

The Asparagus Cookbook

356 Recipes

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Fajitas Primavera

Ingredients

2 tablespoons extra-virgin olive oil (divided)
1 tablespoon Worcestershire sauce
2 cloves garlic, minced
2 teaspoons hot chili powder
1 teaspoon dried oregano
1 teaspoon ground cumin
1/4 teaspoon ground black pepper
1 lime, zested and juiced
1 cup canned corn kernels, drained
1 cup canned pink or red kidney beans, drained and rinsed
1 (4 ounce) can mushroom pieces and stems, drained
1 cup canned, whole green beans, drained
1 medium onion, halved and sliced
1 red bell pepper, stemmed, seeded and cut in strips
1 cup canned, diced tomatoes, preferably fire-roasted
1 (10.5 ounce) can asparagus cuts and tips, drained
2 tablespoons chopped cilantro (optional)
8 (8 inch) flour tortillas, preferably whole wheat, warmed by package directions
1 cup shredded Monterey Jack cheese
1/2 cup sour cream (optional)
1/2 cup prepared guacamole (optional)

Directions

Mix 1 tablespoon olive oil, Worcestershire sauce, garlic, chili powder, oregano, cumin, pepper, lime zest and lime juice in a medium mixing bowl. Add corn, kidney beans, mushrooms and green beans. Toss gently until all vegetables are coated. Set aside for 10 minutes.

Heat the remaining one tablespoon oil in a large, well seasoned skillet over high heat until smoking. Add onion and bell pepper and saute until browned and tender, about 5 minutes. Add marinated corn-bean mixture with the marinade and tomatoes; cook until steaming hot, about 4 minutes, stirring often. Gently fold in asparagus and cilantro, if used, and heat through, about 1 minute.

To assemble fajitas; spoon 3/4 cup vegetable filling into the center of each warm tortilla. Top with 2 tablespoons shredded cheese, fold in one side and roll up. Serve with sour cream and/or guacamole, if desired.

Italian Asparagus Salad

Ingredients

1/2 cup Marzetti® Blue Cheese Italian Vinaigrette Dressing
1 1/4 pounds fresh asparagus, trimmed
1/4 cup pine nuts
3 roasted red peppers, packed in water, cut into 1/4-inch pieces
1/4 cup chopped fresh parsley

Directions

Bring a large pot of water to a boil. Cook asparagus for 1 minute. Drain. Rinse and cool under cold water. Pat asparagus dry with paper towels. Preheat oven to 350 degrees F. Toast pine nuts for 5-7 minutes. Cool.

Arrange asparagus on a platter, top with peppers and parsley. Pour Marzetti Italian Blue Cheese Crumble Dressing over all. Sprinkle with toasted pine nuts. Serve.

Creamy Macaroni with Asparagus Without the

Ingredients

1/4 cup olive oil
1 large clove garlic, crushed
1 1/2 pounds fresh asparagus,
trimmed and cut into 1 inch pieces
3/4 pound ditalini pasta
salt and pepper to taste
4 cups boiling water, or as needed
3 eggs, beaten
3/4 cup grated Romano cheese
(such as Locatelli®)
3 tablespoons chopped fresh
parsley, plus extra for garnish

Directions

Heat olive oil in a large saucepan over medium heat, and cook and stir the garlic until just beginning to turn golden, about 2 minutes. Stir in the asparagus, and cook and stir until the pieces are bright green, about 2 more minutes. Stir in the pasta, tossing to coat with oil, and sprinkle with salt and pepper.

Pour boiling water into the saucepan, and bring back to a boil. This recipe should be as dry as possible. Stir the pasta mixture frequently to prevent sticking, and cook the pasta until tender but still firm to the bite, about 10 minutes. Remove the pot from the heat. If there is excess liquid, drain from the pasta.

Stir the eggs, grated Romano cheese, and parsley together in a bowl. Pour into the pasta mixture, stirring and pouring simultaneously until the eggs cook with the heat of the pasta. Sprinkle with additional parsley leaves, and serve.

Asparagus Crab Au Gratin

Ingredients

1 (10 ounce) package frozen asparagus cuts, thawed and drained
1 (6 ounce) can crabmeat - drained, flaked and cartilage removed
1/2 cup shredded Cheddar cheese
4 tablespoons butter or margarine, divided
2 tablespoons all-purpose flour
1 cup milk
1/2 teaspoon ground mustard
1/2 teaspoon salt
1/8 teaspoon pepper
2 teaspoons lemon juice
1 cup soft bread crumbs

Directions

Place asparagus in a greased 1-qt. baking dish. Top with crab and sprinkle with cheese; set aside. In a saucepan, melt 2 tablespoons butter. Stir in flour until smooth. Whisk in milk, mustard, salt and pepper. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened.

Remove from the heat; stir in lemon juice. Pour over asparagus. Melt remaining butter; toss with bread crumbs. Sprinkle over top. Bake, uncovered, at 350 degrees F for 30 minutes or until heated through.

Asparagus Linguine

Ingredients

6 ounces uncooked linguine
1 small onion, chopped
2 garlic cloves, minced
1 tablespoon olive or canola oil
2 teaspoons butter or stick margarine
1/2 pound fresh asparagus, trimmed and cut into 1/2 inch pieces
2 tablespoons white wine or chicken broth
2 tablespoons grated Parmesan cheese
1 tablespoon lemon juice
1/4 teaspoon salt
1/8 teaspoon pepper

Directions

Cook linguine according to package directions. Meanwhile, in a nonstick skillet, saute the onion and garlic in oil and butter until tender. Add asparagus; cook and stir for 2 minutes or until crisp-tender. Add wine or broth; cook and stir for 1-2 minutes or until liquid is reduced. Remove from the heat.

Drain linguine; add to asparagus mixture. Add remaining ingredients; toss to coat. Serve immediately.

Poulet aigu de Tarragon

Ingredients

4 bone-in chicken breast halves, with skin
3 tablespoons chopped fresh ginger root
salt to taste
3 tablespoons all-purpose flour
3 tablespoons olive oil

3 tablespoons olive oil
1 medium onion, finely chopped
1 cup chicken broth
1 cup heavy cream
2 tablespoons sour cream
1/2 cup dry white wine
3 tablespoons chopped fresh tarragon

12 spears thick stemmed asparagus
1 sprig fresh parsley
1 wedge lemon

Directions

Rub the chicken breast halves with salt and chopped ginger. Watch the ginger, you just want to flavor the meat, but not overpower the sauce. Discard the ginger. Lightly coat the chicken in flour.

Heat 3 tablespoons of olive oil in a large skillet over medium-high heat. Brown the chicken in the hot oil skin side first. Chicken should be about 3/4 cooked but the skin should be browned and crisp. Remove from pan and set aside.

Heat remaining 3 tablespoons of olive oil in the skillet, and saute chopped onion until soft and translucent. Use the chicken broth to deglaze the pan. Stir in the cream and sour cream. Reduce heat to low, and simmer until the mixture has reduced by 1/4. Stir in the white wine until well blended.

Add the tarragon to the pan, and place chicken breasts on top of tarragon. Cook over low heat, spooning sauce over chicken, until the sauce has become very thick, the chicken is no longer pink, and its juices run clear.

Heat one inch of lightly salted water to boiling in a large saucepan. Cut one inch off of the bottom of the asparagus stems. Place asparagus into the pan, cover and steam for 5 to 7 minutes, or until tender but still bright green. Remove from heat, and drain.

To serve, place 4 asparagus spears onto each plate with all of the tips facing the same direction. Place one chicken breast skin side up onto each plate so that it covers the stems of the asparagus, but the tips are exposed. Squeeze lemon over the asparagus. Spoon sauce over the chicken, and to the side of the asparagus.

Scrumptious Spring Soup

Ingredients

2 quarts beef broth
1 tablespoon olive oil
2 cups minced green onions
5 ounces pancetta, minced
1/2 pound ground veal
2 cups frozen artichoke hearts, thawed
2 cups peas
2 cups shelled fava beans
2 cups sliced fresh asparagus
1 1/2 teaspoons salt
8 slices day-old crusty bread, cut into 1-inch cubes
7 sprigs fresh thyme, leaves stripped
2 cloves garlic, crushed
1/2 cup olive oil
1/2 teaspoon salt
ground black pepper to taste
13 sprigs fresh thyme, leaves stripped
1/2 cup grated Parmesan cheese
1/4 cup extra-virgin olive oil

Directions

Preheat an oven to 425 degrees F (220 degrees C). Bring beef broth to a boil in a saucepan over medium-high heat, then reduce heat to medium-low and keep hot.

Heat 1 tablespoon olive oil in a large pot over medium heat. Cook and stir the green onion until tender, and stir in the pancetta. Cook and stir until the pancetta is browned, then increase heat to medium-high heat and stir in the ground veal. Cook and stir until the veal is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Stir in the artichoke hearts, and cook for 1 minute. Stir in the peas, fava beans, and asparagus. Season with 1 1/2 teaspoons salt. Pour in the hot beef broth, and allow soup to simmer until the vegetables are tender and cooked through, 7 to 10 minutes.

Meanwhile, toss the slices of bread with leaves from 7 sprigs of thyme, garlic, 1/2 cup olive oil, 1/2 teaspoon salt, and pepper. Place bread on a baking sheet.

Toast in the preheated oven until golden brown, about 10 minutes. Set aside.

Stir the leaves of 13 sprigs of thyme into the soup, and season with pepper. Serve hot soup in bowls topped with croutons, Parmesan cheese, and a drizzle of extra-virgin olive oil.

Vegetarian White Bean 'Alfredo' with Linguine

Ingredients

1 (16 ounce) package linguine pasta
1/4 cup butter
3 cloves garlic, minced
2 cups cooked navy beans, rinsed and drained
1 1/2 cups soy milk
1 cup asparagus, cut into 1/2-inch pieces
salt and black pepper to taste

Directions

Fill a large pot with lightly salted water, and bring to a boil over high heat. Cook pasta in boiling water, stirring occasionally, until the pasta has cooked through, about 11 minutes. Drain well.

Meanwhile, melt the butter in a large saucepan over medium heat. Stir in the garlic, and cook until golden brown, about 5 minutes. Add 2/3 cup of the beans and 1/2 cup of soy milk; mash with the back of a spoon or a potato masher to create a thick paste. Stir in the remaining soy milk to create a thick sauce. Mix in the remaining beans and asparagus; simmer until asparagus is tender. Season to taste with salt and pepper. Toss pasta with the sauce, and serve.

Asparagus Stir-Fry

Ingredients

1/2 cup chicken broth
1 tablespoon sherry
1 tablespoon soy sauce
1 tablespoon cider vinegar
1 tablespoon cornstarch
1/4 teaspoon sugar
1/4 teaspoon dry mustard
1/4 teaspoon salt
1 tablespoon vegetable oil
2 pounds fresh asparagus,
trimmed and cut into 1 inch pieces

Directions

In a bowl, mix the broth, sherry, soy sauce, cider vinegar, cornstarch, sugar, dry mustard, and salt.

Heat the oil in a skillet over medium heat. Mix the asparagus into the skillet, coating with the oil. Cook and stir 5 minutes, until tender but firm. Pour the broth mixture over the asparagus, and continue cooking 5 minutes, until thickened and heated through.

Super Easy Dip for Artichokes or Asparagus

Ingredients

1 cup mayonnaise
1 1/2 teaspoons sesame oil
2 tablespoons soy sauce

Directions

Stir together the mayonnaise, sesame oil, and soy sauce in a small bowl. Serve as a dip for steamed vegetables.

Creamy Pesto Pasta Salad with Chicken,

Ingredients

Creamy Buttermilk Dressing:

1 large garlic clove, minced
1/3 cup mayonnaise
1/3 cup sour cream
1/3 cup buttermilk
3 tablespoons rice wine vinegar

Pasta Salad:

2 tablespoons salt
1 pound bow tie (farfalle) pasta
8 ounces trimmed asparagus, cut into 1-inch lengths
1 pound cooked chicken breast strips, pulled into bite-size pieces
8 ounces cherry tomatoes, halved and lightly salted
1 (14 ounce) can whole artichoke hearts, drained, cut into sixths
3 green onions, thinly sliced
1/2 cup pine nuts, toasted in a small skillet over low heat until golden
1/4 cup pesto (homemade or refrigerated prepared variety)

Directions

Mix dressing ingredients in a small bowl; keep chilled until ready to toss with salad. (Store in clean jar with lid.)

Bring 1 gallon of water and 2 Tbs. of salt to boil in a large soup kettle. Add pasta and, using package times as a guide, boil, stirring frequently and adding asparagus the last 1 minute, until just tender. Drain thoroughly (do not rinse) and dump onto a large, lipped cookie sheet. Set aside to cool while preparing remaining salad ingredients.

Place all salad ingredients (except buttermilk dressing) in a large bowl or transfer to a gallon-size zippered bag. (Can be covered and refrigerated several hours at this point.) When ready to serve, add dressing; toss to coat and serve.

Red Potato, Asparagus, and Artichoke Salad

Ingredients

18 small red potatoes
3 pounds fresh asparagus,
trimmed
2 (14 ounce) cans artichoke
hearts, drained and quartered
3 tablespoons Dijon mustard
1/4 cup fresh lemon juice
3/4 cup olive oil
salt and ground black pepper to
taste
1/4 teaspoon cayenne pepper, or
to taste
5 tablespoons minced fresh
chives

Directions

Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two. Allow to cool completely before cutting into bite-size cubes. Transfer to a large bowl

Bring a large pot of salted water to a boil over high heat. Add the asparagus spears, and cook until tender, about 3 minutes depending on size. Drain and immediately plunge into cold water to stop cooking. Cut the asparagus spears into 1 inch pieces. Place in the bowl with the potatoes. Stir in the artichokes, breaking them apart slightly as you put them in the bowl.

Combine the mustard and lemon juice in a bowl; whisk the oil gradually into the mustard and lemon juice until smooth. Season with salt, pepper, and cayenne pepper to taste. Drizzle over the vegetables; toss to coat. Sprinkle with chives to serve.

Xavier Steak

Ingredients

2 (10 ounce) New York strip steaks, at least 1-inch thick
salt and pepper to taste
2 tablespoons Worcestershire sauce
6 asparagus spears, ends trimmed
2 tablespoons olive oil
8 slices Swiss cheese

Directions

Season the steaks with salt and pepper to taste. Place into a glass dish, and drizzle with Worcestershire sauce. Turn the steaks, cover, and refrigerate 15 minutes. Turn the steaks again, and marinate 15 minutes longer.

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

Place the steaks on the preheated grill, close lid, and cook for 7 minutes. Toss the asparagus spears with a little olive oil, and season with salt and pepper to taste. Place the asparagus onto the grill, turn steaks over, and close lid. Cook until the steaks are beginning to firm and are slightly pink in the center, and the asparagus is tender, about 7 additional minutes. Turn the asparagus halfway through. Top each steak with 3 asparagus spears and swiss cheese. Continue cooking until the cheese has melted. Remove from the grill, and let stand 5 minutes before serving.

Asparagus Mousse

Ingredients

1 pound asparagus, cut into 1/2-inch pieces
3 green onions, cut into 1/2-inch pieces
4 egg yolks
2 tablespoons fresh lemon juice
1/4 teaspoon salt
1/4 teaspoon Tabasco sauce
1 cup hot melted butter

Directions

Bring a large pot of lightly salted water to a boil. Add the asparagus and green onions; cook 5 to 7 minutes, or until asparagus is tender. Strain through a mesh strainer, and press out excess water. Place into the bowl of a blender and puree until smooth, then pour into a bowl and set aside.

