

# FOOD FACTS

## Asparagus



### NUTRITION

- High in folate which helps with cell growth, building DNA, and boosting your brain power.

### Did You Know? (DYK)

- The asparagus plant will continue to grow and produce asparagus for 15 years!
- Asparagus is available in green, purple, and white
- The longest asparagus grown and recorded was 138.5 inches long

### PREPARATION & STORAGE

- Can be found fresh, frozen, or canned in a grocery store
- Versatile use! Try it raw in a salad, cooked in an omelet, or roasted as a side dish
- Rinse fresh spears, remove bottom inch of spears, and use as directed by recipe

### Asparagus Puff Pastry Bundles

*recipe courtesy of Healthy Family Project*

#### Ingredients:

1 sheet	Puff Pastry, thawed
2 oz.	Goat Cheese, Crumbled
30	Asparagus Spears, ends trimmed
1 tablespoon	Milk

#### Directions:

Preheat oven to 350 degrees. Lightly dust a clean surface with flour. Unroll puff pastry. Use a rolling pin to thin out pastry dough until it is about half as thick as the original. Carefully cut into 6 rectangles. Divide cheese equally in a diagonal line on each rectangle pastry. Top cheese with 5 asparagus spears. Season with salt and pepper. Wrap ends of pastry over top of the asparagus. Brush with milk. Bake for 14-16 minutes or until golden brown.

