

Roasted Asparagus

Toss 2 pounds trimmed asparagus, 1 tablespoon olive oil, and salt and pepper on a baking sheet. Roast at 450 degrees F until lightly browned, 15 minutes. Mix 1/3 cup toasted pine nuts, 1/2 cup chopped parsley, the grated zest of 1 lemon, and salt and pepper. Sprinkle over the asparagus.

Photograph and Recipe by Food Network Magazine

Spring is here! It is time to enjoy the most treasured of all spring vegetables, asparagus. Believed by many to be an aphrodisiac, this unique member of the lily family sends up tender stalks for only a short 6 week period. It seems a shame not to indulge in this seasonal delicacy.

Asparagus is extremely low in calories, but loaded with nutrition. It provides worthy amounts of folic acid, potassium, rutin (a nutrient that supports healthy blood capillaries), and Vitamins A, C and B6. In addition, asparagus is a beneficial digestive tonic. It acts as a

diuretic, helping us beat bloat



and contains both

ample fiber and inulin. These special prebiotic carbohydrates pass undigested through the body, feeding the healthy gut bacteria of our large intestine- promoting stable blood sugar, smooth elimination and a flat tummy.

- Look for firm spears with closed compact tips. A uniform size will make them easier to cook.
- Spears with a larger diameter are more tender.
- Asparagus comes in 3 varieties, the classic green, white, and an almost fruity purple hue.

- Remove the tough bottom portion of the stem before cooking.
- Asparagus can be steamed, roasted, sauteed, or pickled. Be careful not to overcook, as it will turn to mush.