*Spring   
into  
Asparagus*

Mount Vernon Farmers Market

Saturday May 1. 2010

With   
Paul Higgins, CEC

Creamy Asparagus Soup

(Without cream)

2 lbs fresh asparagus, washed and trimmed

1 large onion, chopped

4 tbsp olive oil

5-6 cups chicken stock

Cut tips off 12 asparagus and set aside

Cut asparagus stalks into 1” pieces (discard bottom ends)

Cook inions and asparagus in oil in large frying pan over medium heat,

stirring until soft.

Pour into large soup pot and add broth, simmer on medium heat 15-20 min

Boil asparagus tips in salted water al dente’

Puree soup in blender, food processor or with emulsifier until smooth

Ladle into bowls, season with salt & pepper and garnish with asparagus tips

Bacon Wrapped Asparagus

1 lbs fresh asparagus washed and trimmed

8-10 strips of bacon cut in half crosswise. Use center cut strips of bacon

or turkey bacon to reduce calories.

Wash and trim asparagus, wrap one strip of bacon around each spear, leaving

tip and end exposed.

Lay on baking sheet with sides.

Bake in a preheated 400-degree oven 20-25 min or until bacon is cooked

Serve warm or at room temperature. Makes 16-20 spears

Roasted Asparagus

1 lbs fresh asparagus, washed and trimmed

3 tbsp extra-virgin olive oil

½ tsp. salt

2 tbsp. unsalted butter

In a 500 degree preheated oven spread asparagus on baking pan in a single

layer, brush with olive oil and sprinkle with salt.

Roast in the upper 1/3rd of the oven for 10-12 min until tender.

Remove from oven and place butter on corner of hot pan to melt. With a pair

of tongs transfer asparagus to a serving platter and pour melted butter over top.

Serves 6.

Variations: add 1 tbsp soy sauce and 1 tbsp of balsamic vinegar to melted butter.

Steamed Asparagus with toppings

1 lbs fresh asparagus, washed and trimmed

1 cup mayonnaise

½ cup bread crumbs

½ cup grated parmesan cheese

Preheat oven to 350 degrees

On top of stove steam asparagus 2-6 min until tender, transfer to baking

dish, Spread mayonnaise over asparagus, sprinkle with bread crumbs and parmesan cheese. Bake until crumbs and cheese are golden brown, about 20 min

Asparagus on the Grill

1 lbs fresh asparagus, washed and trimmed

3 tbsp extra virgin olive oil

1 lemon, squeezed

Salt and pepper to taste

Drizzle oil over asparagus

On a preheated high heat grill place asparagus, turning as needed, cooking

until golden brown. Remove from heat add lemon, salt and pepper. Serve.