

## How to Prepare

- **Steamed** - Fill a fry pan with water to about ½ -inch deep. Add trimmed and washed asparagus spears and cover with a lid. Simmer over medium-high heat for 2-5 minutes or until bright green and tender-crisp. Drain the water; serve immediately with a dab of butter, squirt of lemon juice and salt and pepper to taste. Note: A steamer basket can also be used.
- **Roasted** - Preheat oven to 350° F or a BBQ to medium heat. Trim, wash and dry asparagus spears and then lightly drizzle with olive or vegetable oil. Place asparagus on a sheet of aluminum foil, season with salt, pepper, lemon zest and chopped garlic if you prefer. Roast for approximately 10 minutes being careful not to burn. Serve hot or at room temperature.
- **Marinated** - Use the steamed method to prepare asparagus spears to a tender-crisp. Immediately drain the water and immerse asparagus in a bowl of ice-cold water for about 1 minute; this will keep the spears crisp. Remove from water and pat dry with a paper towel. To serve, drizzle with your favorite salad dressing or try this **Asian marinade**: 2 Tbsp. sesame oil, ½ tsp. soy sauce, ¼ tsp. white or rice vinegar. Stir up ingredients and drizzle over asparagus. Put in refrigerator until chilled. Serve as a side dish or healthy snack.

## Asparagus and Cheese Omelette

**Serves 1**

A quick and satisfying meal for lunch or supper.

2 eggs  
pinch salt and pepper  
1 tsp. water  
  
1 tsp. margarine or butter

### *FILLING:*

1 tsp. olive or vegetable oil  
3 – 4 asparagus spears, trimmed and washed  
2 green onions, finely chopped  
½ tsp. seasoning of your choice such as dill, tarragon or hot pepper flakes  
¼ c. grated Cheddar cheese **OR** crumbled goat cheese

- 1) **FILLING:** In a small fry pan heat oil over medium heat. Add asparagus spears, green onions and seasoning of your choice. Cook, stirring occasionally until tender, about 3 minutes. Transfer to a bowl and set aside.
- 2) In a separate bowl, whisk together the eggs, salt, pepper and water just until blended but not frothy.
- 3) In the same fry pan melt margarine or butter over medium heat. Quickly pour egg mixture into pan. Once the outer edges of the omelette begin to set gently lift the edge with a spatula to allow uncooked eggs to flow underneath. Continue to cook until the surface is just slightly moist, but not runny.
- 4) Place the filling mixture over half of the omelette and sprinkle with cheese. Fold uncovered half over filling and cook for approximately 1 minute. Slide onto a plate. Serve with toast wedges or hashbrowns and fresh fruit.