

Asparagus



Nutrition Facts:

Asparagus is loaded with nutrients for your body. It has lots of:

Dietary Fibre: Aim for **30-38 grams** of fibre per day to keep your digestive system healthy.

5 spears of Asparagus will give you ~ **10 grams** of fibre

Folate: Important nutrient for pregnant mom's to help baby's spine grow strong.

What to Look For: Thin stems with tight tops will be the youngest and most tender.

Asparagus



Nutrition Facts:

Asparagus is loaded with nutrients for your body. It has lots of:

Dietary Fibre: Aim for **30-38 grams** of fibre per day to keep your digestive system healthy.

5 spears of Asparagus will give you ~ **10 grams** of fibre

Folate: Important nutrient for pregnant mom's to help baby's spine grow strong.

What to Look For: Thin stems with tight tops will be the youngest and most tender.

Steamed Asparagus

Ingredients:

1 bunch Asparagus

Salt and Pepper

Directions:

Use a large frying pan, fill the bottom with water and bring to a boil. Cut the asparagus to fit into your pan. Cover and steam until the [asparagus](#) are bright green and tender, but still somewhat [crisp](#), about **4-7 minutes for thick** asparagus and **3 to 5 minutes for thin** asparagus.

Remove from the steamer and season with salt and pepper.

Recipe courtesy Wolfgang Puck, 2003

*****You can also try squeezing fresh lemon juice over asparagus**

Steamed Asparagus

Ingredients:

1 bunch Asparagus

Salt and Pepper

Directions:

Use a large frying pan, fill the bottom with water and bring to a boil. Cut the asparagus to fit into your pan. Cover and steam until the [asparagus](#) are bright green and tender, but still somewhat [crisp](#), about **4-7 minutes for thick** asparagus and **3 to 5 minutes for thin** asparagus.

Remove from the steamer and season with salt and pepper.

Recipe courtesy Wolfgang Puck, 2003

*****You can also try squeezing fresh lemon juice over asparagus**