FARM to TABLE

Brought to you by Well-U at the University of Rochester Farmers Market

fresh pick for spring

asparagus

Tender asparagus spears peak in flavor during early spring. Enjoy this vibrant veggie blanched, sauteed, roasted or grilled. Try roasted asparagus dipped in yogurt for a simple appetizer or side dish.

Go green. Asparagus is a leading vegetable sources of glutathione, a powerful cancer-fighting antioxidant.

Fresh tip. Store in refrigerator standing upright in an inch of cold water; cover with plastic bag. Keeps for about 3 days.

Recipes are a collaboration between Food & Nutrition Services and Well-U

UNIVERSITY of ROCHESTER

Farmers Market
Asparagus, Jicama, Red Pepper, & Corn Salad

**Ingredients**
- 1 bunch (1 lb) asparagus, trimmed, bias cut
- 1 sweet red pepper, cored, 1-inch dice
- 1 medium (1 lb) jicama, peeled, cut in ¼-inch thick pieces
- 2 ears of corn, shucked, kernels removed
- (or 1 ½ cups frozen corn)
- 3 tablespoons olive oil
- Sea Salt to taste
- Fresh cracked pepper to taste

**Directions**
1. Blanch asparagus and red pepper in large pot of boiling salted water 1 min. Add corn; blanch 30 seconds. Drain; place all veggies in bowl of ice water. Drain well.
2. Toss jicama, asparagus, pepper, and corn with oil; season to taste with salt and pepper.

Chilled Asparagus with Mustard-Herb Vinaigrette

**Ingredients**
- 2 pounds asparagus
- 2 tablespoons white wine or cider vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon chopped flat leaf parsley
- ½ teaspoon chopped tarragon leaves
- Salt and pepper as needed
- Dash of onion powder
- Dash of garlic powder
- ¼ cup extra-virgin olive oil
- 3/4 teaspoon salt
- ¼ teaspoon black pepper

**Directions**
1. Bring a large pot of salted water to a rolling boil.
2. Trim the asparagus to remove the white, fibrous ends. Cut the asparagus into 2-inch pieces on the diagonal.
3. Add the asparagus to the boiling water and cook until the spears are bright green and just tender, 4 to 5 minutes. (If necessary, cook the asparagus in batches.) Remove from water and place in refrigerator to chill or drain the asparagus in a colander and rinse with cold water until the asparagus is chilled. The asparagus is ready to dress and serve now, or it can be held in a covered container in the refrigerator for up to 6 hours.
4. To make the vinaigrette, whisk together the vinegar, mustard, parsley, tarragon, salt, pepper, onion powder, and garlic powder until blended. Add the oil to the vinaigrette mixture in a thin stream, whisking constantly. Season with additional salt and pepper if needed.
5. Toss the chilled asparagus with the vinaigrette or serve separately. Serve immediately on a chilled platter or plates.