

HEALTHY ASPARAGUS RECIPES



Potato,
Asparagus
&
Mushroom
Hash

Spring
Pizza

Skillet
Gnocchi
with
Shrimp &
Asparagus

Roasted
Garlic &
Asparagus
Salad

Grilled
Mahi-Mahi
&
Asparagus
with Lemon
Butter

Asparagus
& Ham
Stuffed
Potatoes

Prosciutto
&
Asparagus
Strata

Beef &
Asparagus
Negimaki
Rolls

Healthy Asparagus Recipes

POTATO, ASPARAGUS & MUSHROOM HASH

ACTIVE: 40 MIN **TOTAL:** 40 MIN

TO MAKE AHEAD: Steam potatoes (Step 1); refrigerate for up to 2 days.

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

Made with asparagus, roasted red pepper and mushrooms, this hash has a fresh and light, springtime taste. Serve with hearty whole-grain toast and an egg or two on top.

- 1 pound new or baby potatoes, scrubbed, halved if large
- 3 tablespoons extra-virgin olive oil, divided
- 1 bunch asparagus (about 1 pound), trimmed and cut in ½-inch pieces
- 4 ounces shiitake mushroom caps or other mushrooms, sliced
- 1 shallot, minced
- 1 clove garlic, minced
- 1 small onion, coarsely chopped
- ½ cup chopped jarred roasted red peppers, rinsed
- 1 tablespoon minced fresh sage
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- Fresh chives for garnish

1. Place a steamer basket in a large saucepan, add 1 inch of water and bring to a boil. Put potatoes in the basket and steam until barely tender when pierced with a skewer, 12 to 15 minutes, depending on size. When cool enough to handle, chop into ½-inch pieces.
2. Heat 1 tablespoon oil in a large (not nonstick) skillet over medium heat. Add asparagus, mushrooms, shallot and garlic and cook, stirring often, until beginning to brown, 5 to 7 minutes. Remove to a plate.
3. Add the remaining 2 tablespoons oil to the pan. Add onion and the potatoes and cook, stirring occasionally and scraping up the browned bits with a metal spatula, until the potatoes are browned, 4 to 8 minutes. Return the asparagus mixture to the pan along with roasted red pepper, sage, salt and pepper; cook, stirring, until heated through, about 1 minute more. Serve sprinkled with chives, if desired.



SERVES 4: ABOUT ¼ CUPS EACH

Per serving: 239 calories; 11 g fat (2 g sat, 8 g mono); 0 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 5 g protein; 4 g fiber; 492 mg sodium; 777 mg potassium.

Nutrition bonus: Folate (28% daily value), Vitamin C (27% dv), Potassium (23% dv), Vitamin A (16% dv).

Healthy Asparagus Recipes

SPRING PIZZA

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

ACTIVE: 25 MIN **TOTAL:** 40 MIN

EQUIPMENT: Pizza stone or pizza pan

Asparagus, chives and fontina cheese top this easy pizza recipe. Serve with baby greens tossed with vinaigrette and pecans.

- 3 tablespoons extra-virgin olive oil, divided
- 3 cloves garlic, minced
- 1 bunch asparagus (about 1 pound)
- ½ cup snipped fresh chives (from 1 bunch), divided
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 pound whole-wheat pizza dough
- 1 cup shredded fontina or mozzarella cheese

1. Position rack in lower third of oven, place a pizza stone or large pizza pan on the rack and preheat oven to 450°F for at least 15 minutes.
2. Meanwhile, combine 2 tablespoons oil and garlic in a small bowl; set aside. Trim asparagus spears to about 6 inches long; slice any thicker stalks in half lengthwise. Toss in a bowl with the remaining 1 tablespoon oil, ¼ cup chives, salt and pepper.
3. Roll out dough on a lightly floured surface to about a 14-inch circle.
4. Carefully remove the pizza stone or pan from the oven and set on a heatproof surface, such as your stovetop. Place the dough on the stone or pan and brush with the reserved garlic-oil mixture. Arrange the asparagus in a circular pattern on the dough with the tips facing out. Top with cheese and the remaining chives.
5. Carefully return the stone or pan to the oven and bake the pizza on the lower rack until crispy and golden and the cheese is melted, about 15 minutes.

