



3 Ways to Asparagus DEMO

1. Introduction

- **Fun Fact:** Did you know asparagus is a member of the lily family, like onions and garlic? It has been cultivated for over 2,000 years!
 - Briefly introduce the versatility of asparagus and its role as a seasonal spring vegetable.
 - Overview of the three methods: grill pan, blanching, and roasting.
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2. Preparing the Asparagus

- How to trim asparagus by snapping or cutting off the woody ends (natural snap-point trick).
 - **Tip:** Use a vegetable peeler to shave the thicker ends for an even cook.
 - **Nutritional Value:** Asparagus is packed with vitamins A, C, and K, folate, and fiber, and it's low in calories!
 - **How to select fresh asparagus:** look for bright green stalks, tightly closed tips.
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3. Method 1: Roasted Asparagus

- Preheat the oven to 425°F (220°C).
 - Toss 1# asparagus with 1T olive oil, ½ t salt, ¼ t granulated garlic and ¼ t pepper.
 - Arrange on a baking sheet in a single layer.
 - Roast for 10-12 minutes, until tender and slightly crispy.
 - **Tip:** Sprinkle with Parmesan cheese or finish with a drizzle of balsamic glaze for extra flavor.
 - **Nutritional Highlight:** Roasting brings out natural sweetness while preserving antioxidants that support immune health.
 - **Fun Fact:** Asparagus is a natural diuretic, helping reduce bloating and flush out toxins.
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4. Method 2: Grilled Asparagus

- **Marinade:**
 - Mix together: 1 T olive oil, 1T lemon juice, 2 cloves minced garlic, 3 pinches salt, 1 pinch pepper, and a pinch of red pepper flakes.
 - Toss 1# asparagus in marinade to coat evenly.
 - **Cooking:**
 - Heat a grill pan over medium-high heat until pan is hot.
 - Lay asparagus on the pan, turning once you see a little char. Turn over and grill until tender with slight char marks (4-5 minutes).
 - **Fun Fact:** Grilled asparagus is a favorite for BBQs because it pairs well with almost any protein, from steak to fish.
 - **Tip:** For extra smoky flavor, add a pinch of smoked paprika to the marinade.
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5. Method 3: Blanched Asparagus

- Boil water in a pot and add a pinch of salt.
- Drop cleaned asparagus into boiling water for 2 minutes.
- Immediately transfer to an ice bath to stop cooking (keeps the vibrant green color).
- **Tip:** Add a drizzle of olive oil and lemon zest for a quick salad topper.
- **Fun Fact:** This method preserves more water-soluble vitamins, making it one of the healthiest ways to cook asparagus.