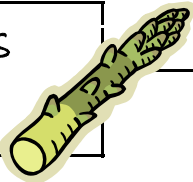
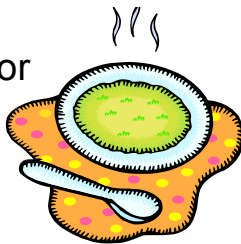


Asparagus Soup



- 1 onion, chopped
- 1 tablespoon butter or margarine
- 1 pound fresh asparagus, trimmed and coarsely chopped
- 1 cup vegetable or chicken broth
- 1 clove garlic, minced
- Dash pepper
- 1 cup low-fat milk



Place onion, butter and garlic in a microwave safe dish and microwave on HIGH for 2 minutes. Add asparagus, broth and pepper. Microwave, covered, on HIGH for 6 to 8 minutes. Puree in blender. Return mixture to microwave safe dish. Stir in milk and microwave on MEDIUM until heated through.



ENERGIZE YOUR LIFE EAT HEALTHY BE ACTIVE

The WIC and Senior Farmers Market Nutrition Programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Community Wellness and Prevention; and the Washington State Aging and Disability Services Administration.

Contact information:

WIC FMNP: 1-800-841-1410

Senior FMNP: 1-800-422-3263

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9-2004

Fresh-from-the-Farm:

Asparagus

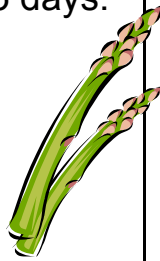


**Washington WIC &
Senior Farmers
Market Nutrition
Program**

*Making it easier to add fresh fruits
and vegetables to your diet, and
support local farmers, too!*

Selection & Preparation

- ◆ Choose spears that are crisp, round and straight with tight pointed tips. Do not choose spears if the tips have begun to flower.
- ◆ Choose asparagus spears that are the same thickness so that the cooking time will be the same.
- ◆ Store in refrigerator in a plastic bag. Wrap base of spears in a damp paper towel. Use within 3-5 days.
- ◆ Wash well and trim about an inch off the end of spears if they're tough.
- ◆ Asparagus is best when steamed just until tender. Place in a pan with about 1 inch of water. Cook for 4-7 minutes, or until fork tender.



Nutrition Facts

Serving Size: 5 spears

Amount Per Serving

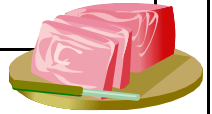
Calories 25

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2 g	7%
Sugars 2 g	
Protein 2g	
Vitamin A	10%
Vitamin C	15%
Calcium	2%
Iron	2%
Folate 102 mcg	26%
Potassium 230 mg	
Magnesium 14 mg	

Key Nutrients

- ❖ **Potassium** - to maintain a normal blood pressure.
- ❖ **Vitamin C** - supports healthy gums, skin and blood.
- ❖ **Vitamin A** - for healthy skin, good vision and resistance to infection.
- ❖ **Folate** - for healthy blood and research suggests that folate promotes a healthy heart and blood vessels.

Ham Asparagus Bake



- 1 pound asparagus
- 8 thin slices cooked ham
- 1 can cream of mushroom soup
- 1/3 cup low-fat milk

Steam asparagus in a covered pan with 1 inch of water for 4-7 minutes or until tender. Drain, place 2 or 3 spears on each slice of ham and roll up. Place in a 1-1/2 quart shallow casserole dish. Stir soup and milk together and pour over ham. Bake at 350 degrees for about 30 minutes.