SERVES 5

Per serving: 368 calories; 20 g fat (5 g sat, 8 g mono); 25 mg cholesterol; 39 g carbohydrate; 1 g added sugars; 14 g protein; 3 g fiber; 536 mg sodium; 167 mg potassium.

Nutrition bonus: Folate (23% daily value), Vitamin A (20% dv).



Healthy Asparagus Recipes

SKILLET GNOCCHI WITH SHRIMP & ASPARAGUS

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

The gnocchi cooks right in the skillet, along with shrimp, shallots, asparagus and Parmesan cheese, in this gnocchi recipe. Look for shelf-stable gnocchi near other pasta. Serve with baby arugula salad with vinaigrette and a glass of pinot grigio.

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil, divided
- 1 16-ounce package shelf-stable gnocchi
- ½ cup sliced shallots
- 1 bunch asparagus (about 1 pound), trimmed and cut into thirds
- ¾ cup reduced-sodium chicken broth
- 1 pound raw shrimp (26-30 per pound), peeled and deveined, tails left on if desired
- ¼ teaspoon freshly ground pepper
- Pinch of salt
- 2 tablespoons lemon juice
- ⅓ cup grated Parmesan cheese

1. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and golden in spots, 6 to 10 minutes. Transfer to a bowl.

2. Add the remaining 2 teaspoons oil and shallots to the pan; cook over medium heat, stirring, until beginning to brown, 1 to 2 minutes. Stir in asparagus and broth. Cover and cook until the asparagus is barely tender, 3 to 4 minutes. Add shrimp, pepper and salt; cover and simmer until the shrimp is pink and just cooked through, 3 to 4 minutes more.

3. Return the gnocchi to the skillet along with lemon juice and cook, stirring, until heated through, about 2 minutes. Remove from the heat, sprinkle with cheese, cover and let stand until the cheese is melted, about 2 minutes.

SERVES 4: ABOUT 1½ CUPS EACH



Per serving: 464 calories; 10 g fat (2 g sat, 5 g mono); 149 mg cholesterol; 65 g carbohydrate; 0 g added sugars; 28 g protein; 3 g fiber; 511 mg sodium; 339 mg potassium.

Nutrition bonus: Folate (29% daily value), Vitamin C (25% dv), Vitamin A (22% dv), Iron (21% dv), Calcium (20% dv).

