

Garlic Asparagus

Ingredients

- 1 tablespoon butter
- 3 cloves garlic, chopped
- 1 bunch fresh asparagus*

Instructions

1. Melt the butter in a large frying pan over medium heat.
2. Add garlic, stir for 30 seconds.
3. Add asparagus. Cover and cook for 10 minutes, until asparagus is tender. Stir often.
4. Serve!

*Tip: The bottom ends of asparagus stalks can become tough and hard to eat. You can break these ends off before cooking. Hold the bottom end of the stalk with two fingers, and the rest of the stalk with your other hand. Bend the stalk—the asparagus will snap where it becomes tough. Ask your kids to help with this step, they will enjoy the snapping!



Makes: 6 servings

Nutrition Information: CALORIES 40 (62% from fat); FAT 3g (sat 2g); CHOLESTEROL 10mg; SODIUM 0mg; CARBOHYDRATE 3g; FIBER 1g; PROTEIN 1g; CALCIUM 2%; IRON 6%

Asparagus and Radish Salad

Ingredients

- 1 bunch of asparagus (about 1 pound), trimmed
- 2 tablespoons white vinegar
- 1 tablespoon reduced-sodium soy sauce
- 2 teaspoons canola or vegetable oil
- ½ teaspoon fresh ginger, grated
- 1 bunch radishes, trimmed and cut into wedges
- 2 tablespoons finely chopped scallion
- A few dashes red chili sauce (optional)

Instructions

1. Fill a medium bowl with ice water. Set aside.
2. In a large saucepan fitted with a steamer basket, bring 1 inch of water to boil.
3. Thinly slice asparagus stalks on the diagonal, leaving tips whole. Place in steamer basket. Steam until
4. tender-crisp, about 1 minute. Transfer asparagus to ice water. Drain.
5. Combine vinegar, soy sauce, oil, ginger, and chili sauce (if using) in a large bowl. Add the asparagus, radishes, and scallion. Toss to combine. Serve warm or room temperature.

Makes: 4 servings

Nutrition Information: CALORIES 50 (40% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 140mg; CARBOHYDRATE 6g; FIBER 3g; PROTEIN 3g; CALCIUM 4%; IRON 15%