



# Do you like asparagus?

## FROM FARM TO TABLE

*Rocket Wellness Smart Choices*

Asparagus is a great source for vitamin K and folate, along with plenty of complementary nutrients such as vitamins C and E and zinc. Be sure to pick up your asparagus throughout June while it is in season. If you are ever wondering how to take your asparagus game to the next level, here are some awesome recipes to try out.

### Broiled Asparagus

All you need: 1 pound of asparagus, salt, pepper, and some olive oil

- 1.) Turn your oven on to the broiler setting. Toss asparagus with about 2 tablespoons of olive oil and a pinch of salt and pepper in a mixing bowl
- 2.) Arrange the asparagus in a single layer on a baking sheet, broil until tender and browned—should take about 8 minutes.



### Roasted Garlic Asparagus

All you need: 2 pounds asparagus, 1/2 cup olive oil, 8 cloves minced garlic, sea salt, pepper, parsley, and onion powder

- 1.) Preheat oven to 375 degrees F, line a baking pan with wax paper.
- 2.) In a small pan, combine olive oil, garlic, and a pinch of parsley and onion powder. Cook for 3 minutes until the garlic is fragrant but not brown.
- 3.) Arrange the asparagus in a single layer on the prepared pan. Lightly sprinkle sea salt and pepper. Drizzle the garlic oil mixture over asparagus.
- 4.) Roast in the oven for 8-10 minutes until asparagus is light green



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