

# Savor Our Spring Harvest Recipe



## **Dressed Asparagus**

Serves 4 – 6

Put a saucepan of water on to boil. Get 1 pound of asparagus and bend the base of each stalk to click the woody ends off, leaving you with the tender tips. Add a teaspoon of salt to the saucepan, and all the asparagus. Place a lid on, bring back to boil and cook for 1 to 2 1/2 minutes, depending on how thick your asparagus spears are. Put 3 tablespoons of extra virgin olive oil, 1 teaspoon of Dijon mustard, 1 tablespoon of red wine vinegar, and a pinch of chopped parsley into a bowl and whisk together with a pinch of salt and pepper. Drain the asparagus, place on a serving dish, and drizzle over the vinaigrette, making sure that all the spears are coated.

*Recipe supplied by Jaime Oliver*

## **Almost Naked Asparagus**

Remove woody ends from asparagus spears. Place on sheet tray. Drizzle with Extra virgin Olive Oil and seasonings of choice. Remember, "less is more"! Simple salt and pepper or salt, pepper and garlic, work just fine. Let the asparagus shine through.

*Recipe supplied by Bloomfield Central School*