Rinse out the blender bowl, then add the egg yolks, lemon juice, salt, and Tabasco sauce. Cover, leaving the hole in the lid open, and blend for about 5 seconds. Continue to blend at high speed while pouring the butter in a thin stream through the hole in the lid. Turn the blender off once all the butter has been added and the sauce has thickened. Pour into the asparagus puree and fold until evenly blended. Serve immediately.

Asparagus Soup

Ingredients

1 onion, chopped
2 tablespoons butter
1 pound fresh asparagus, trimmed
and coarsely chopped
1 cup vegetable broth
1 dash garlic powder
1 dash white pepper
1 cup 1% milk

Directions

Microwave onion and butter on HIGH for 2 minutes. Add asparagus, vegetable broth, garlic powder and white pepper. Microwave, covered, on HIGH for 10 to 12 minutes. Puree in blender.

Return mixture to microwave safe dish, stir in milk and microwave until heated through.

Roasted Asparagus with Balsamic Vinegar

Ingredients

1 1/2 pounds fresh asparagus,
trimmed
2 teaspoons olive or canola oil
1/2 teaspoon salt
1/8 teaspoon white pepper
3 tablespoons balsamic vinegar

Directions

Place the asparagus in a 13-in. x 9-in. x 2-in. baking dish. Sprinkle with oil, salt and pepper; toss to coat. Bake, uncovered, at 425 degrees F for 10-15 minutes or until lightly browned. Drizzle with vinegar just before serving.

Veal Angelica

Ingredients

8 (2 ounce) veal cutlets, pounded to 1/4 inch thickness
8 (1 ounce) slices provolone cheese
8 fresh asparagus spears
4 (1/2 ounce) slices prosciutto
1 pinch salt and pepper to taste
1 pinch garlic powder to taste
1/2 cup all-purpose flour
1 egg, beaten
1/2 cup milk
1 cup seasoned dry bread crumbs
1/4 cup olive oil
2 cups sliced fresh mushrooms
1/2 cup chopped Vidalia onion
1/2 cup sliced roasted red peppers
1 cup red wine
1 cup chicken broth

Directions

Season each veal cutlet with salt, pepper, and garlic powder. On each of four of the cutlets, place 1 slice of cheese, 2 spears of asparagus, one slice of prosciutto, and another slice of cheese on top. Top each stack with a second cutlet, folding under and pressing the edges together to make a package.

In a shallow bowl, whisk together egg and milk. Place the bread crumbs on a plate. Dredge both sides of the veal packages in flour. Dip each one in the egg mixture, then coat with bread crumbs. Place on a plate, and refrigerate for 30 minutes.

Preheat the oven to 350 degrees F (175 degrees C). Heat olive oil in a large cast-iron skillet over medium-high heat. The skillet should be large enough to hold all four packages. Brown the veal on both sides, about 5 minutes per side. Add the onion and red peppers, and cook over medium heat until they are translucent. Pour in the wine, and simmer until the alcohol has cooked away - it will no longer smell as strongly. Pour in the chicken broth, and add the mushrooms.

Place the skillet and its contents into the preheated oven, and bake for about 30 minutes, or until the internal temperature of the veal has reached 160 degrees F (70 degrees C). The sauce should also be reduced by about half.

Asparagus Wrapped in Crisp Prosciutto

Ingredients

1 tablespoon olive oil
16 spears fresh asparagus,
trimmed
16 slices prosciutto

Directions

Preheat the oven to 450 degrees F (220 degrees C). Line a baking sheet with aluminum foil, and coat with olive oil.

Wrap one slice of prosciutto around each asparagus spear, starting at the bottom, and spiraling up to the tip. Place the wrapped spears on the prepared baking sheet.

Bake for 5 minutes in the preheated oven. Remove, and shake the pan back and forth to roll the spears over. Return to the oven for another 5 minutes, or until asparagus is tender, and prosciutto is crisp. Serve immediately.

Eggplant Mixed Grill

Ingredients

2 tablespoons olive oil
2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh oregano
2 tablespoons chopped fresh basil
1 tablespoon balsamic vinegar
1 teaspoon kosher salt
1/2 teaspoon black pepper
6 cloves garlic, minced
1 red onion, cut into wedges
18 spears fresh asparagus, trimmed
12 crimini mushrooms, stems removed
1 (1 pound) eggplant, sliced into 1/4 inch rounds
1 red bell pepper, cut into wedges
1 yellow bell pepper, cut into wedges

Directions

In a large resealable plastic bag, mix the olive oil, parsley, oregano, basil, vinegar, kosher salt, pepper, and garlic. Place the onion, asparagus, mushrooms, eggplant, red bell pepper, and yellow bell pepper into the bag. Seal, and marinate 2 hours in the refrigerator, turning occasionally

Preheat the grill for high heat.

Lightly oil the grill grate. Grill the vegetables 6 minutes on each side, until tender.

Asparagus Quiche

Ingredients

1 pound fresh asparagus
1 teaspoon salt
1 (10 inch) unbaked pastry shell
1 egg white, lightly beaten
2 cups shredded Swiss cheese
10 bacon strips, cooked and crumbled
4 eggs
1 1/2 cups light cream
1/4 teaspoon ground nutmeg
1/4 teaspoon salt
1 pinch pepper
cherry tomatoes, halved

Directions

Cut eight asparagus spears 4-in. long for garnish. Cut remaining asparagus into 1/2-in. pieces, using only tender parts of stalks. Boil 1 qt. of water in a large saucepan; add salt and all of the asparagus. Return to a boil. Reduce heat; cover and simmer for 5 minutes. Drain and rinse asparagus. Brush bottom of pastry shell with egg white. In a bowl combine asparagus, Swiss cheese and bacon; mix gently. Place in bottom of pastry shell. In another bowl, beat eggs, cream, nutmeg, salt and pepper until smooth. Pour into shell. Bake, uncovered, at 400 degrees F for 30-35 minutes or until a knife inserted near the center comes out clean. Arrange the asparagus spears, spoke fashion, on top of quiche; place cherry tomato halves between spokes.

Smoked Asparagus

Ingredients

2 tablespoons butter
4 cloves garlic, sliced thin
2 tablespoons lemon juice
salt to taste
1/4 teaspoon ground black pepper
1 onion, thinly sliced
1 1/2 pounds asparagus, trimmed

Directions

Place the charcoal into the bottom pan of the smoker. Light the coals and wait for the temperature of the smoker to come to 240 degrees F (115 degrees C).

Melt the butter in a small saucepan, stir in the garlic and cook over low heat until just tender. Remove from the heat and mix in the lemon juice, salt, and black pepper.

Arrange the onions in the bottom of a large cast iron skillet or heat-resistant glass container. Spread asparagus spears over the onions. Drizzle the butter and garlic mixture over the asparagus. Place the uncovered skillet or baking dish on the top grate of the preheated smoker.

Close the smoker and cook the asparagus until tender, about 1 hour.

Asparagus with Brie

Ingredients

1 bunch fresh asparagus, trimmed
1/2 (2.2 pound) wheel Brie cheese,
sliced
1/4 cup butter, melted
1/2 cup dry bread crumbs
1/4 cup toasted sesame seeds

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place asparagus in a steamer over 1 inch of boiling water, and cover. Cook until tender but still crisp, about 2 to 6 minutes. Drain and place in a shallow baking dish.

Lay cheese slices over asparagus. In a small bowl combine melted butter, bread crumbs and sesame seeds. Sprinkle over cheese.

Bake in preheated oven for 8 minutes.

Increase oven to broil. Broil just until breadcrumbs are golden brown.

Pasta Milan

Ingredients

8 ounces penne pasta
4 ounces frozen green peas
4 ounces asparagus tips
4 ounces Gorgonzola cheese
1/3 cup heavy whipping cream
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, peas and asparagus to boiling water. Cook for 5 minutes or until pasta is al dente. Drain.

Meanwhile, crumble cheese with the cream and season with salt and pepper to taste.

In large bowl, toss pasta and vegetables with cheese mixture, stirring until the cheese has melted and the pasta is well coated with the sauce. Serve immediately.

Asparagus Cheese Soup

Ingredients

2 cups water, divided
1 teaspoon chicken bouillon granules
1/4 teaspoon seasoned salt
1/4 teaspoon lemon-pepper seasoning
1/4 teaspoon white pepper
3/4 pound fresh asparagus spears, trimmed
4 slices process American cheese, diced
1 bacon strip, cooked and crumbled

Directions

In a small skillet, combine 1 cup water, bouillon, seasoned salt, lemon-pepper and white pepper. Add asparagus. Bring to a boil. Reduce heat; cover and simmer for 8-10 minutes or until asparagus is tender. Remove asparagus; cool slightly.

Cut off several asparagus tips and set aside. Cut remaining asparagus into larger pieces. Place asparagus pieces and cooking liquid in a blender or food processor; cover and process until smooth. In a saucepan, combine asparagus mixture and remaining water; heat through. Reduce heat; stir in cheese just until melted. Garnish with bacon bits and reserved asparagus tips.

Asparagus Ham Salad

Ingredients

1 pound fresh asparagus, trimmed
1/2 cup olive or vegetable oil
1/4 cup cider or white wine
vinegar
1 tablespoon Dijon mustard
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon sugar
1 cup diced fully cooked ham
2 green onions, thinly sliced

Directions

In a skillet, cook asparagus in a small amount of water until crisp-tender, about 6-8 minutes; drain well. Cover and refrigerate for at least 1 hour.

Meanwhile, in a jar with tight-fitting lid, combine the oil, vinegar, mustard, salt, pepper and sugar if desired; shake well. Cover and refrigerate at least 1 hour. Place asparagus in a serving bowl. Top with ham, onions and dressing. Serve with a slotted spoon.

Asparagus Casserole

Ingredients

2 (8 ounce) packages whipped cream cheese
1 (11 ounce) can condensed cheese soup
2 (4 ounce) cans shrimp, drained
3 (15 ounce) cans asparagus, drained
1 (6 ounce) can French-fried onions

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a mixing bowl, blend cream cheese and cheddar cheese soup until there are no lumps. Fold in the shrimp.

Arrange the asparagus in a 9x13 inch casserole dish. They should be arranged so that the head to tail end of the asparagus are alternated. Pour the cheese and shrimp mixture over the asparagus. Use a spatula to spread the soup around evenly. Be careful not to tear asparagus. Make sure there is at least 1/2 an inch of space between the top of the ingredients and the top of casserole dish because the casserole will boil while cooking.

Bake covered in a preheated 400 degrees F (200 degrees C) oven for 35 minutes. After 35 minutes, uncover and crush fried onions on top of casserole and cook for the remaining 10 minutes uncovered.

Lemony Shrimp N' Asparagus

Ingredients

1 pound fresh asparagus, trimmed and cut into 1 1/2 inch pieces
1 medium sweet red pepper, julienned
1/2 teaspoon minced garlic
2 tablespoons water
3/4 pound uncooked medium shrimp, peeled and deveined
1/4 cup soy sauce
5 teaspoons lemon juice
1/2 teaspoon grated lemon peel
2 teaspoons cornstarch
1 tablespoon cold water
Hot cooked rice

Directions

In a 2-qt. microwave-safe bowl, combine the asparagus, red pepper, garlic and water. Cover and microwave on high for 4 minutes. Add shrimp; cover and cook for 2 minutes or until shrimp turn pink and asparagus is tender. With a slotted spoon, remove shrimp and vegetables; keep warm.

Add the soy sauce, lemon juice and peel to the microwave dish. In a small bowl, combine the cornstarch and cold water until smooth. Stir into soy sauce mixture.

Microwave, uncovered, on high for 1-2 minutes or until thickened. Return the shrimp mixture to the bowl; toss to coat. Serve with rice if desired.

Asparagus, Feta and Couscous Salad

Ingredients

2 cups couscous
1 bunch fresh asparagus, trimmed and cut into 2-inch pieces
8 ounces grape tomatoes, halved
6 ounces feta cheese, crumbled
3 tablespoons balsamic vinegar
2 tablespoons extra-virgin olive oil
Black pepper, to taste

Directions

Cook couscous according to package instructions. Put aside and allow to cool slightly.

Meanwhile, place asparagus in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes. Drain and cool.

Toss the asparagus, tomatoes, and feta with couscous. Add the olive oil, balsamic vinegar, and black pepper and toss to incorporate.

Green Green Pasta

Ingredients

1 (8 ounce) package pappardelle pasta
2 tablespoons olive oil, divided
1 zucchini, halved and sliced
1 bunch thin asparagus, cut into 1 1/2-inch lengths
1 crown broccoli, cut into florets
8 ounces fresh green beans, cut into 1-inch lengths
2 green onions, thinly sliced
1 (15 ounce) can garbanzo beans, drained and rinsed
2 tablespoons reserved pasta water
1 tablespoon chopped fresh basil
salt and pepper to taste
1/4 cup crumbled feta cheese

Directions

Bring a large pot of lightly salted water to boil. Add pappardelle, and cook until al dente, 8 to 10 minutes. Drain, reserving some pasta water. Coat with 1 tablespoon olive oil; set aside.

Meanwhile, heat 1 tablespoon olive oil in a large non-stick skillet over medium high heat. Add zucchini; cook and stir until zucchini begins to brown around the edges but is still firm. Stir in asparagus, broccoli, and green beans; continue to cook until vegetables turn bright green in color, about 3 minutes. Add green onions and garbanzo beans; cook and stir until vegetables are lightly browned around the edges.

Add reserved pasta water to vegetables. Cover skillet; reduce heat to low and simmer until garbanzos are heated through and vegetables are just tender. Stir vegetables and basil into pasta; season to taste with salt and pepper, and top with crumbled feta.

Grilled Asparagus with Roasted Garlic Toast and

Ingredients

1 medium head garlic, unpeeled
5 tablespoons extra virgin olive oil,
divided
salt and pepper to taste
2 tablespoons minced shallot
1 1/2 teaspoons balsamic vinegar
1/2 teaspoon red wine vinegar
1 1/2 pounds thick stemmed
asparagus
4 slices sourdough bread

Directions

Preheat oven to 350 degrees F (175 degrees C).

Coat the head of garlic with 1 tablespoon olive oil, salt, and pepper. Place on a baking sheet, and roast 45 minutes in the preheated oven, until golden brown. Once the garlic is roasted, cut the head in half horizontally, exposing all the cloves. Squeeze both halves into a bowl, discarding any skin. Whisk in 2 tablespoons of olive oil, salt, and pepper. Set aside.

While the garlic is roasting, place the minced shallot in a bowl with the balsamic and red wine vinegars for about 30 minutes to let the flavors blend. Whisk in remaining olive oil, and season with salt and pepper. Place asparagus spears in the mixture until ready to grill.

Preheat grill for medium-high heat.

Place asparagus in a large skillet or directly on the grill. Grill the asparagus, turning over once, until tender, about 10 minutes. While asparagus is grilling, spread the roasted garlic mixture on the bread. Grill bread until toasted. Arrange the bread and asparagus on a plate, and drizzle with the remaining shallot and vinegar mixture.

Veggie Poached Eggs

Ingredients

1 1/2 tablespoons olive oil
1 cup fresh asparagus, trimmed
and coarsely chopped
1 cup carrots, julienned
1/4 cup spaghetti sauce
4 eggs
salt and pepper to taste

Directions

In a large frying pan, heat the oil over medium high heat. Add the asparagus, carrots and spaghetti sauce; cook on medium high heat until vegetables are soft. You may add a little water if necessary.

Push the vegetables to the side of the pan to create four spaces for the eggs. Crack eggs directly into the holes, being careful not to break the yolk. Cook until eggs are done, but the yolk is still soft. Season with salt and pepper to taste. Remove from heat and serve immediately.

