

ROASTED FRESH ASPARAGUS

There's nothing like fresh summer asparagus! Roasting brings out the sweetness.

Jill Yarbrough, Dining Services Test Kitchen Manager

Featured Food: Asparagus

Yield: Serves 6

Ingredients

1 ½ lbs. fresh asparagus ½ t. minced garlic

2 T. olive oil Salt and pepper to taste

Preparation

Pre-heat oven to 375° F.

Wash asparagus and cut off ends.

Combine garlic and oil in large bowl. Add asparagus; toss in oil and put on baking sheet.

Roast in oven for approximately 10 minutes until tender, but still firm.

Season to taste with salt and pepper.

Other Serving Suggestions:

- Drizzle lemon juice over steamed asparagus tips.
- Grill by skewering spears at top and bottom on bamboo picks to make a “raft.” Brush with oil and place on pre-heated grill.
- Use up those trimmings—peel the tough stem pieces; steam, then purée them to use in soup.
- Stir-fry—cut asparagus spears diagonally into one- to two-inch pieces keeping tips whole. Heat one to two tablespoons oil in skillet until oil shimmers; add asparagus pieces and stir-fry until just tender.
- Steam spears lightly then chill—add to other fresh vegetables on a crudité tray served with a favorite dip.