

"Easy and delicious,
asparagus is a great vegetable to add a little
flare to your menu. A consistent product that
stands up well and the presentation is
beautiful."



**#18100 Asparagus Spears (frozen)
Alasko 4/1kg**

STORAGE

- Store unopened frozen asparagus at 0°F or below until ready to use.
- Temperature changes shorten shelf life and speed deterioration.
- Store opened thawed asparagus in a tightly covered nonmetallic container and refrigerate. Use within 2 days.

PREPARATION

- Add frozen asparagus to ½ cup boiling water in a saucepan. After water boils again, reduce temperature. Cover and simmer until tender 4-5 mins.
- Frozen asparagus should be heated only to serving temperature and served soon after heating.
- Add flavour to frozen asparagus by seasoning with herbs and spices such as thyme, oregano, dill, or lemon juice and olive oil.

USES

Serve frozen asparagus as a side dish, or use in a variety of main dishes, soups, appetizers, casseroles, and salads.

NUTRITION INFORMATION

- Asparagus is an excellent source of Vitamin C and folate, and is a good source of Vitamin A.
- 1/2 cup of asparagus provides 1 full serving of Fruits & Vegetables..

Cheesy Ham & Asparagus Bake

INGREDIENTS

- 1 1/2 cups chopped cooked ham #27160
- 1/2 cup chopped onion
- 1/4 cup chopped red bell peppers
- 10 ounces frozen cut asparagus, thawed
- 8 eggs
- 2 cups milk
- 1 cup all-purpose flour
- 1/4 cup grated Parmesan cheese #20690
- 3/4 teaspoon dried tarragon
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup shredded Cheddar cheese #20590

DIRECTIONS

Preheat oven to 425 degrees F (220 degrees C). Lightly grease a 9x13 inch baking dish. Mix the ham, onion, red bell peppers, and asparagus in the prepared baking dish. In a large bowl, beat together the eggs, milk, flour, Parmesan, tarragon, salt, and pepper. Pour over the ham mixture. Bake 20 minutes in the preheated oven, or until a knife inserted in the center comes out clean. Sprinkle with Cheddar cheese. Continue baking 3 to 5 minutes, or until cheese is melted. Let stand 5 to 10 minutes before serving.

"Bakes are an easy way to use up asparagus from the night before. Also try combining, asparagus and mushroom or asparagus and chicken or shrimp."

Asparagus in a White Wine Sauce

INGREDIENTS

- 2 lbs of asparagus.
- Boiling water.
- ¼ cup of butter.
- ¼ cup of white wine.
- ½ teaspoon of salt.
- ¼ teaspoon of pepper.

DIRECTIONS

Lay the asparagus spears in a shallow pan and cover with salted boiling water. Bring to a boil and simmer for 5 minutes. Drain and turn into buttered ramequins. Melt the butter and stir in the wine. Pour over the asparagus. Sprinkle with salt and pepper. Bake at 425°F (220°C) for 15 minutes.

"Ask your sales representative for
more creative recipes"



Pork Supreme

INGREDIENTS

10 ounces frozen cut asparagus
1/4 cup water
1 tablespoon margarine
6 (4 ounce) pork cutlets #27185
1/4 teaspoon crushed garlic #05225
1/4 pound cooked shrimp #43132
(peeled and deveined)
2 ounces hollandaise sauce #02677

DIRECTIONS

Place the water and asparagus in a saucepan, and bring to a boil over medium heat. Cook covered 5 minutes. Remove cover and cook 1 or 2 minutes, until tender. Drain and set aside, but keep warm.
Melt the margarine in a skillet over medium-high heat. Cook the pork cutlets 2 to 3 minutes on each side, or until browned and no longer pink on the inside. Remove pork and set aside.
Add the garlic and shrimp to the already heated skillet. Cook over medium-high heat 1 or 2 minutes, stirring constantly until the shrimp is heated through.
Prepare hollandaise sauce.
Place each pork cutlet on a plate. Top with the asparagus and shrimp. Spoon hollandaise sauce over all.

*You can substitute the pork for a chicken breast and serve on a bed of rice pilaf.



"Simple and Beautiful!"

Phyllo Asparagus Spears

INGREDIENTS

24 asparagus spears
6 sheets frozen phyllo, thawed #36108
3 tbs of melted butter
cooking spray #13615
12 thin slices ham prosciutto
(about 6 ounces) #29260
1 cup grated Parmesan cheese #20690

DIRECTIONS

Preheat oven to 450 degrees. Spray baking sheet with cooking spray. Steam asparagus, about 4-5 minutes. Transfer to a colander to cool. Place 1 sheet of phyllo on a work surface (cover the remaining phyllo with a damp clean towel). Brush lightly with butter. Cut into 4 rectangular pieces. Cut the asparagus spears down to 4 inch lengths. Place 1 piece of prosciutto on each phyllo rectangle, lining up along 1 short edge. Arrange an asparagus spear over the prosciutto, letting the tip lay beyond the top edge of the phyllo. Sprinkle with Parmesan (I like it more than most). Roll up and secure the edge of the phyllo with butter, if necessary. When rolling, leave the asparagus tip unwrapped about one inch. Wrap foil around the exposed asparagus tip so it doesn't burn. Arrange on prepared baking sheet. Repeat with remaining ingredients.
Bake until phyllo is golden brown, about 5 minutes.

Asparagus & Shrimp Salad

SALAD

1 1/2 lb of asparagus
1 lb of shrimp #43126
1 oz shredded Monterey Jack cheese #20531
1 medium red bell pepper, sliced
1/4 cup of green onion, sliced
2 tablespoons of parsley, minced
One slice of lemon
Lettuce leaves
Classic Herb Dressing from Kraft #05197

DIRECTIONS

Cook the shrimp; drain and set aside. Cook the asparagus until crisp-tender; drain well. Place the shrimp, asparagus and slice of lemon in mixing bowl. Pour the herb dressing over all, cover and refrigerate, stirring once or twice. Combine the red bell pepper, onion and parsley. To serve, drain the shrimp asparagus mixture and arrange on plate with lettuce and cheese. Serve with the pepper/onion/parsley mixture.



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