Simply Steamed Asparagus

Ingredients

1 bunch asparagus spears
1 teaspoon butter
1/4 teaspoon salt
3 cups water

Directions

Place water in the bottom half of a steamer pan set. Add salt and butter, and bring to a boil.

Trim the dry ends off of the asparagus. If the spears are thick, peel them lightly with a vegetable peeler. Place them in the top half of the steamer pan set. Steam for 5 to 10 minutes depending on the thickness of the asparagus, or until asparagus is tender.

Asparagus and Mushroom Puff Pastry Pie

Ingredients

1/2 cup butter
2 bunches fresh asparagus,
trimmed and cut into 1 inch pieces
6 cloves garlic, diced
1 pound sliced fresh mushrooms
1 cup prepared hollandaise sauce
1 (17.25 ounce) package frozen
puff pastry, thawed

Directions

Preheat the oven to 400 degrees F (200 degrees C).

Melt the butter in a large skillet over medium heat. Add the asparagus, and cook for about 10 minutes. Stir in the mushrooms and garlic; cook and stir until the mushrooms are tender. Set aside.

Prepare the hollandaise sauce according to package directions. Stir into the asparagus and mushrooms.

Lay one sheet of puff pastry out flat in the bottom of a 9x13 inch baking dish, letting any extra dough go up the sides. Spread the asparagus mixture evenly over the dough. Top with the other sheet of pastry, and pinch the edges together to seal.

Bake for 25 to 30 minutes in the preheated oven, until pastry is golden brown. Cool for a few minutes before slicing and serving.

Asparagus with Lime and Ginger

Ingredients

1 1/2 pounds fresh asparagus, trimmed
2 tablespoons fresh lime juice
1 teaspoon grated lime zest
1 tablespoon chopped fresh cilantro
1 1/2 teaspoons minced fresh ginger root
1/2 teaspoon white sugar
6 tablespoons vegetable oil
salt and ground black pepper to taste

Directions

Pour about 1 inch of water into the bottom half of a steamer pan set, and place over medium heat. Place the asparagus in the top half of the steamer pan set; steam until tender, 4 to 5 minutes. Remove the asparagus and arrange on a serving platter.

Whisk the lime juice, lime zest, cilantro, ginger, and sugar together in a bowl; stream the vegetable oil into the mixture while whisking. Season with salt and pepper. Drizzle over the asparagus.

Pasta with Asparagus

Ingredients

1 1/2 pounds fresh asparagus,
trimmed and cut into 1 inch pieces
1/4 cup chicken broth
1/2 pound fresh mushrooms,
sliced
8 ounces angel hair pasta
1 tablespoon olive oil
1/2 teaspoon crushed red pepper
1/2 cup grated Parmesan cheese

Directions

Cook pasta according to package instructions.

Heat the olive oil in a nonstick skillet. Saute asparagus in the pan over medium heat for about 3 minutes. Add chicken broth and mushroom slices; cook 3 minutes more.

Drain pasta, and transfer to a serving dish. Gently toss pasta with asparagus mixture; sprinkle with Parmesan and crushed red pepper.

Asparagus in Vinaigrette

Ingredients

2 pounds fresh asparagus,
trimmed and cut into 2 inch pieces
2 green onions, chopped
2 tablespoons diced green bell
pepper
2 tablespoons sweet pickle relish
1 garlic clove, minced
1/3 cup olive or vegetable oil
2 tablespoons lemon juice
1 tablespoon diced onion
1 tablespoon minced fresh parsley
3/4 teaspoon salt
1/4 teaspoon pepper

Directions

Place asparagus in a steamer basket. Place in a saucepan over 1 in. of water; bring to a boil. Cover and steam for 6-8 minutes or until crisp-tender. Rinse with cold water; drain well. Place in a bowl; add the green onions, green pepper, pickle relish and garlic.

In a small bowl, whisk the oil, lemon juice, onion, parsley, salt and pepper. Pour over asparagus mixture and toss to coat. Cover and refrigerate until chilled. Serve with a slotted spoon.

Robin's Parmesan-Asparagus Spread

Ingredients

2 tablespoons olive oil
2 cloves garlic, coarsely chopped
1 pound frozen cut asparagus
2 tablespoons chopped pistachio nuts
salt and pepper to taste
1/2 cup grated Parmesan cheese
2 tablespoons capers

Directions

Heat the olive oil in a skillet over medium heat. Stir in the garlic, and cook 1 minute until fragrant. Add the cut asparagus, and continue cooking until tender, about 5 minutes. Sprinkle in the pistachios, then season to taste with salt and pepper. Cook 1 minute longer.

Place the asparagus mixture into a blender or food processor. Add the Parmesan cheese and capers. Process until pureed. Cool before serving.

Creamy PHILADELPHIA® Pasta Primavera

Ingredients

3 cups penne pasta, uncooked
2 tablespoons KRAFT Light Zesty Italian Dressing
1 1/2 pounds boneless, skinless chicken breasts, cut into 1-inch chunks
2 zucchini, cut into chunks
1 1/2 cups cut-up fresh asparagus (1-inch lengths)
1 red pepper, chopped
1 cup fat-free, reduced-sodium chicken broth
4 ounces PHILADELPHIA 1/3 Less Fat Cream Cheese, cubed
1/4 cup KRAFT Grated Parmesan Cheese

Directions

Cook pasta as directed on package.

Meanwhile, heat dressing in large skillet on medium heat. Add chicken and vegetables; cook 10 to 12 min. or until chicken is cooked through, stirring frequently. Add broth and cream cheese; cook 1 min. or until cheese is melted, stirring constantly. Add Parmesan cheese; mix well.

Drain pasta; return to pot. Add chicken and vegetable mixture; toss lightly. Cook 1 min. or until heated through. (Sauce will thicken upon standing.)

Salmon-Wrapped Asparagus

Ingredients

2 pounds fresh asparagus, trimmed
1 1/2 pounds salmon fillets
1 1/2 cups water
1/2 cup dry white wine or chicken broth
1 tablespoon minced green onion
1 tablespoon minced chives
1 teaspoon salt
1/2 teaspoon whole black peppercorns
MUSHROOM SAUCE:
1/2 pound fresh mushrooms, sliced
1/2 cup sliced green onions
2 tablespoons butter or stick margarine
1 teaspoon olive or canola oil
2 tablespoons all-purpose flour
1/2 teaspoon salt
1/8 teaspoon pepper
1 cup 2% milk
1 tablespoon minced chives

Directions

In a large skillet, bring 1/2 in. of water to a boil; add asparagus spears. Reduce heat; cover and simmer for 2 minutes. Drain and immediately place asparagus in ice water; drain and pat dry. Cut salmon widthwise into 1/4-in.-thick slices. To form one bundle, place three to four slices cut side down, overlapping edges slightly; wrap around five to six asparagus spears. Secure with toothpicks. Repeat for remaining bundles.

In a large skillet, bring 1-1/2 cups water, wine or broth, onion, chives, salt and peppercorns to a boil. Using a spatula, carefully add bundles. Reduce heat; cover and simmer for 7-8 minutes or until fish flakes easily with a fork.

Meanwhile, for sauce, in a skillet, saute mushrooms and green onions in butter and oil until tender. Stir in flour, salt and pepper until blended. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Add chives. Serve over bundles.

Divine Asparagus

Ingredients

2 tablespoons butter or olive oil
1 tablespoon minced garlic
1 bunch fresh asparagus spears,
trimmed and cut into 2-inch
pieces
1/4 cup raisins
1/4 cup red wine

Directions

Melt butter in a large skillet over medium heat. Saute garlic in the butter until fragrant. Add the asparagus, cover, and cook for 2 minutes, then pour in the wine, and add the raisins. Cook uncovered until wine has evaporated and asparagus is tender, about 4 minutes. Serve hot.

Lamb and Asparagus Stew

Ingredients

3 tablespoons vegetable oil
1 onion, chopped
1/2 pound cubed lamb stew meat
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 tablespoon ground turmeric
1/2 (6 ounce) can tomato paste
1 cup water
1 clove garlic, chopped
1 bunch fresh asparagus, trimmed and cut into 1 inch pieces

Directions

Heat the vegetable oil in a saucepan over medium-high heat. Stir in the onions, and cook for 2 minutes, stirring constantly. Add the lamb, salt, pepper, and turmeric; cook and stir until the lamb is no longer pink on the outside, about 3 minutes. Stir in the tomato paste, water, and garlic. Bring to a simmer, then reduce the heat to medium-low, cover, and simmer until the lamb is tender, about 25 minutes.

Once the lamb is tender, stir in the asparagus, and continue cooking until the asparagus is tender, about 3 minutes.

Ham and Asparagus Strata

Ingredients

4 cups Pepperidge Farm®
Country Style Cube Stuffing
2 cups shredded Swiss cheese
1 1/2 cups cooked cut asparagus
1 1/2 cups cubed cooked ham
1 (10.75 ounce) can Campbell's®
Condensed Cream of Asparagus
Soup
2 cups milk
5 eggs, beaten
1 tablespoon Dijon-style mustard

Directions

Mix stuffing, cheese, asparagus and ham in greased 3-quart shallow baking dish.

Mix soup, milk, eggs and mustard. Pour over stuffing mixture.

Bake at 350 degrees F for 45 minutes or until knife inserted near center comes out clean. Let stand 5 minutes.

Ham n Swiss-Topped Potatoes

Ingredients

3 medium baking potatoes
2 tablespoons cornstarch
2 cups fat-free milk
1 tablespoon Dijon mustard
1/2 teaspoon pepper
1/2 cup shredded reduced fat
Swiss cheese
2 cups cubed fully cooked lean
ham
2 cups steamed cut fresh
asparagus

Directions

Bake potatoes at 375 degrees F for 1 hour or until tender. Meanwhile, in a saucepan, combine the cornstarch and milk until smooth. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Reduce heat; stir in the mustard, pepper and Swiss cheese. Cook and stir until the cheese is melted. Stir in ham and asparagus. Cook for 5 minutes or until heated through. Cut potatoes in half lengthwise; place cut side up and fluff the pulp with a fork. Spoon 2/3 cup sauce over each half.

Chilled Marinated Asparagus

Ingredients

2/3 cup packed brown sugar
2/3 cup cider vinegar
2/3 cup soy sauce
2/3 cup vegetable oil
4 teaspoons lemon juice
1 teaspoon garlic powder
2 pounds fresh asparagus,
trimmed
1 cup chopped pecans, toasted

Directions

In a saucepan, combine the brown sugar, vinegar, soy sauce, oil, lemon juice and garlic powder. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Refrigerate until cool. Meanwhile, in a large skillet, bring 1/2 in. of water to a boil. Add asparagus. Reduce heat; cover and simmer for 3-5 minutes or until crisp-tender. Drain and rinse in cold water.

Place asparagus in a large resealable plastic bag; add marinade. Seal bag and turn to coat; refrigerate for 2 hours or overnight, turning occasionally. Drain and discard marinade. Place asparagus on a serving plate; sprinkle with pecans.

Asparagus, Potato, and Onion Frittata

Ingredients

2 tablespoons olive oil
2 potatoes, shredded
1/4 cup chopped onion
1/2 teaspoon salt
1/4 teaspoon fresh ground black pepper
1 pound asparagus, trimmed and cut into 2-inch pieces
1 cup diced ham
6 eggs
1 tablespoon milk
1/2 cup shredded mozzarella cheese
1/2 cup shredded white Cheddar cheese
1 tablespoon chopped fresh basil

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Heat the olive oil in a large skillet over medium heat; cook and stir the shredded potato and onion in the hot oil until the potatoes begin to brown, about 5 minutes.. Season with salt and pepper. Add the asparagus and ham and continue cooking until the asparagus is tender, another 5 to 7 minutes; transfer to the prepared baking dish. Whisk the eggs and milk together in a small bowl; pour evenly over the dish. Scatter the mozzarella and white Cheddar cheeses over the top of the potato mixture.

Bake in the preheated oven until set in the middle, 20 to 25 minutes. Garnish with the basil to serve.

Pickled Asparagus II

Ingredients

- 1 bunch fresh asparagus spears
- 1 cup water
- 1 cup white wine vinegar
- 1/4 cup brown sugar
- 4 cloves garlic, crushed
- 1 jalapeno pepper, seeded and julienned
- 4 sprigs fresh thyme
- 2 tablespoons Old Bay Seasoning TM
- 2 bay leaves
- 1 teaspoon salt
- 6 whole black peppercorns

Directions

Trim the bottoms off of the asparagus, and pack loosely into a 1 quart jar.

Combine the water, white wine vinegar, brown sugar, garlic, jalapeno, thyme sprigs, bay leaves, salt and whole peppercorns in a saucepan. Bring to a boil, and boil hard for 1 minute.

Pour the hot liquid over the asparagus in the jar, filling to cover the tips of the asparagus. Cover, and cool to room temperature. Store in the refrigerator for 24 hours to blend flavors before serving.

The Best Steamed Asparagus

Ingredients

1 pound fresh asparagus spears,
trimmed
1/4 cup white wine
2 tablespoons butter

Directions

Place asparagus in a microwave-safe dish. Pour in wine, and dot with pieces of butter.

Cover loosely, and cook in the microwave on High for 3 minutes, or until bright green and tender. Allow the dish to stand 5 minutes before serving.

Stir Fried Sesame Vegetables with Rice

Ingredients

1 1/2 cups vegetable broth
3/4 cup uncooked long-grain white rice
1 tablespoon margarine
1 tablespoon sesame seeds
2 tablespoons peanut oil
1/2 pound fresh asparagus, trimmed and cut into 1 inch pieces
1 large red bell pepper, cut into 1 inch pieces
1 large yellow onion, sliced
2 cups sliced mushrooms
2 teaspoons minced fresh ginger root
1 teaspoon minced garlic
3 tablespoons soy sauce
1 tablespoon sesame oil

Directions

Preheat oven to 350 degrees F (175 degrees C). In a saucepan combine broth, rice and margarine. Cover and bring to a boil over high heat. Reduce heat to low and simmer for 15 minutes, or until all liquid is absorbed.

Place sesame seeds on a small baking sheet and bake in preheated oven for 5 to 6 minutes, or until golden brown; set aside. Meanwhile, heat peanut oil in a large skillet or wok over medium-high heat until very hot. Add asparagus, bell pepper, onion, mushrooms, ginger and garlic and stir-fry for 4 to 5 minutes, or until vegetables are tender but crisp. Stir in soy-sauce and cook for 30 seconds. Remove from heat and stir in sesame oil and toasted sesame seeds. Serve over rice.

Brown Rice and Chicken Casserole

Ingredients

2 (10.75 ounce) cans condensed cream of asparagus soup
10 3/4 fluid ounces milk
1 1/2 cups water
1 pound chopped cooked chicken
1 cup uncooked brown rice
2 (14.5 ounce) cans French cut green beans
1 1/2 cups shredded Cheddar cheese
1 cup chopped onion
3 cloves garlic, crushed
1 tablespoon dried parsley
1 1/2 teaspoons dried basil
1 teaspoon dried dill weed
salt and pepper to taste

Directions

Preheat oven to 325 degrees F (165 degrees C). Lightly grease a medium casserole dish.

In a large bowl, mix the soup, milk, water, chicken, rice, green beans, Cheddar cheese, onion, and garlic. Season with parsley, basil, dill, salt, and pepper. Transfer to the prepared casserole dish.

Bake 1 1/2 hours in the preheated oven, until rice is tender. If water is absorbed too quickly, add more as needed.

