

ASPARAGUS

FROZEN

for use in the USDA Household
Commodity Food Distribution Programs

9/27/02

Product Description

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

Pack/Yield

Asparagus is packed in a 2.5-pound bag, which yields about 10 ½-cup servings after cooking.

Storage

- Store unopened frozen asparagus at 0°F or below until ready to use.
- Temperature changes shorten shelf life and speed deterioration.
- Store opened thawed asparagus in a tightly covered nonmetallic container and refrigerate. Use within 2 days.

Preparation

- Add frozen asparagus to ½ cup boiling water in a saucepan. After water boils again, reduce temperature. Cover and simmer until tender.
- Frozen asparagus should be heated only to serving temperature and served soon after heating.
- Add flavor to frozen asparagus by seasoning with herbs and spices such as thyme, oregano, dill, or lemon juice.



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Uses

Serve frozen asparagus as a side dish, or use in a variety of main dishes, soups, appetizers, casseroles, and salads.

Nutrition Information

- **Asparagus** is an **excellent source** of Vitamin C and folate, and is a **good source** of Vitamin A.
- 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 (90g); about 6 spears Asparagus, frozen, boiled, drained	
Amount Per Serving	
Calories 30	Fat Cal 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	6%
Protein 3g	6%
Vitamin A 15%	Vitamin C 35%
Calcium 2%	Iron 4%
Folate 30%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Nacho Cheesy Asparagus Bake

3 cups frozen asparagus cuts and tips,
steamed
1 cup nacho cheese sauce or dip
½ cup crushed tortilla chips
½ cup canned tomatoes, diced, **or** chopped
seeded tomatoes
Non-stick cooking spray

Note: Substitute 2 cans (14.5 oz. each)
asparagus cuts and tips, drained, **OR** 1 pound
and 12 oz. fresh asparagus for frozen
asparagus.

1. Preheat oven to 350°F.
2. Cook asparagus in small amount of boiling water until just tender.
3. Gently combine asparagus and cheese sauce.
4. Lightly spray vegetable spray in 1½ -quart shallow casserole dish.
5. Pour asparagus and cheese sauce into dish. Cover with foil.
6. Bake at 350°F about 20 minutes or until thoroughly heated. Serve hot, garnished with tortilla chips and tomatoes.

Makes 6 (½-cup) servings

Recipe provided by Michigan Asparagus Advisory Board

Nutrition Information for each serving of Nacho Cheesy Asparagus Bake:

Calories	210	Cholesterol	15 mg	Sugar	2 g	Calcium	175 mg
Calories from Fat	100	Sodium	310 mg	Protein	8 g	Iron	1 mg
Total Fat	11 g	Total Carbohydrate	19 g	Vitamin A	159 RE		
Saturated Fat	4.5 g	Dietary Fiber	3 g	Vitamin C	23 mg		

Marinated Asparagus Salad

2 cups (about ½ pound) frozen asparagus
pieces
1 small red onion, thinly sliced
2 tomatoes, chopped
¼ cup (or more) bottled Italian salad dressing

1. Cook asparagus in small amount of boiling water until just tender. Drain well.
2. Combine asparagus with remaining ingredients, stirring gently.
3. Cover and refrigerate overnight.
4. Stir again before serving.

Makes 6 servings

Nutrition Information for each serving of Marinated Asparagus Salad:

Calories	70	Cholesterol	0 mg	Sugar	2 g	Calcium	15 mg
Calories from Fat	45	Sodium	85 mg	Protein	2 g	Iron	0.5 mg
Total Fat	5 g	Total Carbohydrate	6 g	Vitamin A	63 RE		
Saturated Fat	0.5 g	Dietary Fiber	1 g	Vitamin C	20 mg		

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

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