

COMMODITY FOODS

ASPARAGUS, CANNED



Storage

- ◆ Store unopened cans on a shelf in a cool, dry place.
- ◆ For best quality, unopened canned asparagus should be used within a year.
- ◆ Store opened asparagus in a covered non-metallic container in the refrigerator. Use within 2 to 4 days.

Uses & Tips

- ◆ Plain asparagus are a healthy, low fat vegetable.
- ◆ Canned asparagus should be heated only to serving temperature and served soon after heating.
- ◆ Season asparagus with lemon juice and herbs and spices – black pepper, garlic, thyme, basil.
- ◆ For extra flavor, add cheese to canned asparagus.
- ◆ Add asparagus to casseroles, stews, salads, and soups.

Marinated Asparagus Salad Serves 4.

- 1 can (14.5 oz.) asparagus, drained
- 1 small red (or other) onion, halved and thinly sliced
- 1 or 2 tomatoes, chopped
- 1/4 cup low fat Italian salad dressing

Combine asparagus, onion and tomatoes and enough salad dressing to moisten (about 3 to 4 Tbsps.). Stir gently. Cover and refrigerate several hours or overnight. Stir again before serving.

NUTRITION FACTS (per serving) - Calories 45 ~ fat 1 g ~ calories from fat 10 ~ sodium 370 mg ~ total carbohydrate 8 g ~ fiber 2 g

Cheesy Asparagus Serves 4.

- 1 can (14.5 oz.) asparagus, drained
- 4 slices American processed cheese
- 1 to 2 tsp. lemon juice
- 1/8 tsp. paprika (optional)

Sprinkle asparagus with lemon juice. Top asparagus with slices of processed cheese. Place in ovenproof dish and broil just until cheese melts (watch carefully). If desired, sprinkle with paprika.

NUTRITION FACTS (per serving) - Calories 80 ~ fat 5 g ~ calories from fat 45 ~ sodium 430 mg ~ total carbohydrate 4 g ~ fiber 1 g