Chicken with Asparagus and Roasted Red

Ingredients

1/2 cup chicken broth
1 pound boned and skinned
chicken breast halves
salt and pepper to taste
1/2 pound fresh asparagus,
trimmed and cut into 2 inch pieces
1 (7 ounce) jar roasted red
peppers, drained and chopped
1 clove garlic, minced
1/2 cup chopped roma (plum)
tomatoes
1 teaspoon balsamic vinegar, or to
taste
1/2 cup shredded mozzarella
cheese

Directions

Heat the broth in a large skillet over medium-high heat. Season chicken with salt and pepper, and place in the skillet. Cook 15 minutes, until chicken is almost done.

Place asparagus, red peppers and garlic in skillet. Continue cooking 10 minutes, or until chicken juices run clear and asparagus is tender. Place tomatoes in skillet during last 2 minutes of cook time. Sprinkle with vinegar. Top with mozzarella cheese to serve.

Cold Asparagus with Prosciutto and Lemon

Ingredients

1 pound fresh asparagus, trimmed
1 (3 ounce) package prosciutto
1 tablespoon lemon juice
1 teaspoon lemon zest

Directions

Bring a large pot of lightly salted water to a boil. When the water is boiling hard, add the asparagus and cook until tender but still crisp, about 4 minutes. Quickly drain the asparagus and plunge into a bowl of ice water to stop the cooking and maintain the bright green color. Drain again and pat dry with paper towels.

Separate the asparagus into 5 small bundles and wrap each one with a slice of prosciutto. Sprinkle each bundle with lemon zest and lemon juice.

Springtime Quiche

Ingredients

8 slices bacon - cooked and crumbled
1 cup shredded Swiss cheese
1/2 cup chopped onions
1 pound fresh asparagus, trimmed and cut into 1 inch pieces
2 cups milk
1 cup biscuit baking mix
1 cup egg substitute
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/2 teaspoon dried parsley

Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9 inch deep dish pie pan.

Sprinkle the bacon, cheese, onion and asparagus into pie pan. In a medium bowl, beat together the milk, baking mix, egg substitute, salt, pepper and parsley; beat until smooth. Pour mixture into pie pan.

Bake in preheated oven for 35 to 40 minutes, or until a knife inserted into center of quiche comes out clean.

Asparagus Medallions

Ingredients

3 pounds pork medallions, each about 1/3 inch thick
2 (10.75 ounce) cans cream of asparagus soup

Directions

In a large skillet saute pork until browned on both sides. Add soup, coating the meat well. Cover skillet and reduce heat. Let simmer over very low heat for 30 minutes.

Asparagus and Ham Casserole

Ingredients

1 pound fresh asparagus, cut into 1-inch pieces
2 cups cubed fully cooked ham
3 cups cooked rice
1 cup diced celery
1 1/2 teaspoons lemon pepper
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1 cup chicken broth
1 cup shredded Cheddar cheese
1 tablespoon butter
1/2 cup bread crumbs

Directions

Place asparagus in a large saucepan with enough water to cover; cook until crisp-tender. Drain well. In a greased 2-1/2-qt. casserole, mix asparagus, ham, rice, celery and lemon pepper. In a saucepan, mix soup and broth. Add cheese and cook until melted. Pour into casserole. Melt butter in a small saucepan; add crumbs and cook and stir until browned. Sprinkle on top of casserole. Bake at 350 degrees F for 35 minutes.

Asparagus Sesame Rolls

Ingredients

12 fresh asparagus spears
12 slices bread, crust removed
1 (8 ounce) package cream
cheese, softened
1/2 cup crumbled blue cheese
6 tablespoons butter or margarine,
melted
1 tablespoon sesame seeds,
toasted

Directions

Trim asparagus spears to 6 in. Flatten bread with a rolling pin. In a small mixing bowl, beat the cream cheese and blue cheese until combined. Spread over bread; top with an asparagus spear and roll up tightly. Roll in butter; place seam side down on a greased baking sheet. Sprinkle with sesame seeds. Bake at 375 degrees F for 14-16 minutes or until bottom is lightly browned.

Stir-Fried Asparagus

Ingredients

1 tablespoon olive oil
3 cups fresh asparagus, cut into 1-inch pieces
1 small onion, sliced
1 garlic clove, minced
2 tablespoons sliced almonds, toasted
2 teaspoons lemon juice
1 teaspoon soy sauce
1/2 teaspoon grated lemon peel
1 tablespoon shredded Parmesan cheese

Directions

In a skillet or wok, heat oil; stir-fry the asparagus, onion and garlic over medium-high heat until tender. Add the almonds, lemon juice, soy sauce and lemon peel; toss gently to coat. Sprinkle with Parmesan cheese.

Bertolli Creamy Fettuccine Primavera

Ingredients

2 tablespoons olive oil
3 cups assorted cut-up fresh vegetables (peas, red bell pepper, zucchini and/or asparagus)*
1 tablespoon finely chopped garlic
1 (15 ounce) jar BertolliB® Creamy Alfredo Sauce
8 ounces fettuccine, cooked and drained

Directions

Heat olive oil in 12-inch nonstick skillet over medium heat and cook vegetables and garlic, covered, 2 minutes or until vegetables are crisp-tender, stirring once.

Stir in Sauce and cook covered 3 minutes or until heated through. Serve over hot fettuccine. Garnish, if desired, with grated Parmesan cheese and ground black pepper.

Oven Roasted Red Potatoes and Asparagus

Ingredients

1 1/2 pounds red potatoes, cut into chunks
2 tablespoons extra virgin olive oil
8 cloves garlic, thinly sliced
4 teaspoons dried rosemary
4 teaspoons dried thyme
2 teaspoons kosher salt
1 bunch fresh asparagus, trimmed and cut into 1 inch pieces
ground black pepper to taste

Directions

Preheat oven to 425 degrees F (220 degrees C).

In a large baking dish, toss the red potatoes with 1/2 the olive oil, garlic, rosemary, thyme, and 1/2 the kosher salt. Cover with aluminum foil.

Bake 20 minutes in the preheated oven. Mix in the asparagus, remaining olive oil, and remaining salt. Cover, and continue cooking 15 minutes, or until the potatoes are tender. Increase oven temperature to 450 degrees F (230 degrees C). Remove foil, and continue cooking 5 to 10 minutes, until potatoes are lightly browned. Season with pepper to serve.

Cream of Asparagus Soup II

Ingredients

1 pound fresh asparagus
3 1/2 cups chicken broth
1/4 cup margarine
1/4 cup all-purpose flour
1/2 cup half-and-half
1/2 teaspoon salt
1/8 teaspoon ground black pepper

Directions

Trim the coarse ends of the asparagus and cut asparagus into one inch pieces. In a medium skillet over medium high heat, saute the asparagus in 1 cup of the broth for about 7 minutes, or until tender.

In a large saucepan over medium high heat, melt the butter or margarine and remove from heat. Add the flour and stir well until smooth. Gradually add the remaining 2 1/2 cups broth. Return the saucepan to the heat and continue to cook, stirring occasionally, until slightly thickened.

Add the half-and-half, salt, pepper and cooked asparagus with liquid. Stir well and heat thoroughly. Serve hot and enjoy!

Tilapia Asparagus Bundles With White Wine Sauce

Ingredients

4 (4 ounce) fillets tilapia
12 asparagus spears, trimmed
1/2 teaspoon salt
1/4 teaspoon ground black pepper
2 green onions, chopped

Sauce:

2/3 cup white wine
1 1/2 teaspoons cornstarch
2 tablespoons lemon juice
1/4 teaspoon dried basil
1/8 teaspoon ground black pepper

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a baking pan.

Wrap each tilapia fillet around 3 spears of asparagus and secure with wooden toothpicks. Season the fish with salt and pepper, then place in prepared baking pan. Cover with foil and bake for 10 minutes.

Remove the foil and sprinkle the chopped green onion over the fish. Return the pan, uncovered, to the oven to bake for an additional 5 to 10 minutes, or until fish flakes easily with a fork.

While the fish is baking, heat the wine in a small saucepan over medium heat. In a small bowl, combine the cornstarch and lemon juice and whisk until there are no visible clumps. Add the cornstarch mixture to the white wine, cooking and stirring to prevent lumps. Add the dried basil and black pepper and continue to cook for 2 minutes or until the sauce is thickened.

To serve, remove the toothpicks from the tilapia fillets and spoon sauce over top.

Grilled Mojo Chicken Salad With Asparagus and

Ingredients

1/2 cup orange juice concentrate
1/3 cup fresh lime juice
2 large garlic cloves, chopped
1 tablespoon chopped fresh mint
1 teaspoon dried oregano
1 teaspoon ground ginger
1/2 teaspoon salt, and pepper, to taste
6 tablespoons extra-virgin olive oil, plus extra for drizzling
1 3/4 pounds boneless skinless chicken breasts
3 oranges
1 bunch medium asparagus, tough ends snapped off
12 cups mixed salad greens

Directions

Whisk first seven ingredients plus 2 Tbs. oil in a 2-cup measuring cup. Pour all but 3/4 cup of mixture into a gallon-sized zipper bag. Add chicken; seal and refrigerate 30 minutes to 4 hours. Whisk 1/4 cup of oil into remaining mixture for dressing. Peel and section oranges. Sprinkle asparagus with oil, salt, pepper.

Build a fire on only one side of grill (to conserve charcoal). When coals are covered with white ash, place chicken on rack over direct heat, cover and grill until well browned, 4 to 6 minutes. Turn, cover and grill another 4 to 6 minutes. Remove chicken and add asparagus, spears perpendicular to rack. Grill 3 to 5 minutes, until well browned and just cooked through.

Remove chicken and let stand for 5 minutes or up to 1 hour. Cut, crosswise, into 1/2-inch-thick slices. Toss greens, oranges, salt and pepper with most of the dressing. Arrange salad in six shallow bowls. Place chicken and asparagus over each. Drizzle with remaining dressing.

Asparagus Vinaigrette Salad

Ingredients

1 1/4 pounds fresh asparagus, cut into 2 inch pieces
1 (4 ounce) jar diced pimientos, drained
1/3 cup sliced green onions
1/2 cup olive or vegetable oil
1/4 cup cider or white wine vinegar
1 teaspoon Dijon mustard
1 teaspoon Worcestershire sauce
1/2 teaspoon dried basil
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon dried thyme

Directions

In a saucepan, cook the asparagus in a small amount of water for 5 minutes or until crisp-tender. Rinse with cold water; drain well. Place in a bowl; add pimientos and onions. In a small bowl, whisk oil, vinegar, mustard, Worcestershire sauce, basil, salt, pepper and thyme; pour over asparagus mixture and toss to coat. Cover and refrigerate for at least 2 hours. Serve with a slotted spoon.

Potato Asparagus Bake

Ingredients

1 pound potatoes, peeled and quartered
1 pound fresh asparagus, trimmed
2 tablespoons butter or margarine, divided
1 tablespoon all-purpose flour
3/4 cup heavy whipping cream
1/2 teaspoon salt
1/4 teaspoon pepper
3 tablespoons dry bread crumbs
3 tablespoons grated Parmesan cheese

Directions

Place potatoes in a saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15-20 minutes or until tender. Meanwhile, cut the tips off asparagus spears; set aside for garnish. Cut stalks into 1-in. pieces; place in a saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 18-20 minutes or until tender. Drain asparagus and place in a food processor or blender. Cover and process until pureed; set aside. Drain potatoes; mash and set aside.

In a large saucepan, melt 1 tablespoon butter; whisk in flour until smooth. Gradually stir in cream. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in asparagus pieces, mashed potatoes, salt and pepper. Transfer to a greased shallow 1-1/2 quart baking dish. Top with reserved asparagus tips.

Melt remaining butter; lightly brush some over top. Toss bread crumbs, Parmesan cheese and remaining butter; sprinkle over casserole. Bake, uncovered, at 350 degrees F for 25-30 minutes or until lightly browned.

Asparagus, Prosciutto and Fontina Tart

Ingredients

1/2 (17.3 ounce) package
Pepperidge Farm® Puff Pastry
Sheets
1/4 cup Dijon-style mustard
1 pound fresh asparagus
2 ounces prosciutto, cut into thin
strips
1 cup shredded fontina cheese
1 tablespoon chopped fresh
thyme leaves

Directions

Thaw the pastry sheet at room temperature for 40 minutes or until it's easy to handle. Heat the oven to 400 degrees F. Line a baking sheet with parchment paper.

Unfold the pastry sheet on a lightly floured surface. Roll the pastry sheet into a 10 x 14-inch rectangle. Place the pastry sheet onto the baking sheet. Brush the pastry sheet with the mustard. Fold in the edges of the rectangle about 1/4-inch and crimp with a fork to seal.

Arrange the asparagus on the pastry in a single layer. Sprinkle with the prosciutto, fontina and thyme.

Bake for 20 minutes or until the pastry is golden and the asparagus is tender.

Asparagus and Artichoke Pasta Salad

Ingredients

6 slices bacon
10 asparagus spears, ends trimmed
1/2 (16 ounce) package rotini, elbow, or penne pasta
3 tablespoons low fat mayonnaise
3 tablespoons balsamic vinaigrette salad dressing
2 teaspoons lemon juice
1 teaspoon Worcestershire sauce
1 (6 ounce) jar marinated artichoke hearts, drained and coarsely chopped
1 cooked chicken breast, cubed
1/4 cup dried cranberries
1/4 cup toasted sliced almonds
salt and pepper to taste

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

Meanwhile, bring a large pot of lightly salted water to a boil. Add asparagus and cook until tender, about 1 minute. Strain asparagus out of water and immediately plunge into a bowl filled with ice water; let sit in ice water until completely cold, then cut into 1 inch pieces. Next, add pasta to boiling water and cook for 8 to 10 minutes or until al dente; drain, rinse with cold water until chilled, then drain well.

Stir together mayonnaise, balsamic vinaigrette, lemon juice, and Worcestershire sauce in a large bowl. Fold in artichoke, chicken, cranberries, almonds, crumbled bacon, and asparagus. Season to taste with salt and pepper, then fold in cooked pasta. Refrigerate for at least 1 hour before serving.

Asparagus Hollandaise Puff

Ingredients

1 cup water
1/2 cup butter (no substitutes)
1/2 teaspoon salt
1/8 teaspoon white pepper
1 cup all-purpose flour
1 cup shredded Swiss cheese
4 eggs
1 (1.25 ounce) envelope
hollandaise sauce mix
3/4 pound fresh asparagus,
trimmed
4 ounces thinly sliced ham,
julienned

Directions

In a large saucepan, bring water, butter, salt and pepper to a boil. Add flour and cheese; stir until a smooth ball forms. Remove from the heat; let stand for 5 minutes. Add eggs, one at a time, beating well after each addition. Continue beating until mixture is smooth and shiny.

Spread dough over the bottom of a greased 10-in. quiche pan or pie plate, forming a shell by pushing dough from center toward the edges. Bake, uncovered, at 375 degrees F for 30 minutes or until puffed around the edges and golden brown.

Meanwhile, prepare hollandaise sauce according to package directions. Add 1/2 in. of water to a large skillet; add asparagus and bring to a boil. Reduce heat; cover and simmer until crisp-tender, about 4 minutes. Drain and keep warm.

Arrange ham and asparagus in center of puff. Drizzle with hollandaise sauce. Serve immediately.

Roasted Vegetable Medley

Ingredients

2 tablespoons olive oil, divided
1 large yam, peeled and cut into 1 inch pieces
1 large parsnip, peeled and cut into 1 inch pieces
1 cup baby carrots
1 zucchini, cut into 1 inch slices
1 bunch fresh asparagus, trimmed and cut into 1 inch pieces
1/2 cup roasted red peppers, cut into 1-inch pieces
2 cloves garlic, minced
1/4 cup chopped fresh basil
1/2 teaspoon kosher salt
1/2 teaspoon ground black pepper

Directions

Preheat oven to 425 degrees F (220 degrees C). Grease 2 baking sheets with 1 tablespoon olive oil.