Healthy Asparagus Recipes

ROASTED GARLIC & ASPARAGUS SALAD

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

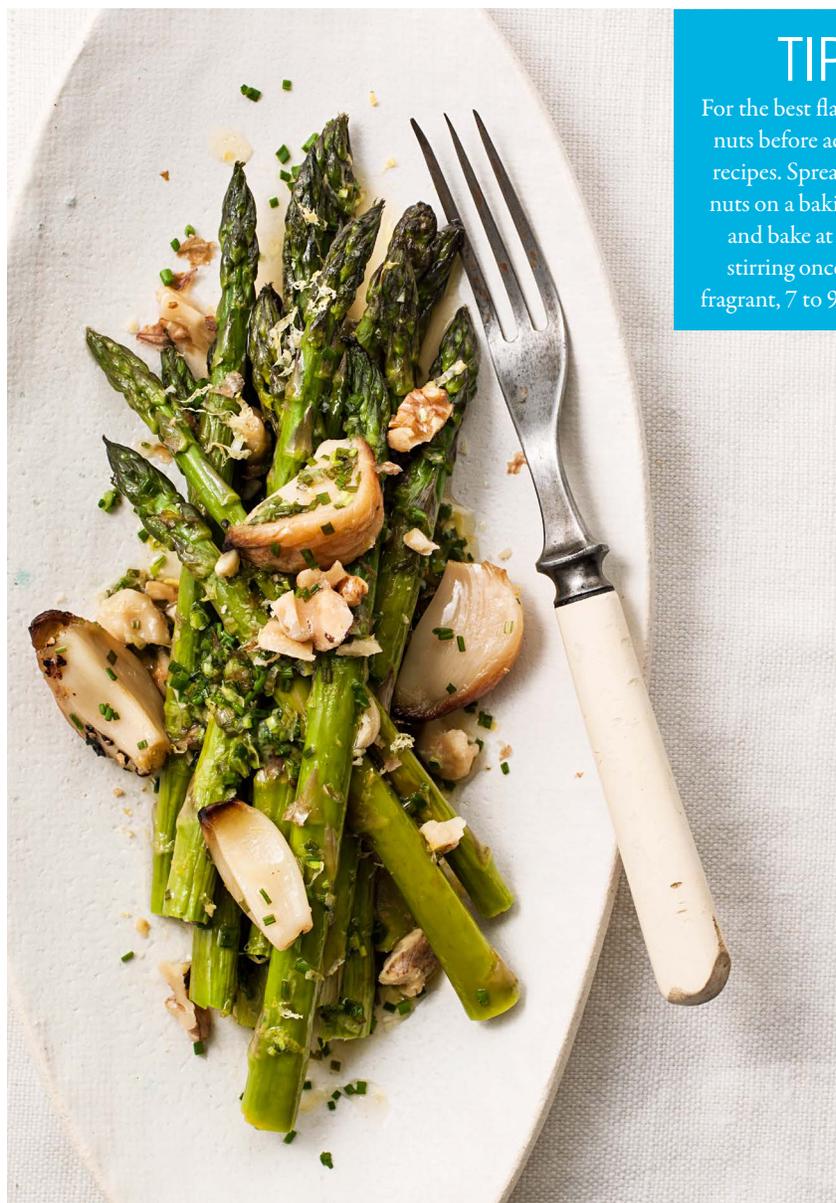
ACTIVE: 40 MIN **TOTAL:** 1 HR

TO MAKE AHEAD: Cover and refrigerate roasted garlic cloves in oil (Steps 1-3) for up to 3 days; bring to room temperature before finishing Step 3.

The dressing for this roasted asparagus salad recipe uses fresh garlic scapes—available in spring from farmers' markets or gardeners. Use chopped fresh garlic in the dressing if you can't find garlic scapes.

- 2 heads garlic
- 3 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- ¼ cup minced fresh chives
- 2 tablespoons finely chopped fresh garlic scapes or 2 teaspoons finely chopped garlic cloves
- ¼ cup lemon juice
- 2 bunches asparagus, trimmed
- 2 teaspoons freshly grated lemon zest
- ½ cup walnut halves, toasted and chopped (see Tip)

1. Preheat oven to 400°F.
2. Slice the tips off the garlic heads, exposing the cloves. Place the heads in a small baking dish. Pour 2 tablespoons oil over them and sprinkle with ¼ teaspoon each salt and pepper. Roast until the garlic feels soft when you squeeze the bulb, 20 to 40 minutes, depending on size.
3. When cool enough to handle, gently squeeze garlic cloves from the skins into the dish (discard skins). Add chives and garlic scapes (or chopped garlic). Swirl in lemon juice.
4. Peel the tough outer layer off the bottom half of asparagus stalks, if desired. Place the asparagus on a rimmed baking sheet; drizzle with the remaining 1 tablespoon oil and sprinkle with lemon zest and ¼ teaspoon each salt and pepper. Roast, shaking the pan halfway through, until the asparagus is



TIP

For the best flavor, toast nuts before adding to recipes. Spread whole nuts on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

just tender, 10 to 20 minutes. Let stand for 5 minutes.

