



# HEALTHY to a "T"

May 2019

## Harvest of the Month

Asparagus



### FUN FACTS:

#### King of Vegetables & Vitamin Powerhouse

Asparagus spears can be green, white or purple. White asparagus is the same as green asparagus but it is grown below the ground in the dark, and is harvested below the ground. Purple asparagus turns dark green when cooked.

Asparagus is high in dietary fiber (good for your digestive system), and one of the best sources of folate (keeps your blood healthy).

With the right weather, spears can grow 1 inch an hour.

This institution is an equal opportunity provider.



## The Power of Asparagus

Asparagus is a tasty spring vegetable that is loaded with nutrients and health benefits. Grill, roast or stir-fry your asparagus to reap the benefits this powerhouse has to offer.

**Nutrition Benefits:** very good source of fiber, folate, vitamins A, C, E and K and chromium. Important nutrients to keep our bodies regular, healthy and energized.

**Packed with Antioxidants:** neutralizes damage causing free radicals while slowing the aging process and reducing inflammation. The antioxidant glutathione also is found to help protect against bone, breast, colon, larynx and lung cancer.

**Brain Booster:** according to Tufts University, individuals with healthy levels of folate and vitamin B12 performed mentally better. The folate in asparagus works with vitamin B12 – found in fish, poultry, meat and dairy – to prevent cognitive impairment.

**Natural Diuretic:** the amino acid asparagine in asparagus helps your body get rid of excess salts and retained fluid, which is beneficial for individuals who suffer from edema and those with high blood pressure or other heart-related diseases.

Melanie Wirth, RDN, LD, MBA  
Corporate Dietitian, Taher, Inc.

This institution is an equal opportunity provider.

## HARVEST OF THE MONTH RECIPE—MAY

### Asparagus with Mediterranean Salsa

Yield: 6 servings

#### Mediterranean Salsa

1 lbs cherry tomatoes, chopped  
1 shallot, finely chopped  
1 Tbs chopped garlic  
1/2 cup rough chopped parsley  
1/4 cup shredded fresh mint  
1/2 Tbs Kosher salt  
1/2 Tbs black pepper  
3 tsp fresh lemon juice  
2 Tbs olive oil

#### Asparagus

1 lbs fresh asparagus, trim tough ends  
1/8 cup olive oil  
1/2 Tbs Kosher salt  
1/2 Tbs black pepper  
Zest from 1 lemon

Make the Salsa in a mixing bowl. Add all ingredients and fold together. Let sit for a minimum of 1 hour before serving to blend flavors.

To cook asparagus, lightly toss in oil with salt, pepper and lemon zest. Place in a 350°F oven until it turns bright green with a little crunch. Place on a platter and top with the Salsa. Serve and enjoy!

#### NUTRITION SNAPSHOT ~ 1 serving

85 calories, 4.8g total fat, 0g saturated fat  
790mg sodium, 0g cholesterol, 3g fiber  
4g sugar, 9g carbohydrate, 3g protein