Place the yams, parsnips, and carrots onto the baking sheets. Bake in the preheated oven for 30 minutes, then add the zucchini and asparagus, and drizzle with the remaining 1 tablespoon of olive oil. Continue baking until all of the vegetables are tender, about 30 minutes more. Once tender, remove from the oven, and allow to cool for 30 minutes on the baking sheet.

Toss the roasted peppers together with the garlic, basil, salt, and pepper in a large bowl until combined. Add the roasted vegetables, and toss to mix. Serve at room temperature or cold.

Elegant Penne with Asparagus and Shrimp

Ingredients

1 cup penne pasta
2 tablespoons olive oil
2 cloves garlic, minced
1/4 cup onion, chopped
1/2 cup white wine
1/4 teaspoon crushed red pepper flakes
1 tablespoon butter
10 spears asparagus, cut into 1-inch pieces
18 peeled and deveined large shrimp (21 to 25 per lb)
1 tablespoon lemon juice
salt and pepper to taste
2 tablespoons chopped fresh flat-leaf parsley
1/4 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add penne and cook until al dente, 8 to 10 minutes; drain.

Meanwhile, heat the olive oil in a large skillet over medium heat. Stir in the garlic and onion, and cook until the onion has softened and turned translucent, about 5 minutes. Pour in the white wine, and simmer for 2 minutes. Stir in the red pepper flakes, butter, and asparagus; cook until the asparagus is just tender, about 3 minutes. Add the shrimp and lemon juice, continue cooking until the shrimp have turned pink and are no longer translucent in the center. Season to taste with salt and pepper.

Toss the cooked penne pasta with the shrimp and asparagus mixture. Sprinkle with parsley and Parmesan cheese to garnish.

Aunt Jules' Balsamic Chicken with Peppers

Ingredients

2 tablespoons olive oil, or to taste
4 cloves garlic, crushed
4 skinless, boneless chicken breast halves
salt and black pepper to taste
1 tablespoon olive oil
2 cloves garlic, crushed
1 green bell pepper, cut into strips
1 red bell pepper, cut into strips
1 yellow bell pepper, cut into strips
1 large red onion, cut into strips
1 bunch fresh asparagus spears, trimmed and cut into 2-inch pieces
1 (6 ounce) bag baby spinach leaves
1/3 cup balsamic vinegar, or to taste
1 tablespoon brown sugar

Directions

Heat a large skillet over medium heat, and drizzle the olive oil into the hot skillet. Cook and stir 4 garlic cloves just until fragrant, about 1 minute, smashing them into the oil with a spoon as you stir. Sprinkle the chicken breasts with salt and pepper, and brown them in the hot oil until the surface is golden and the meat is no longer pink inside, 5 to 8 minutes per side. Remove the chicken breasts to a platter and keep warm.

Heat 1 tablespoon of olive oil in the skillet over medium heat, and scrape up any browned bits of flavor from the bottom of the skillet. Stir in 2 more cloves of garlic, the green, red, and yellow bell peppers, red onion, and asparagus, and cook and stir until the vegetables are brightly colored and softened, about 10 minutes. Toss the spinach leaves with the hot vegetables to just wilt the spinach. Divide the cooked vegetables between 4 serving plates, and top each plate with a chicken breast.

Stir the balsamic vinegar and brown sugar into the skillet over medium-low heat, stirring until the vinegar comes to a full boil and the sugar has dissolved. Cook the mixture until reduced and thickened, 3 to 5 minutes; spoon the balsamic sauce over each chicken breast to serve.

Shrimp and Asparagus Fettuccine

Ingredients

1 bunch fresh asparagus, trimmed and cut into 1 inch pieces
3/4 cup olive oil, or more if needed
6 cloves garlic, pressed
salt and pepper to taste
1 pound dry fettuccine pasta
2 teaspoons olive oil
1 pound uncooked shrimp - peeled, deveined, and tails removed
2 tablespoons seafood seasoning (such as Old Bay®), or to taste
1 cup shredded Parmesan cheese, or more if desired

Directions

Separate the asparagus tips from the rest of the cut pieces, and set the tips aside. Heat 3/4 cup of olive oil over medium heat. Cook and stir the garlic in the hot oil until it begins to turn brown, about 5 minutes. Stir in the cut pieces of asparagus (not the tips), and season with salt and pepper. Cook and stir the asparagus until tender but still bright green, about 10 minutes, then add the asparagus tips. Cook and stir for 5 more minutes.

While the asparagus is cooking, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the fettuccine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander set in the sink, return to the pot, and drizzle 2 teaspoons of olive oil over the pasta.

Remove the asparagus from the skillet with a slotted spoon, leaving oil in skillet, and set the asparagus aside. Pat the shrimp dry with paper towels, and place in the hot skillet over medium-high heat. Sprinkle the shrimp with the seafood seasoning, and cook and stir the shrimp until they are pink and no longer translucent. Return the asparagus to the skillet, and cook the shrimp and asparagus until thoroughly heated, 2 to 3 more minutes.

Stir the shrimp and asparagus into the cooked fettuccine, and toss with shredded Parmesan cheese. The olive oil serves as the sauce, so add more as needed to generously coat the pasta, shrimp and asparagus.

Asparagus Soup II

Ingredients

1 1/2 pounds fresh asparagus, trimmed and cut into 2 1/2 inch pieces
1 leek, sliced
6 cups water
1 tablespoon olive oil
1 tablespoon unsalted butter
1 onion, chopped
2 1/2 tablespoons long-grain white rice
1 to taste salt
1 pinch ground black pepper
1/2 teaspoon lemon juice

Directions

In a large stockpot, combine the water or stock, asparagus ends and separated leek greens. Heat over low heat and allow to simmer while you prepare the rest of the ingredients.

In a medium saute pan, heat the butter and oil. Add the leek 'whites', onion and rice and cook until the onion begins to color (about 8 minutes). Add 1 cup of the warm stock and cook 10 more minutes.

Strain the stock of the asparagus and leek ends and return to the stockpot. Add the contents of the saute pan to the strained stock along with the asparagus middles and partially cover the pot. Cook 12 more minutes.

Transfer soup to a food processor and puree. Strain this back into the stockpot. Season and add salt, pepper and lemon juice to taste. Meanwhile, drop the asparagus tips into boiling salted water and cook until tender (about 4 minutes). Serve the soup with a few asparagus tips on top for garnish.

Wild Rice and Asparagus Chicken Breasts

Ingredients

1 whole boneless, skinless chicken breast, cubed
2 cups wild rice, cooked
1/2 pound fresh asparagus
3 tablespoons hoisin sauce
4 tablespoons peanut oil
1 tablespoon brown sugar

Directions

Cut asparagus into 3/4 inch to 1 inch pieces, discarding tough bottoms of spears. In a small bowl, mix together the hoisin sauce and brown sugar and set aside. Prepare rice OR reheat cooked rice and keep warm.

Heat wok over medium high heat. When hot, dribble 1 tablespoon of oil around the rim. Stir fry asparagus for approximately 2 minutes. Remove from the wok and keep warm. Heat wok to high heat.

Heat wok to high heat. Add 2 tablespoons of oil and the chicken pieces and stir fry until the chicken is no longer pink. Add the reserved asparagus and hoisin/sugar sauce and stir fry all together until pieces are coated with sauce. Serve over the hot rice.

Pork Noodle Soup

Ingredients

1/2 cup chopped celery
1/2 cup chopped onion
1/2 teaspoon minced garlic
1 tablespoon olive oil
7 cups water
1 1/2 pounds cut fresh asparagus
(1 inch pieces)
1/2 cup chopped cabbage
1 1/2 teaspoons minced fresh
parsley
3/4 teaspoon dried tarragon
1 dash cayenne pepper
2 (3 ounce) packages pork ramen
noodles
2 cups cubed cooked pork

Directions

In a large soup kettle, saute the celery, onion, and garlic in oil until tender. Stir in the water, asparagus, cabbage, parsley, tarragon and cayenne is desired; bring to a boil.

Coarsely crush the noodles. Add the noodles with the contents of the seasoning packets to the kettle. Bring to a boil. Reduce heat; simmer, uncovered, for 3-5 minutes or until the noodles and vegetables are tender. Add the pork, heat through.

Grilled Asparagus

Ingredients

1 pound fresh asparagus spears,
trimmed
1 tablespoon olive oil
salt and pepper to taste

Directions

Preheat grill for high heat.

Lightly coat the asparagus spears with olive oil. Season with salt and pepper to taste.

Grill over high heat for 2 to 3 minutes, or to desired tenderness.

Lemon-Sesame Asparagus

Ingredients

1 pound asparagus spears, ends trimmed
1/3 cup margarine or butter
3 tablespoons sesame seed
1 tablespoon lemon juice, or to taste
1 tablespoon chopped fresh parsley
Salt and pepper to taste

Directions

Place the asparagus in a large pot filled with water 1 inch deep. Bring to a boil, and cook until tender, but still bright green. This will take about 5 minutes, or longer if your asparagus spears are thick. Drain and place on a serving dish.

Meanwhile, melt the margarine or butter in a skillet over medium heat. Stir in the sesame seeds, and cook, stirring frequently, until they are golden brown and toasted, about 2 minutes. Stir in the lemon juice and parsley; season to taste with salt and pepper.

To serve, pour sauce over the cooked asparagus.

Baked Green Vegetables

Ingredients

1 (10 ounce) package frozen Brussels sprouts
1 (10 ounce) package frozen broccoli florets
1 pound fresh asparagus, trimmed and cut into 2 inch pieces
1/4 cup butter
2 cups chopped fresh spinach
2 teaspoons garlic powder
1 teaspoon ground black pepper
1/2 cup dry bread crumbs
1 cup shredded Cheddar cheese

Directions

Preheat an oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish and set aside.

Fill a saucepan with water, bring to a boil over medium heat, and boil the Brussels sprouts and broccoli for 2 minutes, until thawed. Add the asparagus, and boil for 3 more minutes, until the vegetables are hot, lightly cooked, and bright green.

Drain the Brussels sprouts, broccoli, and asparagus, place into the prepared baking dish, and dot with butter. Stir to melt the butter, and mix in the spinach, garlic powder, black pepper, and bread crumbs.

Bake in preheated oven for 10 minutes to heat the vegetables, remove from the oven, and stir in the Cheddar cheese. Return to the oven, and bake for 20 minutes or until cheese is melted, spinach is cooked, and casserole is hot.

Chilled Asparagus Salad

Ingredients

1/2 pound fresh asparagus,
trimmed
1/2 cup water
2 tablespoons Ranch salad
dressing
2 tablespoons shredded Cheddar
cheese
2 tablespoons slivered almonds,
toasted

Directions

Place asparagus in a skillet; add water. Bring to a boil. Reduce heat; cover and simmer for 3-4 minutes or until crisp-tender. Rinse in cold water; drain well. Cover and refrigerate for at least 1 hour or until chilled.

To serve, drizzle asparagus with salad dressing. Sprinkle with cheese and almonds.

Asparagus Roll-Ups

Ingredients

16 fresh asparagus spears
16 slices sandwich bread, crusts removed
1 (8 ounce) package cream cheese, softened
8 bacon strips, cooked and crumbled
2 tablespoons minced fresh chives
1/4 cup butter or margarine, melted
3 tablespoons grated Parmesan cheese

Directions

Place asparagus in a skillet with a small amount of water; cook until crisp and tender, about 6-8 minutes. Drain and set aside.

Flatten bread with a rolling pin. Combine the cream cheese, bacon and chives; spread 1 tablespoonful on each slice of bread. Top with an asparagus spear. Roll up tightly; place seam side down on a greased baking sheet. Brush with butter and sprinkle with Parmesan cheese. Cut roll-ups in half. Bake at 400 degrees F for 10-12 minutes or until lightly browned.

Zesty Marinated Asparagus

Ingredients

2 pounds fresh asparagus, trimmed and cut into 2 1/2 inch pieces
1 1/2 cups balsamic vinaigrette salad dressing
2 teaspoons grated lemon zest
1/4 cup chopped fresh parsley
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper

Directions

Bring a large pot of salted water to a boil. Blanch asparagus just until tender, about 1 minute. Plunge into a bowl of cold water to cool. Drain asparagus and place in a large resealable plastic bag. Pour in vinaigrette and seal bag. Refrigerate at least 3 hours, turning bag occasionally.

Just before serving, drain asparagus, reserving vinaigrette. Arrange on a serving platter and sprinkle with lemon zest, parsley, salt, and pepper. Serve reserved vinaigrette in a small dish on the side.

Asparagus with Garlic and Onions

Ingredients

1/4 cup water
1/2 pound fresh asparagus,
trimmed
1/2 cup diced white onion
3 tablespoons butter
salt and black pepper to taste
2 cloves garlic, thinly sliced

Directions

Pour water into a skillet. Place asparagus and onion in the skillet. Bring water to a boil over medium heat. Cover skillet and steam asparagus and onion 2 to 5 minutes, just until slightly tender. Add a few tablespoons of extra water, if needed, to maintain steam.

When water has steamed off, immediately place butter in skillet. Continue cooking until onions and asparagus are lightly browned. Mix in garlic, and continue cooking about 30 seconds. Season with salt and pepper to taste.

Grilled Asparagus

Ingredients

1 cup water
1 pound fresh asparagus, trimmed
1/4 cup barbecue sauce

Directions

In a large skillet, bring water to a boil; add asparagus. Cover and cook for 4-6 minutes or until almost tender; drain and pat dry. Cool slightly.

Thread several asparagus spears onto two parallel soaked wooden skewers. Repeat. Grill, uncovered, over medium heat for 2 minutes, turning once. Baste with barbecue sauce. Grill 2 minutes longer, turning and basting once.

Asparagus 'n' Vinaigrette

Ingredients

2 pounds fresh asparagus,
trimmed and cut into 2 inch pieces
2 green onions, thinly sliced
2 tablespoons olive oil
2 tablespoons red wine vinegar
1/2 teaspoon low-sodium teriyaki
sauce
1/2 teaspoon sugar
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

Place asparagus in a steamer basket. Place in a saucepan over 1 in. of water; bring to a boil. Cover; steam for 4-6 minutes or until crisp-tender. Immediately rinse in cold water. Place asparagus and green onions in a bowl.

Whisk together the oil, vinegar, teriyaki sauce, sugar, salt and pepper. Pour over asparagus mixture; toss to coat. Cover and refrigerate for at least 2 hours. Stir before serving.

Asparagus Cheese Strata Main Dish

Ingredients

1 1/2 pounds fresh asparagus, cut into 2 inch pieces
3 tablespoons butter or margarine, melted
1 (1 pound) loaf sliced bread, crusts removed
3/4 cup shredded Cheddar cheese, divided
2 cups cubed cooked ham
6 eggs
3 cups milk
2 teaspoons dried minced onion
1/2 teaspoon salt
1/4 teaspoon dry mustard

Directions

In a saucepan, cover asparagus with water; cover and cook until just tender but still firm. Drain and set aside. Lightly brush butter over one side of bread slices. Place half of the bread, buttered side up, in a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with 1/2 cup cheese. Layer with asparagus and ham. Cover with remaining bread, buttered side up. In a bowl, lightly beat eggs; add milk, onion, salt and mustard; pour over bread. Cover and refrigerate overnight. Bake, uncovered, at 325 degrees F for 50 minutes. Sprinkle with the remaining cheese. Return to the oven for 10 minutes or until cheese is melted and a knife inserted near the center comes out clean.

