

Five Ways to Cook Asparagus

Asparagus is a delicious and versatile vegetable that can be enjoyed in a variety of ways. It is a good source of vitamins A, C, and K, as well as folate and fiber. Asparagus is also a low-calorie food, making it a great choice for people who are trying to lose weight or maintain a healthy weight.

In this article, we will share five of our favorite asparagus recipes. We will also provide tips on how to choose and store asparagus, so that you can enjoy this delicious vegetable all season long.

1. **Roasted asparagus** is a simple and delicious way to cook asparagus. Simply toss the asparagus with olive oil, salt, and pepper, and then roast it in a preheated oven until tender.
2. **Grilled asparagus** is another great way to cook asparagus. Grill the asparagus over medium heat until tender and slightly charred.
3. **Sautéed asparagus** is a quick and easy way to cook asparagus. Simply sauté the asparagus in a pan with olive oil until tender.
4. **Steamed asparagus** is a healthy way to cook asparagus. Steam the asparagus until tender, and then serve it with a drizzle of olive oil and lemon juice.
5. **Asparagus soup** is a creamy and delicious way to enjoy asparagus. Simply simmer the asparagus in a pot with broth and cream, until the asparagus is tender. Then, puree the soup until smooth.

When choosing asparagus, look for spears that are firm and green. The tips should be closed, and the stalks should be free of blemishes. Avoid

asparagus that is wilted or has yellowed tips.



Five Ways to Cook Asparagus (and Other Recipes): The Art and Practice of Making Dinner by Ginger McKinsey

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To store asparagus, wrap the spears in a damp paper towel and place them in the refrigerator. The asparagus will keep for up to 3 days.

Asparagus is a delicious and versatile vegetable that can be enjoyed in a variety of ways. We encourage you to try one of our five favorite recipes, and to experiment with your own cooking methods. With its bright flavor and numerous health benefits, asparagus is a great addition to any meal.



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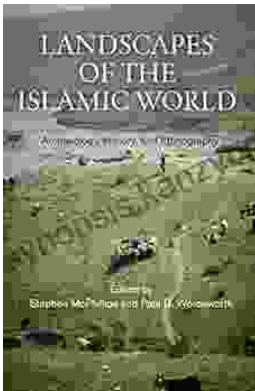
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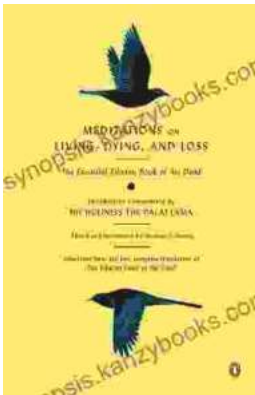
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