

Pick a **better snack**[™] – THE COLOR WAY

ASPARAGUS

Wash. Eat. How easy is that?



Look for asparagus with deep green or purplish tips that are close and compact. Stalks should be straight and green for most of their length with a nicely rounded shape. Avoid spears that are shriveled, twisted or flat as they will be tough and stringy. After purchase, store asparagus in the fridge with the cut ends immersed in water; use within 1-2 days. To trim asparagus before cooking, hold a spear in both hands. Bend the stalk until it snaps.

ASPARAGUS HORS D'OEUVRES

Top whole grain wheat crackers with chopped asparagus (steamed or raw). Top each cracker with 1 teaspoon shredded mozzarella cheese. Heat in microwave just until cheese melts.

SUNBURST ASPARAGUS PIZZA (Yield: 8 servings)

- 2 pounds fresh asparagus cut into 2-inch pieces
- 1 pre-baked Italian bread shell crust (1 pound)
- ½ cup reduced fat mayonnaise
- 2 Tablespoons grated Parmesan cheese
- ¼ teaspoon ground mustard
- 3 egg whites

Cook asparagus until crisp-tender (6-8 minutes in the microwave). Drain well. Place crust on ungreased 12-inch pizza pan. Arrange asparagus on top. In a bowl, combine the mayonnaise, cheese and mustard; mix well. In a small mixing bowl, beat egg whites until stiff peaks form. Fold into mayonnaise mixture; spread over asparagus. Bake at 450°F for 12-13 minutes or until golden brown. Cut into wedges; serve warm. Refrigerate leftovers.

Adapted from: *Quick Cooking Magazine, Reiman Publications, March/April 2001.*

Include **GREEN** fruits and vegetables in your low-fat diet to maintain:

- Vision health
- Strong bones and teeth
- A lower risk of some cancers

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabetersnack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about 5 A Day the Color Way[™], visit www.5aday.com.