5. Divide the warm asparagus among 6 plates. Top each portion with about 2 tablespoons roasted garlic vinaigrette and 1 generous tablespoon walnuts.

SERVES 6

Per serving: 154 calories; 13 g fat (2 g sat, 6 g mono); 0 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 4 g protein; 2 g fiber; 206 mg sodium; 268 mg potassium.

Nutrition bonus: Folate (31% daily value), Vitamin C (25% dv) Vitamin A (17% dv).

Carbohydrate servings: ½

Exchanges: 1 vegetable, 2½ fat

Healthy Asparagus Recipes

GRILLED MAHI-MAHI & ASPARAGUS WITH LEMON BUTTER

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

In this quick grilled fish recipe, we grill firm mahi-mahi and fresh spring asparagus alongside one another, then drizzle them with a bit of tart lemon butter. We like mahi-mahi in this recipe, but any firm fish fillet can be used in its place.

- 1-1/4 pounds mahi-mahi, wild salmon, tuna or cod (see Note), skinned if desired, cut into 4 portions
- 2 bunches asparagus, trimmed
- Cooking spray, preferably canola oil
- 1/2 teaspoon salt plus a pinch, divided
- 1/4 teaspoon freshly ground pepper
- 1/8 teaspoon garlic powder
- 2 tablespoons butter
- 2 tablespoons lemon juice

1. Preheat grill to medium-high.
2. Place fish and asparagus on a large rimmed baking sheet and coat both sides with cooking spray; sprinkle with 1/2 teaspoon salt, pepper and garlic powder.
3. Oil the grill rack (see Tip). Place the asparagus on one side, perpendicular to the grates; place the fish on the other side. Grill the fish, turning once, until opaque, 3 to 5 minutes per side (depending on thickness); grill the asparagus, turning occasionally, until lightly charred, 5 to 7 minutes.
4. Place butter, lemon juice and the pinch of salt in a small, microwave-safe bowl. Microwave on High to melt the butter, about 25 seconds. Drizzle each portion of fish and asparagus with about 1 tablespoon of the lemon butter.

SERVES 4: 3-4 OZ. FISH & 8-10 ASPARAGUS EACH

Per serving: 189 calories; 8 g fat (4 g sat, 3 g mono); 98 mg cholesterol; 6 g carbohydrate; 0 g added sugars; 24 g protein; 2 g fiber; 444 mg sodium; 735 mg potassium.

Carbohydrate servings: 1/2

Exchanges: 1 vegetable, 3 lean meat, 1 fat



Note: For information about choosing sustainable seafood, visit seafoodwatch.org

TIP

Oil a grill rack before you grill to keep the food from sticking to the rack. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill—it may cause a flare-up.)

Healthy Asparagus Recipes

ASPARAGUS & HAM STUFFED POTATOES

Heart Health Diabetes
 Weight Loss Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Asparagus adds a touch of spring to this overstuffed ham-and-cheese twice-baked potatoes recipe. Use another vegetable, such as broccoli, if you prefer.

- 4 medium russet potatoes (about 8 ounces each)
- ½ bunch asparagus, trimmed and cut into ½-inch pieces
- 1 cup diced ham
- ½ cup reduced-fat sour cream
- 1 cup shredded Swiss cheese, divided
- ½ cup chopped fresh chives, divided
- ¼ teaspoon salt
- ¼ teaspoon white or black pepper

1. Pierce potatoes all over with a fork. Microwave on Medium, turning once or twice, until soft, about 20 minutes.
2. Meanwhile, bring 2 inches of water to a boil in a large saucepan fitted with a steamer basket. Add asparagus, cover and steam until just tender, 2 to 3 minutes.
3. Combine the steamed asparagus with ham, sour cream, ½ cup Swiss cheese, 6 tablespoons chives, salt and pepper in a bowl. When the potatoes are cool enough to handle, cut off the top third, then gently scoop out the flesh; add to the bowl with the ham mixture and gently mash together.
4. Place the potato shells in a microwave-safe dish and evenly divide the ham mixture among them. (They will be very well stuffed.) Top each stuffed potato with 2 tablespoons of the remaining cheese. Microwave on High until the filling is hot and the cheese is melted, 2 to 4 minutes. Garnish with the remaining chives.

