

♥ Health Minute

Prized since Roman times, the Asparagus is a delicious and nutritious heart-healthy vegetable. Harbingers of spring, their delicate heads emerge as the weather warms up and the days grow longer. Asparagus contains folic acid, vitamin C, thiamine, vitamin B6, and potassium. It also contains Rutin, a flavonoid known for its antioxidant, anti-inflammatory, anti-cancer, and blood vessel protective properties. King Louis XIV of France built special greenhouses so he could enjoy asparagus all year round – why not add the “food of kings” to your table tonight?



Picking Perfect Asparagus

- ♥ Select bright green asparagus with firm tips
- ♥ Keep fresh asparagus moist until you cook it
- ♥ Do not defrost frozen asparagus before cooking
- ♥ Keep canned asparagus in a cool dry place

Cooking tips

- ♥ Boil or steam as quickly as possible to maintain nutrients
- ♥ Top with lemon juice, low fat yogurt or flavorful herbs
- ♥ Toss with olive oil and garlic and roast in the oven at 450 for 12 minutes
- ♥ Hollandaise is not heart-healthy