Aromatic Asparagus

Ingredients

2 tablespoons butter
1/2 pound asparagus, cut into 1-inch pieces
3 tablespoons all-purpose flour
2 cups milk
1 1/2 cups vegetable broth
1/2 cup water
1/4 cup grated Parmesan cheese
1/4 teaspoon dried thyme
1/4 teaspoon dried sage
salt to taste

Directions

Melt butter in a medium saucepan over medium heat. Stir in asparagus and cook 5 minutes.

Sprinkle flour over asparagus, and toss to coat. Mix milk, vegetable broth and water into saucepan. Stir in Parmesan cheese, thyme, sage and salt. Cook 30 minutes, stirring occasionally. Serve warm.

Cheesy Chicken and Asparagus

Ingredients

2 boneless, skinless chicken breast halves, cut into bite-sized pieces
1 tablespoon butter or margarine
1 cup sliced fresh mushrooms
3 green onions, sliced
1 garlic clove, minced
1 (3 ounce) package cream cheese
1/4 teaspoon dried thyme
1/4 teaspoon salt
1/8 teaspoon pepper
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1 (5 ounce) can evaporated milk
1 (10 ounce) package frozen chopped asparagus or broccoli
Hot cooked rice

Directions

In a large skillet, saute chicken in butter for 5-6 minutes or until juices run clear. Stir in mushrooms, onions and garlic; saute for 3 minutes or until vegetables are tender. Cut cream cheese into cubes and stir into chicken mixture until melted. Add thyme, salt, pepper, soup and milk; stir to combine. Simmer, uncovered, for 10 minutes. Prepared asparagus or broccoli according to package directions; drain and stir into chicken mixture. Serve over rice if desired.

Sweet Lentil Soup with Asparagus Tips

Ingredients

3 tablespoons olive oil
1 medium head garlic
1/4 teaspoon dried basil
1 red bell pepper
2 1/2 cups dry lentils
2 (32 fluid ounce) containers
chicken broth
1 1/2 large carrot, shredded
1 large onion, grated
1 cup asparagus tips
1 cup sweet peas
1/4 cup white sugar
2 tablespoons orange marmalade
2 tablespoons curry powder
1 pinch saffron
1 teaspoon kosher salt
ground black pepper to taste

Directions

Preheat oven to 450 degrees F (230 degrees C).

Cut the top off of the head of garlic and place in a shallow dish in 1 inch of water. Drizzle with 2 tablespoons olive oil, sprinkle with basil, cover and place on a baking sheet. Halve and seed the bell pepper, drizzle with remaining 1 tablespoon olive oil and place on the baking sheet.

Bake garlic and pepper in preheated oven until pepper is browned and garlic is soft, 20 to 40 minutes. Remove from oven and, when cool enough to handle, remove skin from pepper and chop. Squeeze out garlic cloves and mash together in a bowl to form a paste.

While garlic and pepper are baking, combine lentils and chicken broth in a large pot over medium heat. Bring to a boil, then reduce heat and simmer 40 minutes, until lentils are just tender.

Stir garlic paste, bell pepper, carrots, onion, asparagus, peas into lentil mixture, adding more broth to thin if necessary. Season with sugar, marmalade, curry powder, saffron, salt and pepper. Simmer 30 minutes more, until vegetables are tender and flavors are well blended.

Asparagus Salad

Ingredients

3/4 cup white sugar
1/2 cup white wine vinegar
1 cup water
1/2 teaspoon salt
2 (.25 ounce) envelopes
unflavored gelatin
1 tablespoon lemon juice
2 teaspoons grated onion
1 cup chopped celery
1/2 cup chopped pecans
1/2 (4 ounce) jar pimentos
1 (10 ounce) can canned
asparagus, drained

Directions

In a saucepan, combine the sugar, white vinegar and 1 cup water. Bring to boil and stir until dissolved.

In a small bowl, whisk together the salt, gelatin and 1/2 cup water. Add to saucepan, stir and cool.

Once mixture is cool, add lemon juice, onion, celery, pecans, pimentos and asparagus. Mix well and place into favorite mold. Refrigerate until ready to serve.

Creamy Chicken Asparagus Casserole

Ingredients

1 teaspoon unsalted butter
4 skinless, boneless chicken breast halves
1 onion, finely diced
1 pound fresh asparagus, trimmed and cut into 2 1/2 inch pieces
1 teaspoon dried tarragon
1 1/2 cups cream of chicken soup
1/4 cup sliced almonds
1 1/3 cups water
2/3 cup uncooked long grain white rice

Directions

Preheat oven to 375 degrees F (190 degrees C).

Melt the butter in an ovenproof skillet over medium-high heat, and brown the chicken breasts about 3 minutes on each side. Remove chicken from the skillet, and set aside. Add the onion and asparagus to the skillet; cook for 4 to 5 minutes, or until the onions are tender. Arrange the chicken breasts over the onions and asparagus, and season with tarragon. Pour soup over chicken.

Cover the skillet, and bake for 15 minutes in the preheated oven. Remove cover, sprinkle with almonds, and bake for another 5 minutes.

Meanwhile, combine water and rice in a saucepan. Bring to a boil. Reduce heat, cover, and simmer for 20 minutes. Serve chicken and asparagus over rice.

French Spring Soup

Ingredients

1/4 cup butter
1 pound leeks, chopped
1 onion, chopped
2 quarts water
3 large potatoes, chopped
2 large carrots, chopped
1 bunch fresh asparagus, trimmed
and cut into 1 inch pieces
1/3 cup uncooked long-grain
white rice
4 teaspoons salt
1/2 pound fresh spinach
1 cup heavy cream

Directions

Melt the butter in a large pot over medium heat. Stir in the leeks and onion, and cook until tender.

Pour water into the pot. Mix in potatoes, carrots, asparagus, and rice. Season with salt. Bring to a boil, reduce heat, and simmer 30 minutes, until vegetables and rice are tender.

Stir spinach and heavy cream into the soup mixture, and continue cooking about 5 minutes before serving.

Easy Asparagus

Ingredients

1 tablespoon olive oil
1/4 cup sliced purple onion
1 clove garlic, chopped
salt and pepper to taste
lemon pepper to taste
10 spears fresh asparagus
2 tablespoons white wine
1 tablespoon Parmesan cheese
1 tablespoon crushed whole
wheat crackers

Directions

Heat the olive oil in a skillet over medium-high heat. Mix in onion and garlic, and season with salt, pepper, and lemon pepper. Cook and stir until tender. Place asparagus in the skillet, and cook 8 minutes, turning occasionally to coat with seasonings. Sprinkle wine into the skillet, and scrape up any browned bits.

Transfer asparagus to a shallow dish. Drizzle with remaining mixture in skillet, and dust evenly with Parmesan cheese and crushed whole wheat crackers.

Asparagus Cashew Rice Pilaf

Ingredients

1/4 cup butter
2 ounces uncooked spaghetti,
broken
1/4 cup minced onion
1/2 teaspoon minced garlic
1 1/4 cups uncooked jasmine rice
2 1/4 cups vegetable broth
salt and pepper to taste
1/2 pound fresh asparagus,
trimmed and cut into 2 inch pieces
1/2 cup cashew halves

Directions

Melt butter in a medium saucepan over medium-low heat. Increase heat to medium, and stir in spaghetti, cooking until coated with the melted butter and lightly browned.

Stir onion and garlic into the saucepan, and cook about 2 minutes, until tender. Stir in jasmine rice, and cook about 5 minutes. Pour in vegetable broth. Season mixture with salt and pepper. Bring the mixture to a boil, cover, and cook 20 minutes, until rice is tender and liquid has been absorbed.

Place asparagus in a separate medium saucepan with enough water to cover. Bring to a boil, and cook until tender but firm.

Mix asparagus and cashew halves into the rice mixture, and serve warm.

Asparagus Appetizers

Ingredients

20 thin slices sandwich bread,
crusts removed
3/4 pound butter
4 ounces blue cheese, at room
temperature
1 (8 ounce) package cream
cheese, at room temperature
1 egg, beaten
20 fresh asparagus spears

Directions

Trim crusts from bread, and flatten slightly with a rolling pin.

In a bowl, stir blue and cream cheeses together with the egg until well blended and creamy. Spread a thin layer of cheese mixture over each slice of bread. Roll one asparagus spear inside each, and fasten with a toothpick.

Melt butter in a small saucepan. Roll each asparagus wrap in butter to coat. Place on a baking sheet small enough to fit into the freezer, and freeze for one hour, or until butter hardens and wraps are somewhat firm. Remove pan from freezer, discard toothpicks, and cut each wrap in half crosswise. Store in a resealable plastic bag in the freezer until ready to use.

To serve, preheat oven to 400 degrees F (205 degrees C).

Arrange frozen asparagus wraps on an ungreased baking sheet. Bake in the preheated oven for 25 minutes, or until lightly browned. Check occasionally, and turn if necessary, for even browning and to prevent burning. Enjoy!

Asparagus with Sliced Almonds and Parmesan

Ingredients

2 tablespoons butter
1 pound asparagus, bottoms
trimmed
1/3 cup sliced almonds
1/3 cup Parmesan cheese

Directions

Melt butter in a large skillet over medium-high heat. Add the asparagus, and cook, stirring, about 3 minutes. Stir in almonds and parmesan, and cook until the cheese is slightly browned, about 3 to 5 minutes.

Asparagus Bruschetta

Ingredients

3 cups water
1/2 pound fresh asparagus,
trimmed and cut into 1/2 inch
pieces
2 cups grape tomatoes, halved
1/4 cup minced fresh basil
3 green onions, chopped
3 tablespoons lime juice
1 tablespoon olive oil
3 garlic cloves, minced
1 1/2 teaspoons grated lime peel
1/4 teaspoon salt
1/4 teaspoon pepper
12 slices French baguette, toasted
1/2 cup crumbled blue cheese

Directions

In a large saucepan, bring water to a boil. Add the asparagus; cover and boil for 2-4 minutes. Drain and immediately place asparagus in ice water. Drain and pat dry.

In a bowl, combine the asparagus, tomatoes, basil, onions, lime juice, oil, garlic, lime peel, salt and pepper. Using a slotted spoon, spoon asparagus mixture onto bread. Sprinkle with blue cheese.

Asparagus with Cranberries and Pine Nuts

Ingredients

1 bunch asparagus
3 tablespoons olive oil
1/3 cup pine nuts
1/3 cup dried cranberries
1 pinch salt

Directions

Break off or trim the woody ends from the asparagus and discard. Set the spears aside.

Heat the olive oil in a skillet over medium heat. Stir in the pine nuts, cranberries, and salt. Cook and stir until the pine nuts start to look translucent, 5 to 6 minutes. Add the asparagus spears and cook, adding a little more olive oil if needed, until stalks are bright green and tender, about 5 to 8 minutes, depending upon the size of the asparagus. Serve on a platter with the cranberries and nuts spooned over the top of the asparagus.

Asparagus Avocado Medley

Ingredients

1 pound fresh asparagus, trimmed and cut into 1 1/2 inch pieces
8 fresh mushrooms, sliced
1 large ripe avocado, peeled and cubed
1 medium zucchini, diced
1 large tomato, seeded and chopped
1 medium red onion, sliced
2 tablespoons lemon juice
2 tablespoons olive or canola oil
1 tablespoon balsamic vinegar
1 teaspoon Dijon mustard
1 garlic clove, minced
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

Place asparagus and 2 tablespoons water in a microwave-safe dish. Cover and microwave on high for 3-6 minutes or until crisp-tender, stirring once; drain and cool.

In a large bowl, combine the asparagus, mushrooms, avocado, zucchini, tomato and onion; toss gently. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over salad and toss gently to coat. Cover and refrigerate until serving.

Sauteed Garlic Asparagus

Ingredients

3 tablespoons butter or margarine
1 bunch fresh asparagus
3 cloves garlic, chopped

Directions

Melt the butter or margarine in a large skillet over medium-high heat. Add the garlic and asparagus spears; cover and cook for 10 minutes, stirring occasionally, or until asparagus is tender. If you like your asparagus well done, reduce heat and cook an additional 10 minutes.

Asparagus-Zucchini Rice

Ingredients

1/2 tablespoon butter
1 onion, chopped
10 spears fresh asparagus,
trimmed and cut into 2 inch pieces
1 zucchini, sliced
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/4 teaspoon dried thyme
1/8 teaspoon garlic powder
1 pinch cayenne pepper
salt and pepper to taste
2 cups water
1 cup uncooked long-grain white
rice

Directions

In a medium saucepan over medium heat, melt the butter and saute the onion for about 2 minutes. Stir in asparagus and zucchini, and saute 5 minutes, or until tender. Season with oregano, basil, thyme, garlic powder, cayenne pepper, salt, and pepper. Cook and stir until vegetables are coated with the seasonings.

Pour water into the vegetable mixture, and stir in rice. Reduce heat, cover, and simmer 20 minutes, until the rice is tender.

Grilled Soy-Sesame Asparagus

Ingredients

1 tablespoon toasted sesame oil
1 tablespoon soy sauce
3 cloves garlic, minced
1 teaspoon brown sugar
1 1/2 pounds fresh asparagus,
trimmed
2 tablespoons toasted sesame
seeds

Directions

Preheat grill for high heat.

In a bowl, mix sesame oil, soy sauce, garlic, and brown sugar. Place asparagus in the bowl, and toss to coat.

Lightly oil a fine-mesh grill grate. Place asparagus on grate, and cook 8 minutes, until tender but firm. Garnish with sesame seeds to serve.

Grilled Asparagus Soup

Ingredients

1 1/2 pounds asparagus spears, trimmed
3 tablespoons olive oil
1/4 teaspoon cracked black pepper
1 large sweet onion, coarsely chopped
2 cloves garlic, minced
2 tablespoons all-purpose flour
6 cups Swanson® Vegetable Broth or Swanson® Certified Organic Vegetable Broth
1 tablespoon chopped fresh rosemary leaves
Fresh rosemary leaves

Directions

Place the asparagus in a single layer on a large platter. Drizzle with 1 tablespoon of oil and black pepper. Toss to coat.

Heat the grill to medium. Place a multi-functional perforated grill pan on the grill. Place the asparagus on the pan in a single layer and grill for 8 minutes or until the asparagus is tender-crisp, turning halfway through cooking. Remove from heat to a cutting board and let cool.

Heat the remaining oil in a 4-quart saucepan over medium heat. Add the onion and garlic and cook until tender-crisp.

Meanwhile, cut the grilled asparagus diagonally into 1-inch pieces. Set aside.

Reduce the heat to low. Add the flour to the onion mixture. Cook for 5 minutes, stirring often. Gradually stir in the broth. Heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes.

Place 1/3 of the broth mixture into an electric blender or food processor container. Cover and blend until smooth. Pour the mixture into a medium bowl. Repeat the blending process twice more with the remaining broth mixture. Return all of the pureed mixture to the saucepan. Add the remaining asparagus and rosemary. Cook over medium heat until the mixture is hot. Garnish with rosemary sprigs, if desired.

Bertolli Classico Asparagus Saute

Ingredients

3 tablespoons BertolliB®
Classico, Olive Oil
1 bunch fresh asparagus
1 tablespoon minced garlic
3 tablespoons Parmesan cheese
Salt and pepper to taste

Directions

Rinse asparagus spears and pat dry. Remove rough ends with a sharp knife if necessary.

Heat BertolliB® Classico, olive oil in a skillet over medium-high heat. Add the garlic and asparagus spears; cook for 10 minutes, stirring occasionally, or until asparagus is tender.

Sprinkle with Parmesan and salt and pepper to taste before serving.

