



Harvest of the Month

Asparagus



FUN FACTS:

King of Vegetables & Vitamin Powerhouse
Asparagus spears can be green, white or purple. White asparagus is the same as green asparagus but it is grown below the ground in the dark, and is harvested below the ground. Purple asparagus turns dark green when cooked.

Asparagus is high in dietary fiber (good for your digestive system), and one of the best sources of folate (keeps your blood healthy).

With the right weather, spears can grow 1 inch an hour.



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THE COMFORT ZONE
is a beautiful place...
but nothing
changes there.



A comfort zone is a state of mind where everything is familiar and easy to a person.

Get out of your comfort zone to accomplish new goals with a **SMART** method!

- | | |
|--------------------|---|
| Specific: | I want to eat breakfast regularly. |
| Measurable: | I will eat 3-5 breakfasts per week. |
| Actionable: | I will plan a breakfast meal each day. |
| Realistic: | I will increase my nourishment by eating breakfast. |
| Timely: | I will check my progress each week. |

Julianna Corderman, RDN, Corporate Dietitian, Taher, Inc.

HARVEST OF THE MONTH RECIPE—APRIL ~ featuring Asparagus ~

Parmesan Asparagus

Yield: 6 servings

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|-------|-------------------|
| 2 lbs | asparagus |
| 1/2 c | shredded parmesan |
| 1/2 c | panko breadcrumbs |

1. Mix breadcrumbs and grated parmesan cheese together in a bowl. Set aside.
2. Wash and pat dry asparagus. Place asparagus onto a sprayed sheet pan. Lightly cover the asparagus with breadcrumb/parmesan mixture.
3. Spray the top of the mixture with pan spray.
4. Cook in the oven for 10 minutes at 350°F. The mixture won't all stick to the asparagus so reserve to sprinkle the remaining on top when you serve.

NUTRITION SNAPSHOT

4 oz Serving

70 calories, 2 g total fat, 1 g sat fat
0 g trans fat, 5 mg cholesterol
100 mg sodium, 9 g carbs, 3 g fiber
2.5 g sugar, 6 g protein



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Enjoy!