

Pan-Roasted Asparagus



Asparagus is deliciously rich in flavor and high in vitamins, yet low in calories. This month's seasonal recipe really brings out the asparagus's sweet flavor and tender texture. Pan-roasting is a quick and easy way to add this tasty, nutritious vegetable to your family's everyday menu. Be sure to get some fresh spring asparagus and give it a try.

Deval Patrick
Governor of Massachusetts

Asparagus is a perennial, which means it grows back every year, and its shoots come up in the spring—making now the perfect time for this simply delicious dish.

ADULT: YES | HANDS-ON TIME: 15 MINUTES | TOTAL TIME: 15 MINUTES | MAKES: 2-4 SERVINGS

KITCHEN GEAR

Measuring spoons
Large skillet
Spatula or tongs

INGREDIENTS

- 1 bunch asparagus, ends snapped off
- 2 tablespoons cold water
- 1 teaspoon olive oil
- ¼ lemon

INSTRUCTIONS

1. Put the asparagus, water, and oil in the skillet.
2. Put the skillet on the stove, turn the heat to high and bring to a boil.
3. Cook until the water has been absorbed and the asparagus starts to sizzle, about 5 minutes.
4. Using the spatula or tongs, remove the asparagus from the skillet. Squeeze the lemon over the asparagus and serve right away.

Safety Tip

Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.



➤ **WASH** your hands with soap and water and dry them.

➤ **CLEAN** the counter top with a sponge.

➤ **GATHER** all your kitchen gear and ingredients and put them on the counter.

➤ **SCRUB** all the fruits and vegetables and lay them out on a dishtowel to dry.

➤ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

ASPARAGUS HAS SOMETIMES BEEN CALLED "SPARROW GRASS" PROBABLY FROM A SIMPLE MIS-HEARING OF THE WORD DURING THE 17TH AND 18TH CENTURIES.



HOW TO: SNAP OFF ASPARAGUS STALKS

Asparagus has soft, sprouty shoots at its tip, and the other end has a hard straight edged tip, called the stalk. The very bottom of the asparagus stalk is hard and firm, and it can be stringy. When you eat asparagus, you want to remove the bottom part of the stalk.



DID YOU KNOW?

Hadley, Massachusetts has been called "The Asparagus Capital of the World." Flayvors of Cook Farm, a dairy in Hadley, even makes a pale green "Hadley Grass" ice cream, flavored with—you guessed it!—locally grown asparagus.

Want to add delicious flavor to your meals without adding salt? Sprinkle herbs such as thyme, rosemary, or basil onto your food for a great way to season without extra sodium. You can find fresh herbs near you by clicking here [Greenhouses—Nurseries](#)



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INSTRUCTIONS

One way to remove the stringy part of the stalk is with a knife or peeler. But you can also snap the stalk ends off with your hands, which is more fun (and requires fewer sharp edges!) Bending the stalks also allows you to naturally find the part that should be eaten and the part that should be thrown away.

To snap the stringy end off: hold the stalk of the asparagus in one hand and the shoot (the sprouty part that looks like a little tree) in the other hand. Now bend the asparagus in half and it should snap apart easily in your fingers. Throw away the stalk end.



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