SERVES 4: 1 POTATO EACH

Per serving: 386 calories; 13 g fat (8 g sat, 4 g mono); 56 mg cholesterol; 45 g carbohydrate; 0 g added sugars; 23 g protein; 4 g fiber; 689 mg sodium; 1,196 mg potassium.



Nutrition bonus: Potassium (34% daily value), Vitamin C (32% dv), Calcium (29% dv), Folate (22% dv), Zinc (21% dv), Magnesium (20% dv), Vitamin A (18% dv), Iron (17% dv).

Carbohydrate servings: 3

Exchanges: 3 starch, 1 lean meat, 1 medium-fat meat, ½ fat

Healthy Asparagus Recipes

PROSCIUTTO & ASPARAGUS STRATA

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

ACTIVE: 1 HR **TOTAL:** 2¼ HRS

TO MAKE AHEAD: Prepare egg mixture (through Step 1) and vegetables (Steps 2-5) and refrigerate separately for up to 1 day; remove from the refrigerator about 1 hour before baking (2 hours before serving).

- 2 slices dense multigrain bread
- 12 large eggs
- ½ cup low-fat milk
- ½ cup dry white wine or low-fat milk
- 1 tablespoon dry mustard
- 1 teaspoon freshly grated nutmeg
- ¾ teaspoon salt
- 1 teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 3 cups halved and very thinly sliced sweet onions
- 1 cup thinly sliced leek(s), white part only
- 2 cloves garlic, minced
- 1 bunch thin asparagus (about 1 pound), trimmed and cut into 1-inch pieces
- ¼ cup chopped scallions or fresh chives
- 3 very thin slices prosciutto (about 1½ ounces), torn into strips
- ½ cup freshly grated Parmigiano-Reggiano cheese, divided
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh mint
- 2 tablespoons lemon zest (optional)

1. Cut bread into ¼-inch cubes. Whisk eggs in a large bowl. Whisk in milk, wine (or another ½ cup milk), dry mustard, nutmeg, salt and pepper. Stir in the bread. Let stand at room temperature while you prepare the vegetables. (If baking the next day, cover and refrigerate the egg mixture.)

2. Heat oil in a large skillet over medium heat. Add onions, leek and garlic; cook, stirring frequently, for 5 minutes. Reduce heat to low and continue cooking very gently, stirring occasionally, until the onions have a little color and appear almost melted, 30 to 45 minutes more.

3. Meanwhile, bring 1 inch of water to a boil in a medium skillet. Add asparagus, cover and cook for 2 minutes. Drain and let cool; pat dry.



4. Coat a 9-by-13-inch baking dish (or similar 3-quart dish) with cooking spray.

5. When the onions are done, stir in scallions (or chives) and cook, stirring for 2 minutes. Transfer to the prepared baking dish and spread into an even layer. Sprinkle the asparagus over the onion mixture. (If baking the next day: cover and refrigerate the vegetables in the baking dish.)

6. If the egg mixture and vegetables were refrigerated overnight, remove from the refrigerator, uncover and let stand at room temperature for 1 hour.

7. Preheat oven to 350°F.

8. Scatter strips of prosciutto over the vegetables. Stir ¼ cup cheese, parsley, mint and lemon zest (if using) into the egg mixture until well combined, then pour the egg mixture over the vegetables. Sprinkle the remaining ¼ cup cheese over the top.

