

did you know?

- Asparagus can be green, white or purple!
- Purple asparagus turns green when it is cooked.
- This vegetable is in the onions, garlic, and leek family.
- California grows 80% of all asparagus grown in the U.S.
- Asparagus is a great source of nutrients, high in fiber, vitamin A, C & K.



JOKE

The definition of asparagus



A bean with aspirations of becoming a paintbrush!

PARMESAN ROASTED ASPARAGUS

INGREDIENTS:

- 1 POUND RAW ASPARAGUS
- 1/2 TEASPOON OF SALT
- 1/4 TEASPOON OF BLACK PEPPER
- 1/8 CUP OF OLIVE OIL
- 2 TABLESPOONS PARMESAN CHEESE, GRATED
- 1/2 TEASPOON OF GARLIC, GRATED

DIRECTIONS:

Preheat oven to 350 degrees.
Toss asparagus in oil. Season with salt, pepper, garlic, and Parmesan. Spread asparagus on a sheet tray and cook asparagus in the oven for about 10 minutes.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups