

Home on the Range



Asparagus Recipes Get A-Plus For Nutrition And Taste

You know spring has arrived when fresh asparagus starts appearing in grocery stores and produce markets. The season for fresh asparagus lasts from February through June. Perfect for a light springtime vegetable, asparagus can add flavor and nutrition to any meal.

A member of the lily family, the edible part of asparagus is the young shoot of the plant, that ranges in color from green to white to purple. The vegetable is an excellent source of vitamin A and C. One serving of asparagus is only 25 calories and provides 10 percent of vitamin A, 15 percent of vitamin C, two percent of calcium, and two percent of iron. The vegetable is also a fair source of vitamin B.

When buying asparagus, look for firm, bright green or pale ivory stalks with tight tips. Asparagus plants live eight to ten years, and the spear's size indicates the age of the plant. If asparagus stems are tough, remove the outer layer with a vegetable peeler. You can also purchase canned or frozen asparagus.

Asparagus is best cooked the same day it's purchased. However, it will keep when tightly wrapped in a plastic bag for three to four days in the refrigerator. It can also be stored in a container standing upright in about an inch of water. Cover the container with a plastic bag.

Enjoy these scrumptious recipes to add asparagus-appeal to your next dinner.

Turkey Asparagus Roll-Ups

- 4 (8-12 ounce) turkey breast fillers
 - 2 teaspoons Dijon-style mustard
 - 1/2 cup shredded lowfat mozzarella cheese
 - 12 to 16 small asparagus, cleaned, trimmed
 - 2 tablespoons each, minced parsley and shallots
 - Seasoned salt
 - Ground pepper
 - 1 tablespoon vegetable oil
 - 1/4 cup dry white wine
- Gently pound turkey to length of asparagus spears, spread each slide with 1/2 teaspoon mustard. Place 3 to 4 asparagus spears to-

ward one end of long side of turkey fillet. Sprinkle each with 2 tablespoons cheese and 1 1/2 teaspoons each parsley and shallots; sprinkle with seasoned salt and pepper. Roll up turkey to enclose asparagus. Fasten with skewers or toothpicks. Brown turkey rolls in oil in oven-proof skillet. Pour wine over and sprinkle with seasoned salt and pepper. Bake at 350 degrees for 15 to 20 minutes or until turkey is cooked but not dry.

If desired, add 2 tablespoons water to pan drippings, heat and serve over turkey rolls. Makes 4 servings. Serve with cooked rice or pasta.

Cream of Asparagus Soup

- 1/2 cup chopped onion
- 1 tablespoon cooking oil
- 2 cans (14 1/2 ounces each) chicken broth
- 2 1/2 pounds fresh asparagus, trimmed and cut into 1-inch pieces
- 1/4 teaspoon dried tarragon
- 1/4 cup butter
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 3 cups half-and-half cream
- 1 1/2 teaspoons lemon juice
- Shredded Swiss cheese

In a large saucepan over medium heat, saute onions in oil until tender. Add broth, asparagus, and tarragon. Simmer until asparagus is tender, about 8-10 minutes. In a blender or food processor, puree the asparagus, a third at a time, and set aside.

In a Dutch oven or soup kettle, melt butter. Stir in flour, salt, and pepper. Cook and stir for 2 minutes or until golden. Gradually add cream. Stir in the pureed asparagus and lemon juice. Heat through. Garnish with cheese if desired. Yield: 8 servings (about 2 quarts).

Cheesy Asparagus Bites

- 1/2 cup diced onions
- 1 garlic clove, minced
- 2 tablespoons cooking oil
- 2 cups (8 ounces) shredded sharp cheddar cheese
- 1/4 cup dry bread crumbs
- 2 tablespoons minced fresh parsley
- 1/4 teaspoon salt
- 1/4 teaspoon pepper



Turkey Asparagus Roll-Ups is a zesty main course that blends the flavor of asparagus with the home-cooked taste of turkey fillets. Asparagus recipes this week come filled with taste, nutrition, and appeal to spring up your tastebuds.

- 1/8 to 1/4 teaspoon dried oregano
- 1/2 teaspoon hot pepper sauce
- 4 eggs, beaten
- 1 pound fresh asparagus, trimmed and cut into 1/2-inch pieces.