Asparagus Bundt Cake

Ingredients

3 cups all-purpose flour
2 cups sugar
2 teaspoons baking soda
1 teaspoon ground cinnamon
1/2 teaspoon salt
1 1/2 cups vegetable oil
3 eggs, beaten
1 pound fresh asparagus, grated and drained
1 (8 ounce) can crushed pineapple, undrained
1 tablespoon grated orange peel
2 teaspoons vanilla extract
1 1/2 cups chopped pecans

ICING:

1 (3 ounce) package cream cheese, softened
2 3/4 cups confectioners' sugar
2 teaspoons grated orange peel
1 teaspoon vanilla extract
3 tablespoons milk

Directions

In a large bowl, combine the first five ingredients. Add oil, eggs, asparagus, pineapple, orange peel and vanilla; mix well. Fold in pecans. Pour into a greased and floured 10-in. fluted tube pan. Bake at 350 degrees F for 1 hour or until a toothpick inserted near the center comes out clean. Cool for 10 minutes; remove from pan to a wire rack to cool completely.

For icing, beat cream cheese and sugar in a small mixing bowl until smooth. Add orange peel, vanilla and enough milk until icing reaches desired consistency. Spoon over cake, allowing icing to drip down sides.

Farro Salad with Asparagus and Parmesan

Ingredients

2 cups farro
3/4 pound fresh asparagus,
trimmed
1 cup red and yellow cherry
tomatoes, halved
3/4 cup chopped walnuts
3/4 cup dried cranberries
1/2 cup chopped fresh parsley
1/3 cup chopped fresh chives
1/4 cup balsamic vinaigrette, or to
taste
1 cup shaved Parmesan cheese,
divided

Directions

Soak farro in a large bowl of water for at least 12 hours. Drain.

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the drained farro, and return to a boil. Reduce heat to medium, then cook the farro uncovered, stirring occasionally for 20 minutes. Reduce heat to low, cover, and continue simmering until tender, about 30 more minutes. Drain and allow to cool.

Bring a large pot of lightly salted water to a boil. Add the asparagus, and cook uncovered until tender, about 3 minutes. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the asparagus is cold, drain well, and chop. Set aside.

Place farro, asparagus, tomatoes, walnuts, cranberries, parsley, and chives in a large bowl. Drizzle the balsamic vinaigrette over and sprinkle about 3/4 cups Parmesan cheese, then toss. Top with the remaining 1/4 cup of Parmesan cheese. Serve at room temperature.

Hot Bacon Asparagus Salad

Ingredients

7 bacon strips, diced
1 pound fresh asparagus, trimmed
1/3 cup vinegar
1 tablespoon sugar
1/2 teaspoon ground mustard
1/4 teaspoon pepper
4 cups torn salad greens
1/2 cup sliced almonds
2 hard-cooked eggs, sliced

Directions

In a skillet, cook bacon until crisp; remove with a slotted spoon to paper towel. Drain, reserving 2-3 tablespoons drippings.

Cut asparagus into 1-1/2-in. pieces; saute in drippings until crisp-tender. Add vinegar, sugar, mustard, pepper and bacon. Cook and stir for 1-2 minutes.

In a large bowl, combine the salad greens and almonds. Add the asparagus mixture and toss gently. Top with eggs. Serve immediately.

No-Cream Pasta Primavera

Ingredients

1 (12 ounce) package penne pasta
1 yellow squash, chopped
1 zucchini, chopped
1 carrot, julienned
1/2 red bell pepper, julienned
1/2 pint grape tomatoes
1 cup fresh green beans, trimmed and cut into 1 inch pieces
5 spears asparagus, trimmed and cut into 1 inch pieces
1/4 cup olive oil, divided
1/4 teaspoon salt
1/4 teaspoon coarsely ground black pepper
1/2 tablespoon lemon juice
1 tablespoon Italian seasoning
1 tablespoon butter
1/4 large yellow onion, thinly sliced
2 cloves garlic, thinly sliced
2 teaspoons lemon zest
1/3 cup chopped fresh basil leaves
1/3 cup chopped fresh parsley
3 tablespoons balsamic vinegar
1/2 cup grated Romano cheese

Directions

Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil.

Bring a large pot of lightly salted water to a boil. Add penne pasta and cook for 10 to 12 minutes or until al dente; drain.

In a bowl, toss squash, zucchini, carrot, red bell pepper, tomatoes, green beans, and asparagus with 2 tablespoons olive oil, salt, pepper, lemon juice, and Italian seasoning. Arrange vegetables on the baking sheet, and roast 15 minutes in the preheated oven, until tender.

Heat remaining olive oil and butter in a large skillet. Stir in the onion and garlic, and cook until tender. Mix in cooked pasta, lemon zest, basil, parsley, and balsamic vinegar. Gently toss and cook until heated through. Remove from heat and transfer to a large bowl. Toss with roasted vegetables and sprinkle with Romano cheese to serve.

Asparagus with Blue Cheese Sauce

Ingredients

1/2 pound fresh asparagus spears
2 ounces cream cheese, softened
3 tablespoons evaporated milk
1/8 teaspoon salt
1 tablespoon crumbled blue
cheese

Directions

In a small saucepan, cook asparagus in a small amount of water until crisp-tender. Meanwhile, in another saucepan, whisk cream cheese, milk and salt over low heat until smooth. Stir in blue cheese and heat through. Drain asparagus and top with sauce.

Honey-Dijon Salmon and Asparagus

Ingredients

1 1/2 teaspoons cornstarch
2 1/4 teaspoons butter, melted
1 teaspoon Worcestershire sauce
2 tablespoons honey
1 tablespoon Dijon mustard
1 dash white pepper
2 (4 ounce) fillets salmon
1/4 cup chopped walnuts
1/2 pound fresh asparagus,
trimmed

Directions

In a small bowl, combine cornstarch, butter and Worcestershire sauce until smooth. Stir in the honey, mustard and pepper.

Place each salmon fillet on a double thickness of heavy-duty foil (about 18 in. x 12 in.). Drizzle with honey mixture and sprinkle with walnuts. Place asparagus around salmon. Fold foil around salmon and seal tightly. Grill, covered, over medium heat for 15-20 minutes or until fish flakes easily with a fork.

Lemon-Curry Chicken Casserole

Ingredients

2 (12 ounce) packages frozen cut asparagus, thawed and drained
4 boneless skinless chicken breast halves, cut into 1/2-inch strips
salt and pepper to taste
3 tablespoons butter
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1/2 cup mayonnaise
1/4 cup lemon juice
1 teaspoon curry powder
1/4 teaspoon ground ginger
1/8 teaspoon pepper
1/2 cup sliced almonds, toasted

Directions

Place asparagus in a greased 11-in. x 7-in. x 2-in. baking dish; set aside. Sprinkle chicken with salt and pepper. In a large skillet, saute chicken in butter for 10-14 minutes or until juices run clear. Place over asparagus. Combine soup, mayonnaise, lemon juice, curry powder, ginger and pepper; spoon over chicken. Bake, uncovered, at 350 degrees F for 35 minutes. Sprinkle with almonds and return to the oven for 5 minutes.

Roasted Asparagus with Herbes de Provence

Ingredients

1 bunch fresh asparagus spears,
trimmed
2 tablespoons olive oil
1 tablespoon dried Herbes de
Provence
sea salt and pepper to taste

Directions

Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.

Toss the asparagus with olive oil, Herbes de Provence, salt, and pepper. Spread the asparagus onto the baking sheet in a single layer.

Roast in preheated oven until tender and lightly browned, about 12 minutes.

Asparagus and Yukon Gold Potato Soup with

Ingredients

1/3 cup light sour cream
1 tablespoon chopped fresh chives
1 tablespoon lemon juice
salt and white pepper to taste

1 tablespoon olive oil
1 tablespoon butter
1 pound fresh asparagus, trimmed and coarsely chopped
1/2 onion, chopped
1 clove garlic, minced
1/2 teaspoon dried thyme
2 tablespoons all-purpose flour
6 cups chicken stock
2 Yukon Gold potatoes, cubed
1 pinch salt and white pepper to taste
4 ounces lump crabmeat

Directions

In a small bowl, stir together the sour cream, chives and lemon juice. Season with salt and white pepper. Cover and refrigerate until needed to blend the flavors.

Heat the olive oil and butter in a soup pot over medium heat. Add the asparagus and onion; cook and stir until onion is soft, about 5 minutes. Add the garlic and thyme, and cook just until fragrant, about 1 minute. Stir in the flour until smooth, then gradually whisk in the chicken stock to avoid causing lumps. Add the potatoes and bring to a simmer. Simmer over medium heat until potatoes are tender, about 20 minutes.

Puree the soup in a food processor or blender, or use a stick blender in the pot. Return to the pot and bring to a gentle simmer. Season with salt and white pepper.

To serve, ladle soup into warmed bowls and garnish with a dollop of the chive sour cream and a few chunks of crabmeat. Garnish with additional chives if you have extra.

Roasted Asparagus Salad

Ingredients

3 pounds fresh asparagus,
trimmed
1/4 cup olive or vegetable oil
2 garlic cloves, minced
DRESSING:
1/4 cup olive or vegetable oil
1 tablespoon cider or red wine
vinegar
1 tablespoon Dijon mustard
1 teaspoon lemon juice
1 tablespoon snipped fresh
tarragon
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

Place asparagus in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Combine oil and garlic; pour over asparagus and turn to coat. Bake, uncovered, at 400 degrees F for 20-25 minutes or until tender, rotating asparagus in the pan after 10 minutes. Cool completely. Combine dressing ingredients; pour over asparagus and turn to coat. Serve immediately or allow to marinate. Serve at room temperature.

Rice, Asparagus and Cucumber Salad

Ingredients

1 3/4 cups water
1 cup long-grain white rice
1 pound thin asparagus spears,
trimmed and cut into 1 inch
1 1/2 cups English cucumber -
peeled, seeded and chopped
3 green onions, chopped
2 tablespoons Dijon mustard
1 tablespoon white sugar
1 tablespoon white wine vinegar
1/2 teaspoon dry mustard
2 1/2 tablespoons vegetable oil
1/4 cup chopped fresh dill weed
4 heads butter lettuce

Directions

In a medium saucepan, bring 1 3/4 cups water to boil. Add rice; return to boil. Reduce heat to low, cover and cook until water is absorbed and rice is tender, about 20 minutes. Fluff with fork; transfer to bowl. Cool to room temperature.

Cook asparagus in a large saucepan of boiling salted water until tender, about 1 minute. Drain and rinse with cold water to cool. Cut the asparagus into 1-inch pieces. Add asparagus, cucumber and green onions to rice.

Whisk together the mustard, sugar, vinegar, dry mustard, oil and chopped dill. Cover salad and dressing separately. Refrigerate until chilled.

Pour dressing into salad and season with salt and pepper. Line large bowl with lettuce and mound salad in bowl. Garnish with dill sprigs.

Ham and Asparagus Fettuccine

Ingredients

12 ounces dry fettuccini noodles
8 ounces fresh asparagus,
trimmed and cut into 2 inch pieces
1/2 cup butter
2 cups heavy cream
3/4 cup grated Parmesan cheese
1/4 teaspoon garlic powder
1/4 teaspoon ground black
pepper
1 pinch cayenne pepper
1/2 pound cooked ham, diced

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Stir asparagus into pot in the last five minutes of cooking; drain.

While pasta is cooking, heat butter and cream in a medium saucepan over medium heat. When mixture begins to bubble, stir in Parmesan, garlic powder, pepper and cayenne. Continue cooking until mixture thickens, stirring occasionally. Stir in ham and heat through.

Toss pasta and asparagus with sauce and serve immediately.

Amazing Asparagus

Ingredients

1 (15 ounce) can asparagus,
drained
1 (8 ounce) can sliced water
chestnuts, drained
1 (15 ounce) can baby peas,
drained
1 (10.75 ounce) can condensed
cream of mushroom soup
2 cups shredded Cheddar cheese
1 cup butter
1 (1 pound) loaf white bread,
crusts trimmed
1 cup grated Parmesan cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Layer asparagus in the bottom of a medium baking dish. Top with water chestnuts, peas and cream of mushroom soup. Sprinkle with Cheddar cheese.

Melt butter in a medium skillet over medium heat. Slice bread into 1/4 to 1/2 inch strips, and place in the butter. When butter has been absorbed, layer bread in the baking dish on top of the Cheddar cheese. Sprinkle with Parmesan cheese.

Bake in the preheated oven 35 minutes, or until bubbly and golden brown.

Seasoned Asparagus

Ingredients

1/2 pound fresh asparagus,
trimmed
2 tablespoons water
1 tablespoon butter or stick
margarine, melted
1/8 teaspoon dried mint
1/8 teaspoon salt
1/8 teaspoon lemon juice
1 dash white pepper

Directions

Place asparagus and water in a 1-qt. microwave-safe dish. Cover and microwave on high for 5 minutes or until crisp-tender; drain. Combine butter, mint, salt, lemon juice and pepper. Drizzle over asparagus; toss to coat.

Thai Coconut Chicken

Ingredients

2 cups dry jasmine rice
3 cups water
1 1/2 pounds skinless, boneless
chicken breast halves - cubed
1 tablespoon curry powder
2 cups 1 inch pieces asparagus
1 cup snow peas
1/2 cup shredded carrots
1 cup chopped green onions
1 (14 ounce) can light coconut
milk

Directions

In a 2 quart saucepan, combine water and rice. Cover, and bring to a boil over high heat. Reduce heat, and simmer for 20 minutes.

In a medium size bowl, combine the chicken and curry powder, and toss to coat.

Coat a large nonstick skillet with cooking spray. Cook the chicken, stirring frequently, over medium-high heat for 4 minutes. Mix in the asparagus, snow peas, carrots and green onions; cook for 3 minutes. Pour in the coconut milk, continue cooking until sauce is hot, and chicken is cooked through. Serve over the hot, cooked rice.

Sun-Dried Tomato Asparagus

Ingredients

1 tablespoon olive oil
2 cloves garlic, minced
6 sun-dried tomato halves, thinly sliced
1 bunch fresh asparagus, trimmed
2 tablespoons beef broth
salt and pepper to taste

Directions

Heat the olive oil in a skillet over medium heat; cook and stir the garlic and tomatoes in the hot oil until fragrant, 2 to 3 minutes. Add the asparagus to the skillet and toss until coated with the oil mixture. Season with salt and pepper. Pour the beef broth over the asparagus mixture. Cover the skillet and cook until the asparagus is bright in color and slightly crunchy, 7 to 10 minutes.

Asparagus Lasagna

Ingredients

5 wide lasagna noodles
2 tablespoons margarine
2 cloves garlic, chopped
2 tablespoons all-purpose flour
1 1/2 cups milk
1/2 teaspoon dried thyme
1 (15 ounce) can asparagus,
drained
1 cup julienned fully cooked ham
1 cup shredded mozzarella
cheese

Directions

Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes, or until al dente. Drain, and cut noodles in half crosswise.

Melt margarine in a skillet over medium heat. Saute garlic just until fragrant. Stir in the flour until no lumps remain. Gradually mix in milk, and season with thyme. Simmer sauce gently until thick. Remove from heat.

Grease a 9x9 inch glass baking dish. Layer noodles, sauce, asparagus, ham, and mozzarella cheese in three layers, each starting with noodles, and ending with shredded cheese on the top.

Cover the dish, and cook in the microwave on HIGH for 9 to 10 minutes, or until cheese is melted and bubbly. Time may vary depending on the oven used. Let stand for 5 to 10 minutes before serving.

