

FEATURED RECIPE

Ingredients

Asparagus

Mediterranean Dressing

3 Tbsp. extra virgin olive oil

2 cloves garlic, minced

2 tsp. fresh lemon juice

Sea salt & black pepper to taste

Blend all ingredients well



Curry Dip

2 Tbsp. mayonnaise

2 Tbsp. Greek yogurt

1/4–1/2 tsp. curry powder

Fresh Steamed Asparagus

Too bad the season for asparagus is so brief. It's one of my favorites. Here are some easy ways to prepare the delicious vegetable.

Steam asparagus for only 3 minutes, as it cooks quickly. Then try one of the following:

- While asparagus is still hot, toss in a light olive oil and vinegar dressing or Mediterranean dressing. Top with sun-dried tomatoes and feta cheese.
- Serve cold dipped in French dressing or curry dip.

Interesting tidbits about asparagus

You may have heard of the health benefits of 'prebiotics' (not to be confused with probiotics) that involve a special area of digestive support offered by a compound known as inulin. Inulin is a unique type of carbohydrate. Unlike other carbs, it passes undigested all the way to the large intestine, where it becomes an ideal food source for certain types of beneficial bacteria that are associated with improved nutrient absorption, lower risk of allergy and reduced risk of colon cancer. The foods most well known to contain inulin are chicory root and Jerusalem artichoke. While not as high, asparagus contains a valuable amount of inulin and may help promote a healthier GI tract.



Suzie DuPuis RD
Registered Dietician