

Asparagus



Asparagus is one of the first vegetables to be harvested in spring, each stalk a single shoot that would grow into leafy fronds if not picked. It has a rich flavor and can be used in a variety of dishes. There are also white varieties (grown in the dark), and purple varieties. Asparagus is a good source of fiber, vitamin A, and iron, and is often plentiful and inexpensive while in season!

Cooking

Asparagus spears are tougher at the bottom and tender at the top, so trim the bottom according to use. Asparagus is great raw, steamed, roasted, or grilled. The more you cook it, the less you need to trim from the bottom. Cut the top third for raw snacking & salads, and cook the bottoms in a stir-fry, soup, or stew until tender. Very thick stalks can be peeled to make them more tender.



Storage

Trim ends and place upright in a container of water, like cut flowers, and refrigerate 1-2 weeks. Pre-cut and freeze asparagus in an airtight container or bag for up to 6 months.

Asparagus Frittata



Serves: 4 Total Time: 20 minutes

Ingredients:

- 2 tbsp unsalted butter or oil
- 1 red onion (or 3 shallots), finely chopped
- 1 lb asparagus, cut into 1 inch pieces
- 6 large eggs
- $\frac{3}{4}$ cup ricotta or cottage cheese
- 1 tbsp fresh chives, minced
- $\frac{1}{4}$ tsp dried tarragon
- 1 cup shredded Gruyère or Swiss cheese
- Salt and pepper to taste

Directions:

1. Preheat oven on broil.
2. On the stove top, melt butter in an oven-proof skillet over medium heat. Add onion and cook, stirring occasionally, until softened and translucent, about 3 minutes. Add the asparagus and cook for an additional 3 minutes, until bright green.
3. In a medium bowl, beat eggs and ricotta together, then stir in chives, tarragon, and a pinch of salt and pepper.
4. Pour the egg mixture into the pan and cook until almost set, but still runny on top, about 4-5 minutes. Tilt and shake pan gently to distribute egg, but do not stir.
5. Top with cheese and place in the oven (about 6 inches below the broiler), cook until the cheese is melted and browned, about 6-8 minutes.
6. Remove from oven and let stand 10 minutes. Cut into wedges and serve.

