

# Asparagus



## Grow What You Can

Often, one packet of seeds is about the same price as buying one vegetable at the store. But think of how many vegetables can be grown from just one seed packet! Gardening—in your yard or a pot on the deck—will give you more bang for your buck when harvest season rolls around. Herbs, cucumbers, peppers or tomatoes are great options for beginning gardeners!



## Did You Know?

SNAP/EBT, known as Food Assistance in Iowa, benefits can be used to buy food producing plants and seeds. Start a garden in your yard or a pot on your deck for fresh, inexpensive and flavorful additions to your meals.

Wonder if you qualify for the Food Assistance Program (SNAP/EBT)? Call the hotline: **1-855-944-FOOD(3663)**.

**Fuel**  
**your**  
**fun**  
Eat fruits  
and veggies.



## Cheesy Roasted Asparagus

Serves: 4

### Ingredients

- ◆ 1 bunch asparagus, tough ends snapped off
- ◆ ½ lemon
- ◆ Grated Parmesan cheese
- ◆ Salt
- ◆ 1 tablespoon oil (canola or vegetable)

### Directions

- 1** Turn the oven on and set the heat to 450 degrees.
- 2** Put the asparagus on the baking sheet, drizzle with the oil and sprinkle with the salt. Use the tongs or your clean hands to coat them with the oil and spread them out.
- 3** Put the baking sheet in the oven and roast until the asparagus turns bright green, 10-12 minutes depending on whether your asparagus are thin or thick.
- 4** Remove the baking sheet from the oven. Sprinkle the cheese over the asparagus and toss well.
- 5** Return the baking sheet to the oven and roast until the cheese melts and turns golden, about 2 minutes.
- 6** Squeeze the lemon over the asparagus and serve.

Adapted from <http://www.chopchopmag.org>.



This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP. Pick a **better snack**™ was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services. Created August 2018.

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