



## Five Ingredients or Less

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*Grill it, steam it or bake it! Asparagus may be prepared in a variety of ways with 5 ingredients or less. When purchasing asparagus, look for thin stalks without long woody ends; these are generally the most tender. For ideas on how to prepare asparagus, check out these recipes.*

### **GRILLED ASPARAGUS WITH BLUE CHEESE**

*This recipe includes five ingredients plus one.*

- 2 tbsp (25 mL) balsamic vinegar
- 2 tbsp (25 mL) oil
- 1/8 tsp (0.5 mL) salt
- 1/8 tsp (0.5 mL) freshly ground pepper
- 24 asparagus spears, trimmed
- 1/4 cup (50 mL) crumbled blue cheese

To prepare marinade, combine vinegar, oil, salt and pepper. Reserve half of marinade to serve with asparagus; place remaining marinade in a heavy zip-lock plastic bag. Add asparagus and squeeze bag to coat asparagus with marinade; seal bag. Let stand for 30 minutes. Remove asparagus from marinade; discard marinade. Grill asparagus over medium heat on natural gas barbecue, turning occasionally, until tender, about 5 - 7 minutes. Transfer to a platter. Drizzle with reserved marinade. Sprinkle with cheese. Serves 4 - 6.

### **ASPARAGUS DIJON**

- 1/4 cup (50 mL) mayonnaise
- 2 tbsp (25 mL) Dijon mustard
- 2 tbsp (25 mL) finely chopped green onion
- 1/2 cup (125 mL) whipping cream, whipped
- 1 1/2 lb (0.75 kg) asparagus, trimmed

To prepare mustard sauce, combine mayonnaise, mustard and onion; fold into whipped cream. Cover and refrigerate for up to 4 hours. Steam asparagus for 3 - 5 minutes or until tender crisp; drain. Serve asparagus topped with mustard sauce. Serves 6 - 8.

### **BAKED ASPARAGUS**

- 1 lb (500 g) asparagus, trimmed
- 1/4 cup (50 mL) chopped fresh parsley
- Salt and freshly ground pepper to taste
- 2 tbsp (25 mL) oil

Place asparagus tightly together in a greased baking pan. Sprinkle with parsley, salt, pepper and oil. Bake, uncovered, at 400°F (200°C) until asparagus is just tender, about 15 minutes. Serves 4.

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### **ROASTED ASPARAGUS WITH FETA CHEESE**

48 medium asparagus spears, trimmed  
2 tbsp (25 mL) olive oil  
1/2 tsp (2 mL) salt  
1/2 tsp (2 mL) freshly ground pepper  
1 cup (250 mL) shredded dry pack feta cheese

Grease a large rimmed baking sheet or line with nonstick foil. Cook asparagus in boiling salted water for 2 minutes; drain. Cool immediately in ice water; drain. Pat asparagus dry with paper towels. Toss asparagus with oil until coated. Place in a single layer in prepared pan. Sprinkle asparagus with salt and pepper. Bake, uncovered, at 425°F (220°C) for 12 - 14 minutes or until asparagus is tender. Transfer to a serving dish and sprinkle with cheese. Serves 8.

### **ASPARAGUS WITH ORANGE BUTTER**

24 asparagus spears, trimmed  
1/4 cup (50 mL) butter, melted  
1 tsp (5 mL) grated orange peel  
1/4 tsp (1 mL) rosemary, crumbled

In a large frypan, bring 1 inch (2.5 cm) water to a boil. Add asparagus and simmer just until tender, about 3 minutes; drain. Combine butter, orange peel and rosemary. Pour over asparagus and toss to coat. Serves 4 - 6.

**Preparation Tip:** For a special spring flavour, use grated peel from a blood orange.

### **ASPARAGUS ROLLS**

8 thick asparagus spears, trimmed  
1 container (235 g) refrigerated crescent roll dough  
2 tsp (10 mL) Dijon mustard  
1 tbsp (15 mL) butter, melted  
1 tbsp (15 mL) freshly grated Parmesan cheese

Cook asparagus in boiling salted water for 2 minutes; drain. Cool immediately in ice water; drain. Pat asparagus dry with paper towels; set aside. Remove dough from container. Unroll dough and separate into 8 triangles. Spread triangles with mustard. Cut 1 asparagus spear in half. Place both pieces, side by side, on short side of one triangle. Roll up triangle jelly-roll fashion. Repeat with remaining asparagus spears and triangles. Place rolls on an ungreased cookie sheet. Brush rolls and exposed asparagus with melted butter and sprinkle with Parmesan cheese. Bake at 375°F (190°C) for 12 - 15 minutes or until golden brown. Serve warm or at room temperature. Makes 8.