

Cleveland County Kitchen
May, 2015
Food of the Month – ASPARAGUS
Nancy Fichter



Roasted Asparagus and Garlic Salad

Serves 6

2 heads garlic
3 tablespoons extra-virgin olive oil, divided
½ teaspoon freshly ground pepper, divided
¼ cup minced fresh chives
2 teaspoons finely chopped garlic cloves
¼ cup lemon juice
2 bunches asparagus, trimmed
2 teaspoons freshly grated lemon zest
½ cup walnut halves, toasted and chopped

1. Preheat oven to 400 F
2. Slice the tips off the garlic heads, exposing the cloves. Place the heads in a small baking dish. Pour 2 tbsp oil over them and sprinkle with ¼ tsp each salt and pepper. Roast until the garlic feels soft when you squeeze the bulb, 20-40 min.
3. When cool enough to handle, gently squeeze garlic cloves from the skins into the dish. Add chives and chopped garlic. Swirl in lemon juice.
4. Peel the tough outer layer off the bottom half of asparagus stalks, if desired. Place the asparagus on a rimmed baking sheet; drizzle with the remaining 1 tbsp oil and sprinkle with lemon zest and ¼ tsp each salt and pepper. Roast, shaking the pan halfway through, until the asparagus is just tender, 10-20 min. Let stand for 5 min.
5. Divide the warm asparagus among 6 plates. Top each portion with about 2 tbsps roasted garlic vinaigrette and 1 generous tbsp walnuts.

(Source: [http://www.eatingwell.com/recipes/garlic aparagus salad.html](http://www.eatingwell.com/recipes/garlic_aparagus_salad.html))

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'Cream' of Asparagus Soup

Serves 4

There actually is no cream in this soup. The creamy texture comes from the added flour.

1 large onion roughly chopped and roasted
4 oz asparagus or asparagus tips roasted and chopped.
2 cups broth (vegetable or chicken)
1 tbsp flour (cornstarch, or potato flakes can be substituted)
Salt and pepper to taste

1. Place all ingredients in a blender. Blend until very smooth.
2. Place into a saucepan and bring to a simmer, do not boil
3. Serve warm with crusty bread, or freeze and use in your favorite recipes calling for cream of asparagus soup.

The cream of asparagus soup can be strained, if the stringiness of the asparagus is too much. You will have to determine that according to the asparagus and your personal taste. If you are going to strain the soup, blend all ingredients except for the flour. Strain the soup through a small holed colander, add strained soup back into the blender, add flour, and mix thoroughly. Proceed with step 2 in the recipe.

(Source: Nancy Fichter)

Notes

I believe in a minimal to no waste kitchen, so I try to use every part of my vegetables and meats. If I cannot cook with them, I compost as much as possible.

Asparagus stalks can be tough and stringy. To cut back on some the toughness, the outer layer of the asparagus stalks can be peeled when raw with a vegetable peeler. If the asparagus stalks are too tough and woody, I suggest freezing them and use them to make homemade broth along with other clean kitchen scraps. Or compost them.

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