9. Bake the strata just until firm to the touch in the middle and an instant-read thermometer inserted into the center registers at least 160°F, 30 to 40 minutes. Remove from the oven, very carefully cover with foil to keep warm and let rest for 20 to 30 minutes before serving.

SERVES 8

Per serving: 229 calories; 12 g fat (4 g sat, 5 g mono); 288 mg cholesterol; 12 g carbohydrate; 1 g added sugars; 16 g protein; 2 g fiber; 588 mg sodium; 329 mg potassium.

Nutrition bonus: Folate (26% daily value), Vitamin A (22% dv), Calcium (16% dv), Vitamin C (15% dv).

Carbohydrate servings: 1

Exchanges: ½ starch, 1½ vegetable, 1½ medium-fat meat, ½ fat

Healthy Asparagus Recipes

BEEF & ASPARAGUS NEGIMAKI ROLLS

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

ACTIVE: 40 MIN **TOTAL:** 40 MIN

EQUIPMENT: 4 SKEWERS

This Japanese recipe for beef negimaki rolls (in which beef flavored with teriyaki sauce is wrapped around scallions) includes asparagus as well for extra vegetables. Serve with a simple green salad or brown rice for an easy and quick meal.

- 3 tablespoons hoisin sauce
- 3 tablespoons water
- 1 tablespoon tomato paste
- 1 tablespoon rice vinegar
- 1 teaspoon toasted sesame oil
- ½ teaspoon crushed red pepper
- 1 bunch asparagus (about 1 pound), trimmed
- 1 bunch scallions, trimmed and halved crosswise
- 1 tablespoon canola oil
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1¼ pounds skirt steak (see Tip), trimmed
- 2 teaspoons toasted sesame seeds

1. Preheat one side of the grill to medium-high (or build a medium-high-heat fire on one side of a charcoal grill); leave the other side unheated.
2. Mix hoisin, water, tomato paste, vinegar, sesame oil and crushed red pepper in a medium bowl until smooth. Spoon 2 tablespoons of the mixture into a small bowl. Set the rest aside.
3. Toss asparagus, scallions, canola oil, salt and pepper in a large bowl.
4. Cut steak in half lengthwise, then cut each long strip in half crosswise to make four 2-by-6-inch pieces. Pound any uneven pieces to a ¼- to ½-inch thickness. Brush the top side of the steak pieces with the 2 tablespoons of sauce. Divide asparagus and scallions among the steak pieces, placing the bundles across the middle. Fold and roll the steak over the bundles and thread a skewer through the overlapping ends of the steak and through the bundle to hold the rolls together.



TIP

Skirt steak—a relatively inexpensive, thin, long cut with a rich, beefy flavor—is becoming more widely available. Call ahead to make sure the market has it or ask your butcher to order it for you. For this recipe, you'll need a piece that's about 12 inches by 4 inches.

5. Place the rolls seam-side down on the hot side of the grill for 5 minutes. Turn and grill until the second side is beginning to char, about 5 minutes more. Move the rolls to the unheated side, cover and cook for about 5 minutes more for medium steak.
6. Remove from the grill. Brush the steak with some of the reserved sauce and sprinkle with sesame seeds. Serve with the remaining sauce for dipping.

SERVES 4

Per serving: 300 calories; 14 g fat (4 g sat, 6 g mono); 88 mg cholesterol; 11 g carbohydrate; 3 g added sugars; 33 g protein; 2 g fiber; 461 mg sodium; 739 mg potassium.

Nutrition bonus: Zinc (41% daily value), Folate (30% dv), (Potassium 21% dv), Iron (20% dv), Vitamin A (19% dv), Vitamin C (16% dv).

Carbohydrate servings: 1

Exchanges: 1 vegetable, 4½ lean meat, 1 fat

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ABOUT EATINGWELL HEALTH TAGS

A recipe checked...

- Heart Health** has limited saturated fat.
- Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- Weight Loss** has reduced calories (and limited saturated fat).
- Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

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