In a skillet, saute onion and garlic in oil until tender. Combine cheese, bread crumbs, parsley, salt, pepper, oregano, and hot pepper sauce. Stir in the onion mixture and eggs. Cook asparagus in a small amount of water until crisp-tender, about 3-4 minutes; drain well.

Stir asparagus into cheese mixture. Pour into a greased 9-inch square baking pan. Bake at 350° for 30 minutes or until a knife inserted near center comes out clean. Let stand for 15 minutes. Cut into small squares. Serve warm. Yield: 5 dozen.

Asparagus, Apple, And Chicken Salad

- 1 cup cut fresh asparagus (1 inch pieces)
- 2 tablespoons cider vinegar
- 2 tablespoons vegetable oil
- 2 teaspoons honey
- 2 teaspoons minced fresh parsley
- 1/2 teaspoons salt
- 1/4 teaspoons pepper
- 1 cup cubed cooked chicken
- 1/2 cup diced red apple
- 2 cups torn mixed greens
- Alfalfa sprouts, optional

Cook asparagus in a small amount of water until crisp-tender, about 3 to 4 minutes. Drain and cool. In a bowl, combine the next six ingredients. Stir in the chicken, apple, and asparagus. Toss. Serve over greens. Garnish with alfalfa sprouts if desired. Yield: 3 servings.

Asparagus Bacon Quiche

- 1 unbaked pastry shell

- (9 inches)
 - 1 pound fresh asparagus, trimmed and cut into 1-inch pieces
 - 6 bacon strips, cooked and crumbled
 - 3 eggs
 - 1 1/2 cups half and half cream
 - 1 cup grated parmesan cheese, divided
 - 1 tablespoon sliced green onions
 - 1 teaspoon sugar
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - Pinch ground nutmeg
- Line the unpricked pastry shell with a double thickness of heavy-duty foil. Bake at 450° for 5 minutes; remove foil. Bake 5 minutes more; remove from oven and set aside.

Cook asparagus in a small amount of water, until crisp-tender, about 3-4 minutes; drain well. Arrange bacon and asparagus in the crust. In a bowl, beat eggs. Add cream, 1/4 cup cheese, onions, sugar, salt, pepper, and nutmeg. Pour over asparagus. Sprinkle with remaining cheese. Bake at 400° for 10 minutes. reduce heat to 350°; bake 23-25 minutes longer or until a knife inserted near the center comes out clean. Yield: 6-8 servings.

der, about 3-4 minutes; drain well. Arrange bacon and asparagus in the crust. In a bowl, beat eggs. Add cream, 1/4 cup cheese, onions, sugar, salt, pepper, and nutmeg. Pour over asparagus. Sprinkle with remaining cheese. Bake at 400° for 10 minutes. reduce heat to 350°; bake 23-25 minutes longer or until a knife inserted near the center comes out clean. Yield: 6-8 servings.

Gingered Pork And Asparagus

- 6 tablespoons apple juice
- 6 tablespoons soy sauce
- 4 garlic cloves, minced
- 1 tablespoon ground ginger
- 1 pound pork tenderloin, thinly sliced
- 2 tablespoons cooking oil, divided

(Turn to Page B8)

Featured Recipe

Here's a new way to cook fresh asparagus. The art of roasting produces a flavor that the asparagus lover will find hard to resist. If you use thin asparagus, shorten the cooking time, and if you use big, fat stalks, it might take a few minutes more. If you don't want to use the wine, use water in its place.

OVEN ROASTED ASPARAGUS

- 1 pound asparagus
- 2 cloves garlic, slivered
- 2 tablespoons water
- 2 tablespoons dry white wine or nonalcoholic white wine
- 2 teaspoons lemon juice
- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

Break off the tough ends from the asparagus spears. With a vegetable peeler, peel the bottom half of the asparagus stalks. Scatter the garlic in a 13-by-9-inch baking dish. Arrange the asparagus in a single layer. In a small bowl, combine the water, wine, lemon juice, oil, salt and pepper. Pour over the asparagus. Bake at 400 degrees for 10 minutes. Turn the asparagus over and roast for 8 to 10 minutes more, or until the asparagus are tender but slightly crisp and the liquid is almost gone. Makes 4 servings.

RECIPE TOPICS

If you have recipes for topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients, and clear instructions with each recipe you submit.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date listed below.

April:

- 8 - Easter Candy
- 15 - Bread Spreads
- 22 - Easter Ideas
- 29 - Egg Recipes