Asparagus

Nutrition Facts

• Excellent source of vitamin K (40% DV)
• Good source of iron (10% DV)
• Good source of folate (10% DV)
• 15 calories

Dole Recipe: Spring Green Shoots

(More recipes available at dole.com)

Serves: 4          Prep Time: 20 minutes

Ingredients:
6  cups DOLE® Baby Spinach
2  cups DOLE Arugula
16  DOLE Asparagus spears, halved lengthwise
    Sherry-Lemon Vinaigrette (recipe below)
1  avocado, peeled and sliced
1  cup DOLE Raspberries
½ cup edamame

Sherry-Lemon Vinaigrette:
Whisk together 3 tablespoons olive oil, 1-1/2 tablespoons sherry vinegar, 2 teaspoons lemon juice, 2 teaspoons chopped shallots, 1 teaspoon chopped garlic and 1 teaspoon grated lemon peel.  Season to taste with salt and pepper.

Directions:
1. Toss baby spinach, arugula and asparagus with vinaigrette.  Season to taste with salt and pepper.
2. Transfer salad to four serving plates.  Arrange sliced avocado, raspberries and edamame over salad.

Roasted Asparagus

Enjoy asparagus as a side with this easy method:

Step 1:
Preheat oven to 400°F.

Step 2:
Trim off the woody ends of asparagus and place in a single layer on a baking sheet.

Step 3:
Drizzle with olive oil, sprinkle with salt and pepper, and roast for 20-25 minutes until tender.

Step 4:
Serve with a squeeze of lemon juice.
Institutions worldwide have studied asparagus and its important nutrients. Here are a few relevant studies and nutrition talking points:

**Folate, a nutrient in asparagus, may protect cognition during aging.**

**Prebiotic fiber, found in asparagus, may assist with weight maintenance.**

**Saponins, found in asparagus, may inhibit some types of cancer.**

**Asparagus may alleviate alcohol hangovers and protect liver cells against toxicity.**

**Folate, found in asparagus, may help slow hearing loss in older adults.**
Effects of Folic Acid Supplementation on Hearing in Older Adults: A Randomized, Controlled Trial. Jane Durga, PhD; Petra Verhoef, PhD; Lucien J.C. Anteunis, PhD; Evert Schouten, PhD; and Frans J. Kok, PhD. Ann Intern Med. Volume 146, Issue 1, 1-9, January 2007.

**Vitamin K, found in asparagus, may help lower diabetes risk.**

**What’s your favorite way to prepare #asparagus? Try roasting w/ olive oil & lemon juice!**
#DYK #Asparagus is often called The King of Vegetables & was a favorite food of Louis XIV of France
#Asparagus is packed w/ vitamins A & K, iron and folate. Add it to stirfrys, salads or serve as a side
Storing #asparagus in the fridge? Cut off the ends & place stalks upright in a bowl of water to keep fresh
#Asparagus is a prebiotic that can nourish friendly gut bacteria & may help promote health

**May:** National Asparagus Month