at a time in a shallow dish of very hot water until softened, about 30 seconds. Lift out, let excess water drip off and lay on a clean, dry cutting board.
3. Center a strip of smoked salmon in the bottom third of the wrapper, leaving a 1-inch border on either side. Arrange 4 thick (or 6 thin) asparagus spear halves (overlapping as necessary) over the salmon. Top the asparagus with 2 avocado slices, 1 tablespoon shredded carrot and about 2 teaspoons each basil and mint. Fold the wrapper over the filling and roll into a tight cylinder, folding in the sides as you go. Repeat with the remaining wrappers and filling. Cut each finished roll in half.
4. To prepare dipping sauce: Whisk soy sauce, orange juice, lemon juice, mirin and crushed red pepper in a small serving bowl. Serve the rolls with the sauce.

Nutritional Information (per roll): 102 Calories; 3 g Fat; 1 g Saturated Fat; 3 mg Cholesterol; 370 mg Sodium; 13 g Carbohydrates; 2 g Fiber; 6 g Protein

Indian-Spiced Chicken & Asparagus

EatingWell: March/April 2011

Makes: 4 servings, about 1 cup each | Active Time: 40 minutes | Total Time: 40 minutes

Ingredients

1 1/2 teaspoons cumin seeds
1 1/2 teaspoons fennel seeds
1 pound chicken tenders, cut into bite-size chunks
3/4 teaspoon salt, divided
2 tablespoons canola oil, divided
1 medium onion, chopped
3 cloves garlic, minced
1 small fresh chile, seeded and minced
1 tablespoon minced fresh ginger
1 1/2 bunches asparagus (about 1 1/2 pounds), woody ends trimmed, cut into 1-inch pieces
1/2 cup "lite" coconut milk
1/2 cup chopped fresh cilantro

Directions

1. Toast cumin and fennel seeds in a small dry skillet over medium heat until fragrant and beginning to brown, about 2 minutes. Finely grind in a spice grinder (such as a clean coffee grinder) or with a mortar and pestle.
2. Toss chicken with 1 1/2 teaspoons of the spice mixture and 1/4 teaspoon salt in a bowl. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the chicken and cook, stirring frequently, until browned, 3 to 4 minutes. Remove to a plate.
3. Reduce heat to medium and add the remaining 1 tablespoon oil, onion, garlic, chile and ginger; cook, stirring, until softened, 2 to 3 minutes. Add asparagus, sprinkle with the remaining spice mixture and cook, stirring, for 2 minutes. Stir in coconut milk and the remaining 1/2 teaspoon salt and simmer for 2 minutes more. Return the chicken and any accumulated juice to the pan and cook until the chicken is just cooked through and the asparagus is tender-crisp, about 2 minutes more. Serve sprinkled with cilantro.

Nutritional Information (per serving): 249 Calories; 12 g Fat; 3 g Saturated Fat; 63 mg Cholesterol; 514 mg Sodium; 9 g Carbohydrates; 3 g Fiber; 26 g Protein