










## ASPARAGUS HOW TO'S

-  **1** BOIL - Boil in a small amount of water until tender. Asparagus will be crisp-tender in approximately 5 to 8 minutes.
-  **2** BAKE - Preheat oven to 425°F. Place asparagus into mixing bowl & drizzle with olive oil. Toss to coat. Sprinkle with parmesan cheese, garlic, salt, & pepper. Bake until tender (approximately 12 to 15 minutes).
-  **3** GRILL - Preheat grill to medium heat. Lay asparagus on the grill in a row. Grill for 5 to 10 minutes until they have char marks, are fork tender, or to desired tenderness. \* You can grill asparagus in foil if desired.
-  **4** MICROWAVE - Cut ends from spears. Place spears in a microwaveable baking dish. Arrange with tips in the center, add 1/4 cup of water, & cover with plastic wrap. Microwave on high for 4 minutes. Test doneness with fork.
-  **5** ROAST - Preheat oven to 400°F. Arrange asparagus spears in a single layer on a large baking sheet. Drizzle with oil & turn to coat. Season with salt & pepper. Roast, turning occasionally, until lightly browned & tender, 18 to 20 minutes.
-  **6** SAUTE - Cut asparagus into short, even lengths and place in heavy wide sautéing frying pan or skillet. Pour a small amount of oil into pan. Add asparagus and seasoning. Saute for 2-4 minutes, moving pieces at all times.
-  **7** STEAM - Pour about 1-inch of water into a large saucepan & set up a collapsible steamer inside. Bring water to a boil, lay the asparagus in the steamer, cover & steam until crisp-tender, about 4-5 minutes. Transfer to a serving dish, drizzle with the olive oil, and season with salt & pepper, to taste.