

ASPARAGUS

CANNED

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 8/26/04

Product Description

Canned Asparagus is U.S. Grade A, cuts and tips.

Pack/Yield

Asparagus is packed in a 14.5-ounce can, which yields about 1.7 ½-cup servings after cooking and draining.

Storage

- Store unopened cans in a cool, dry place off the floor.
- Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten shelf life and speed deterioration.
- Store opened asparagus in a tightly covered nonmetallic container and refrigerate. Use within 2 to 4 days.

Preparation

- Canned asparagus should be heated only to serving temperature and served soon after heating.
- Add flavor to canned asparagus by seasoning with herbs and spices including red pepper flakes, thyme, basil, garlic powder, or lemon juice.



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Nutrition Information

- **Asparagus** is an **excellent source** of folate and Vitamin C. Asparagus is also fat and cholesterol free.
- ½ cup of asparagus provides 1 serving from the **VEGETABLE GROUP** of the **Food Guide Pyramid**.

(See recipes on reverse side)

Nutrition Facts	
Serving size ½ cup (122g) Asparagus, cooked	
Amount Per Serving	
Calories 20	Fat Cal 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 3g	6%
Dietary Fiber 1g	4%
Protein 2g	4%
Vitamin A 4%	Vitamin C 30%
Calcium 2%	Iron 4%
Folate 25%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Asparagus and Chicken Pockets

4 pieces of foil (12 x 15 inches)
 3 tablespoons Dijon-style mustard
 2 tablespoons lemon juice
 1 tablespoon chopped, fresh marjoram (or 1 teaspoon dried flakes) or 1 tablespoon thyme
 ¼ teaspoon ground black pepper
 4 skinless, boneless chicken breast halves, or 1 pound boneless canned chicken, drained
 non-stick cooking spray
 1 can (14.5 oz.) asparagus or ½ (2.5 pound) bag frozen asparagus or 1 pound washed fresh asparagus spears
 ½ pound carrots, peeled and cut into long, thin strips

Recipe adapted from Epicurious

1. Preheat oven to 400°F.
2. Make foil pouches by folding the sheet in half and folding the edges of 2 sides.
3. Combine mustard, lemon juice, marjoram or thyme, and pepper; set aside.
4. Using non-stick cooking spray, brown chicken 2 to 4 minutes over medium heat. If using chicken breasts: cut each piece lengthwise into 5 or 6 strips after browning.
5. Lightly spray inside of foil pouches with nonstick cooking spray.
6. Divide chicken, sauce, and vegetables among the four foil pouches. Close pouches by folding edges together.
7. Place foil pouches on baking sheet and bake at 400°F 12 minutes. Note: If using raw chicken breasts, internal temperature of meat should reach 170°F.
8. Remove from foil pouches and serve.

Makes 4 servings

Nutrition Information for each serving of Asparagus and Chicken Pockets:

Calories	290	Cholesterol	135 mg	Sugar	2 g	Calcium	49 mg
Calories from Fat	30	Sodium	560 mg	Protein	56 g	Iron	3 mg
Total Fat	3 g	Total Carbohydrate	5 g	Vitamin A	618 RE		
Saturated Fat	0 g	Dietary Fiber	2 g	Vitamin C	19 mg		

Lima Bean and Spring Vegetable Soup

1 tablespoon olive or vegetable oil
 2 white onions, chopped (about 3 cups)
 ½ cup carrot, chopped and peeled
 4½ cups canned low-salt chicken broth or vegetable broth
 1 (10-ounce) package frozen baby lima beans, thawed
 5 ounces green beans, trimmed, cut into 1-inch pieces
 1 (14.4-ounce) can asparagus, drained, or ¼ (2.5 pound) bag frozen asparagus
 ¾ cup thinly sliced fresh basil, or 1 tablespoon dried basil
 freshly grated Parmesan cheese (optional)

Recipe adapted from Epicurious

1. Heat oil in large heavy saucepan over medium heat. Add onions and carrot; cook until vegetables are tender but not brown, about 8 minutes.
2. Add broth and bring to boil. Add lima beans and green beans and simmer until almost tender, about 8 minutes.
3. Add asparagus and ½ cup basil and simmer until all vegetables are tender, about 7 minutes longer.
4. Season soup with salt and pepper to taste. Stir in basil. Ladle soup into bowls. Top with Parmesan cheese, if desired.

Makes 6 servings

Nutrition Information for each 1 cup serving of Lima Bean and Spring Vegetable Soup:

Calories	190	Cholesterol	0 mg	Sugar	4 g	Calcium	123 mg
Calories from Fat	50	Sodium	900 mg	Protein	12 g	Iron	3 mg
Total Fat	6 g	Total Carbohydrate	23 g	Vitamin A	313 RE		
Saturated Fat	1.5 g	Dietary Fiber	6 g	Vitamin C	22 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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