



## Canned Asparagus

Asparagus is a delicious fit for a healthy lifestyle. It is an excellent source of folate and vitamin C.

### Nutrition Information

Asparagus is part of the vegetable group. Foods from the vegetable group provide important nutrients like vitamin A, vitamin C, potassium and fiber.

Based on MyPyramid,  $\frac{1}{2}$  cup of asparagus provides  $\frac{1}{2}$  cup of vegetables from the vegetable group.

A typical person should try to eat  $2\frac{1}{2}$  cups of vegetables every day.



### Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

Store opened cans of asparagus in a tightly covered plastic container and stored in the refrigerator.

**Use within 2 to 4 days!**

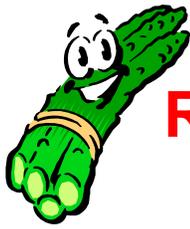
**Do not use canned asparagus if can is rusted, bulging, or dented! Throw it away!**

### Uses

- ✓ Chop drained asparagus and mix in with your favorite casserole or pasta dish.
- ✓ Sprinkle chopped asparagus on pizza.
- ✓ Combine with a variety of vegetables for a healthy side dish.



Know how. Know **now**.



# Recipes

## Asparagus Au Gratin

16 servings

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|---|---|
| 4 (14.5 oz.) cans asparagus, drained    | 1 (8 oz.) pkg. Cheddar cheese, shredded |
| 2 (10¾ oz.) cans cream of mushroom soup | 2 c. corn squares, crushed              |

1. Preheat oven to 350°F. Spray a 9x13 casserole dish with non-stick cooking spray. Set aside.
2. Spread 2 cans of asparagus in prepared dish.
3. Spread 1 can of soup over the asparagus.
4. Sprinkle half the package of cheese over the soup.
5. Sprinkle 1 cup of the crushed corn squares on top of the cheese.
6. Repeat layers with the remaining asparagus, soup, cheese, and crushed cereal.
7. Bake for 30 to 40 minutes or until bubbly.

**Nutrition Information per Serving:** Calories 120, Total Fat 7 g (11% DV), Saturated Fat 3.5 g (18% DV), Cholesterol 15 mg (5% DV), Sodium 700 mg (29% DV), Total Carbohydrate 8 g (3% DV), Dietary Fiber 1 g (4% DV), Sugars 2 g, Protein 6 g, Vitamin A 10%, Vitamin C 20%, Calcium 10%, Iron 6%.

## Spring Vegetable Soup

6 servings

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|---|---|
| 1 T. olive oil                                  | 1 c. frozen green beans, thawed         |
| 1 onion, chopped                                | 1 (14.4 oz.) can asparagus, drained     |
| 1 carrot, peeled and chopped                    | 1 T. dried basil                        |
| 4½ c. canned chicken broth or vegetable broth   | ½ tsp. salt                             |
| 1 (16 oz.) pkg. frozen mixed vegetables, thawed | ⅛ tsp. pepper                           |
|   | ¼ c. Parmesan cheese, grated (optional) |

1. In a large saucepan, heat oil over medium heat. Add onions and carrots; cook until vegetables are tender, but not brown, about 8 minutes.
2. Add broth and bring to a boil. Add mixed vegetables and green beans, simmer until almost tender, about 8 minutes.
3. Add asparagus and basil. Simmer until all vegetables are tender, about 7 minutes longer.
4. Add salt and pepper. Ladle soup into bowls, top with Parmesan cheese.

**Nutrition Information per Serving:** Calories 130, Total Fat 4.5 g (7% DV), Saturated Fat 1 g (5% DV), Cholesterol 5 mg (2% DV), Sodium 1220 mg (51% DV), Total Carbohydrate 19 g (6% DV), Dietary Fiber 5 g (20% DV), Sugars 6 g, Protein 6 g, Vitamin A 170%, Vitamin C 35%, Calcium 6%, Iron 8%.

Recipes are provided from the University of Nebraska-Lincoln Extension, Nutrition Education Program  
Source: USDA <http://www.fns.usd.gov/fdd/facts/hhpfacts/hp-csfp.htm>

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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