

Oven Roasted Asparagus

Ingredients:

2 lbs. asparagus spears, with ends snapped off
1 Tbsp. olive oil
½ tsp garlic powder
1 Tbsp. lemon juice
2 Tbsp. Parmesan Cheese
Black pepper to taste

Directions:

Preheat oven to 425 degrees F.

Place the asparagus into a mixing bowl & drizzle with olive oil.

Toss to coat the spears and then sprinkle with garlic powder, lemon juice, black pepper and Parmesan cheese. Place the asparagus on a baking sheet. Drizzle any remaining of the liquid over the asparagus.

Bake in preheated oven until just tender, about 12-15 minutes depending on your desired doneness. Serves: 8



Mediterranean Asparagus Salad

Ingredients:

1 lb asparagus, blanched or raw and cut into 1 ½ inch pieces
1 c. grape tomatoes, cut in half
1/2 c. Kalamata olives, cut in quarters, drained
1 c. bite sized mozzarella balls, cut in half

Pesto Vinaigrette:

1 c. fresh basil
2 tsp finely minced garlic
2 Tbsp toasted pine nuts
1/3 c. olive oil
1/3 c. white vinegar
½ tsp. black pepper



Directions:

Combine basil, garlic, pine nuts and olive oil in food processor. Transfer to bowl and whisk in vinegar and pepper. Add dressing to the remaining ingredients and serve. Protein can be added as preferred. Also, can be made ahead and refrigerated.

Asparagus Risotto

Ingredients:

1 bunch fresh asparagus, cut into 1 inch pieces.
2-3 ears fresh corn, kernels removed from cob
2 Tbsp. olive oil
½ cup onion, minced
2 cups dry Arborio rice
½ cup dry white wine, optional
6-7 cups low sodium chicken broth, warmed
1/2 cup grated Parmesan cheese

**Directions:**

1. Add 2 Tbsp. olive oil in a sauté pan over medium heat. Add onion and sauté for 3-4 minutes until translucent.
2. Add rice to the sauté pan and cook until each grain of rice is coated in oil and transparent; 3 minutes.
3. Stir in wine & cook until absorbed. Add 1 cup broth; stir until absorbed.
4. Continue adding broth in 1 cup increments; stirring often & cook until it's absorbed before adding next, and until risotto is al dente, approximately 40-45 minutes. Add asparagus & corn, cook until heated through.
5. Turn off heat.
6. Stir in Parmesan cheese.

Serves: 6 (makes 8 cups)