Chicken and Portobello Rollups

Ingredients

1 tablespoon olive oil
1 teaspoon minced garlic
1 portobello mushroom cap, cut into 1/2-inch slices
1 large red bell pepper, cut into strips
8 asparagus spears, trimmed
1/2 teaspoon seasoned salt
1/2 teaspoon dried oregano
4 (6 ounce) skinless, boneless chicken breast halves
1 (10.5 ounce) can cream of mushroom soup
1 cup milk

Directions

Heat olive oil in a skillet over medium heat. Stir in garlic, and cook until it begins to turn golden brown, about 1 minute. Add the mushroom, red pepper, and asparagus; season with seasoned salt and oregano, then gently cook until softened. Pour mixture onto a plate, and allow to cool.

Preheat oven to 375 degrees F (190 degrees C). Spray a small, glass baking dish with cooking spray and set aside.

Place each chicken breast between two sheets of plastic wrap, and pound to 1/4-inch thick. Evenly divide the portobello, red pepper, and asparagus among the flattened chicken breasts. Roll up and secure with toothpicks. Place into prepared baking dish.

Bake chicken in preheated oven until no longer pink, about 30 minutes. Meanwhile, stir together cream of mushroom soup and milk in a saucepan over medium-high heat. Bring to a simmer, then reduce heat to low, and keep warm while chicken cooks.

To serve, remove toothpicks from chicken, slice each in half at an angle, and place onto a serving platter or individual plates. Ladle cream of mushroom soup ovetop.

Turkey a la Oscar

Ingredients

2 (10 ounce) packages frozen cut asparagus
1/4 cup water
1 tablespoon margarine
6 (4 ounce) turkey breast cutlets
1/4 teaspoon crushed garlic
1/4 pound cooked shrimp - peeled and deveined
1 (1.25 ounce) envelope hollandaise sauce mix

Directions

Place the water and asparagus in a saucepan, and bring to a boil over medium heat. Cook covered 5 minutes. Remove cover and cook 1 or 2 minutes, until tender. Drain and set aside, but keep warm.

Melt the margarine in a skillet over medium-high heat. Cook the turkey cutlets 2 to 3 minutes on each side, or until browned and no longer pink on the inside. Remove turkey from the pan and set aside.

Add the garlic and shrimp to the already heated skillet. Cook over medium-high heat 1 or 2 minutes, stirring constantly until the shrimp is heated through.

Prepare hollandaise sauce according to package directions.

Place each turkey cutlet on a plate. Top with the asparagus and shrimp. Spoon hollandaise sauce over all.

Penne with Spring Vegetables

Ingredients

1 pound fresh asparagus, trimmed and cut into 1/2 inch pieces
1 (8 ounce) package sugar snap peas, trimmed
1 (8 ounce) package dry penne pasta
3 tablespoons olive oil
1/2 cup grated Parmesan cheese
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add asparagus, and cook for 2 minutes. Add peas, and cook for 2 more minutes. Transfer to a large bowl; set aside. Add pasta to boiling water, and cook for 8 to 10 minutes or until al dente; drain.

Place pasta in the bowl with asparagus and peas. Toss with olive oil, Parmesan, salt and pepper.

Beef Tenderloin Salad

Ingredients

1/4 cup fat-free mayonnaise
2 tablespoons Dijon mustard
1 tablespoon fat-free milk
2 teaspoons white wine vinegar or
cider vinegar
1 teaspoon prepared horseradish
1 1/4 teaspoons sugar
3/8 teaspoon salt, divided
1/4 teaspoon pepper, divided
8 cups water
1 pound fresh asparagus, cut into
2 inch pieces
4 (4 ounce) beef tenderloin steaks
1 large clove garlic, peeled and
halved
6 cups torn mixed salad greens
2 large ripe tomatoes, cut into
wedges

Directions

For salad dressing, in a bowl, whisk the mayonnaise, mustard, milk, vinegar, horseradish, sugar, 1/8 teaspoon salt and 1/8 teaspoon pepper. Cover and refrigerate. In a large saucepan, bring water to a boil. Add asparagus; cover and boil for 3 minutes. Drain and immediately place asparagus in ice water; drain and pat dry. Cover and refrigerate.

If grilling the steaks, coat grill rack with nonstick cooking spray before starting the grill. Rub steaks with garlic; discard garlic. Sprinkle with remaining salt and pepper. Grill steaks, covered, over medium heat or broil 4-6 in. from the heat for 6-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

On four serving plates, arrange the greens, tomatoes and asparagus. Thinly slice beef; place over salad. Drizzle with dressing.

Parmesan-Crusted Chicken in PHILLY Cream

Ingredients

1 1/2 cups instant white rice, uncooked
1 (10 ounce) can 25%-less-sodium chicken broth, divided
6 RITZ Crackers, finely crushed
2 tablespoons KRAFT 100% Light Parmesan Grated Cheese
4 (4 ounce) boneless skinless chicken breasts
2 teaspoons oil
1/4 cup water
1/3 cup PHILADELPHIA Herb and Garlic Cream Cheese Spread
3/4 pound asparagus spears, trimmed, steamed

Directions

Cook rice as directed on package, using 1 cup of the broth and 1/2 cup water.

Meanwhile, mix cracker crumbs and Parmesan cheese on plate. Rinse chicken with cold water; gently shake off excess water. Dip chicken in crumb mixture, turning over to evenly coat both sides of each chicken breast with the crumb mixture.

Heat oil in large nonstick skillet on medium heat. Add chicken; cook 5 to 6 minutes on each side or until golden brown on both sides and cooked through (170 degrees F). Place on serving plate; cover to keep warm. Add remaining 1/4 cup broth, the water and cream cheese spread to same skillet. Cook on medium heat until mixture just comes to boil, stirring constantly. Simmer 3 minutes or until sauce is thickened, stirring frequently. Spoon over chicken. Serve with the rice and asparagus.

Fresh Asparagus, Tomato, and Feta Salad

Ingredients

1/2 cup rice vinegar
1 tablespoon white sugar
1 teaspoon sea salt
1/2 teaspoon sesame oil
2 tablespoons olive oil
3/4 pound asparagus - cut into 1-
inch pieces, cooked and drained
1 (4 ounce) container crumbled
feta
1 large tomato, diced
1 green onion, diced
2 tablespoons chopped cilantro

Directions

Whisk together the rice vinegar, white sugar, sea salt, sesame oil, and olive oil in the bottom of a salad bowl. Add the asparagus, feta, tomato, green onion, and cilantro to the bowl with the dressing; toss to coat. Cover and refrigerate for 1 hour before serving.

Microwave Asparagus Salad

Ingredients

24 medium stalks asparagus
4 cups Italian-style salad greens
with radicchio
4 tablespoons chopped hazelnuts

Dressing:

6 tablespoons balsamic vinegar
2 tablespoons olive oil
2 tablespoons orange juice
2 teaspoons Dijon mustard
1 teaspoon low-sodium soy sauce
Freshly ground pepper, to taste

Directions

Trim, peel and rinse asparagus (do not dry). Place spears flat, two or three deep, in a glass pie plate or similar dish. Cover tightly with microwavable plastic wrap and microwave on high 2 1/2 to 5 minutes, depending on wattage.

Whisk together dressing ingredients, pour over asparagus and marinate in refrigerator until cool.

Divide greens onto four salad plates; top each with six asparagus spears.

Drizzle with equal amounts of dressing, and top with hazelnuts.

Quick Chicken with Asparagus and Provolone

Ingredients

4 skinless, boneless chicken breast halves
5 tablespoons olive oil
2 eggs, beaten
1 cup Italian-style dry bread crumbs
1 (14.5 ounce) can chicken broth
1 (10 ounce) can asparagus, drained
4 slices provolone cheese

Directions

Heat oil in a large 2-inch deep skillet. Dip chicken in egg beat, then coat in bread crumbs. Brown in skillet on both sides.

When chicken is browned, add broth and place asparagus evenly over chicken. Lay a slice of cheese over each chicken piece.

Cover skillet and cook over medium heat for 15 minutes, or until chicken is cooked through and no longer pink inside.

Fettuccine Italiana

Ingredients

8 ounces uncooked fettuccine
1 (14 ounce) package fat-free
smoked turkey sausage, sliced
2 cups cut fresh asparagus (1 inch
pieces)
1 cup sliced fresh mushrooms
1/4 cup chopped onion
1 garlic clove, minced
1/2 teaspoon dried thyme
1 tablespoon olive or canola oil
1 tablespoon cornstarch
1 cup reduced sodium chicken
broth
1/4 cup shredded Parmesan or
Romano cheese

Directions

Cook fettuccine according to package directions. Meanwhile, in a large saucepan, saute sausage, asparagus, mushrooms, onion, garlic and thyme in oil until vegetables are tender. Combine cornstarch and broth until smooth; stir into sausage mixture. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Drain pasta. Add to sausage mixture; toss to coat. Sprinkle with Parmesan cheese.

Crab and Asparagus Risotto

Ingredients

2 tablespoons olive oil
1 medium orange pepper, diced
1/2 cup chopped onion or shallots
2 cups uncooked Arborio rice
1/2 cup dry white wine
6 cups Swanson® Chicken Broth (Regular, Natural Goodness™ or Certified Organic), heated
1/2 pound asparagus or green beans
1/2 pound refrigerated pasteurized crabmeat
1/4 cup grated Parmesan cheese

Directions

Heat the oil in a 4-quart saucepan over medium heat. Add the pepper and onion and cook for 3 minutes or until the vegetables are tender. Add the rice and cook and stir for 2 minutes or until the rice is opaque. Add the wine and cook and stir until it's absorbed. Stir 2 cups of the hot broth into the rice mixture. Cook and stir until the broth is absorbed, maintaining the rice at a gentle simmer. Continue cooking and adding broth, 1/2 cup at a time, stirring until it's absorbed after each addition before adding more. Add the asparagus and crabmeat with the last broth addition. Stir the cheese into the risotto. Remove the pan from the heat. Cover and let it stand for 5 minutes. Serve the risotto with additional cheese.

Pleasing Peas and Asparagus

Ingredients

1/2 cup water
2 (10 ounce) packages frozen
peas
3/4 pound fresh or frozen
asparagus, cut into 1-inch pieces
3 tablespoons butter
1 tablespoon minced fresh parsley
3/4 teaspoon garlic salt
Dash pepper

Directions

In a large saucepan, bring water to a boil. Add peas, asparagus, butter, parsley, garlic salt if desired and pepper. Return to a boil.

Reduce heat; cover and simmer until asparagus is crisp-tender, about 10 minutes. Drain; serve immediately.

Asparagus and Cashews

Ingredients

2 tablespoons olive oil
2 tablespoons sesame oil
1 teaspoon minced fresh ginger
root
1 bunch asparagus stalks, ends
cut
1 tablespoon soy sauce
1/2 cup chopped cashews

Directions

Heat olive oil and sesame oil in a wok over low to medium heat. Add ginger, and stir-fry until slightly brown. Add asparagus, and stir-fry for a few minutes before adding soy sauce and cashews. Cook until asparagus is tender but still crisp and bright green, stirring frequently.

Ham N Asparagus Roll-Ups

Ingredients

16 spears fresh asparagus,
trimmed
1 tablespoon water
16 thin slices fully cooked ham
DILL SAUCE:
1 cup plain yogurt
1/2 cucumber - peeled, seeded,
and diced
1 teaspoon dill weed
1 teaspoon lemon juice

Directions

Place asparagus and water in a microwave-safe 11-in. x 7-in. x 2-in. dish. Cover and cook on high for 2-3 minutes or until crisp-tender. Immediately place asparagus in ice water; drain and pat dry. Wrap each asparagus spear with a slice of ham. Just before serving, combine sauce ingredients. Serve with roll-ups.

Spring Omelet

Ingredients

1 tablespoon olive oil
2 eggs
1/4 cup milk (optional)
3 spears asparagus, trimmed and cut into 2-inch pieces
1/2 cup sliced fresh mushrooms
1/3 cup green onions, chopped
1/2 cup grated Parmesan cheese

Directions

Heat the olive oil in a large skillet over medium-high heat. Add the asparagus, mushrooms and onions; cook and stir until the asparagus is fairly soft, about 4 minutes. Whisk together the eggs and milk in a small bowl; pour over the sauteed vegetables and reduce the heat to medium. While the omelet cooks, lift the edge to allow the uncooked egg to flow underneath. When most of the egg is cooked, sprinkle Parmesan cheese over the top. Allow the cheese to melt slightly, then fold in half and serve.

Asparagus Casserole I

Ingredients

1 pound fresh asparagus
5 hard cooked eggs, chopped
2 cups diced ham
1/4 cup chopped onion
1/4 cup chopped green bell pepper
1/3 cup shredded Cheddar cheese
2 tablespoons tapioca
2 tablespoons chopped fresh parsley
1 tablespoon lemon juice
1 (10.75 ounce) can condensed cream of mushroom soup
1/2 cup evaporated milk

Directions

Preheat oven to 375 degrees F (190 degrees C).

Trim asparagus and cut into 3/4 inch pieces; blanch in microwave for 2 to 3 minutes and drain.

Place asparagus, ham and eggs in a lightly greased 9x13 inch baking dish. In a large bowl combine the onion, bell pepper, cheese, tapioca, parsley, lemon juice, soup and milk; mix well. Pour mixture into baking dish and stir together with asparagus, ham and eggs.

Bake at 375 degrees F (190 degrees C) for 25 to 35 minutes or until cooked through. Let stand 5 minutes before serving.

Awesomely Easy Sesame Asparagus

Ingredients

1 bunch fresh asparagus, trimmed
1 tablespoon olive oil
2 tablespoons black sesame seeds, lightly toasted
kosher salt to taste

Directions

Fill a large saucepan with 1/2 inch of water and bring to a boil. Cook asparagus until tender-crisp, about 5 minutes. Drain, then rinse with cold water. Return pan to the stove over medium heat, pour in oil, and swirl around pan. Shake excess water off of the asparagus, and toss in oil with sesame seeds, and salt to reheat.

Asparagus Casserole II

Ingredients

4 eggs
3 (15 ounce) cans asparagus,
drained
2 (10.75 ounce) cans condensed
cream of mushroom soup
2 cups crushed buttery round
crackers
4 ounces shredded Cheddar
cheese

Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool and peel and slice.

Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.

In the prepared dish layer 1 1/2 cans of asparagus, 1 can mushroom soup, 2 eggs and 1 cup of crushed crackers. Repeat layers with remaining ingredients.

Cover and bake in preheated oven for 25 minutes. Remove cover and top with grated cheese. Cover and bake an additional 5 minutes, or until cheese is melted.

Superfast Asparagus

Ingredients

1 pound asparagus
1 teaspoon Cajun seasoning

Directions

Preheat oven to 425 degrees F (220 degrees C).

Snap the asparagus at the tender part of the stalk. Arrange spears in one layer on a baking sheet. Spray lightly with nonstick spray; sprinkle with the Cajun seasoning.

Bake in the preheated oven until tender, about 10 minutes.

Honey Lime Tilapia

Ingredients

1/4 cup honey
3 tablespoons lime juice
2 cloves garlic, minced
1 pound tilapia fillets
salt and pepper to taste
1 butternut squash - peeled,
seeded and sliced
1 bunch fresh asparagus spears,
trimmed and chopped
poultry seasoning
1/2 cup mozzarella cheese

Directions

In a large bowl, mix the honey, lime juice, and garlic. Season tilapia with salt and pepper, place in the bowl, and marinate 1 hour in the refrigerator.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

Arrange the squash and asparagus in the baking dish. Place tilapia on top of vegetables, and season with poultry seasoning. Discard remaining marinade.

Bake 20 minutes in the preheated oven, until vegetables are tender and fish is easily flaked. Sprinkle with mozzarella, and continue baking 5 minutes, or until cheese is lightly browned.

Indian Salad

Ingredients

1 1/2 cups brown rice
4 cups water
1 (10 ounce) can asparagus tips, drained
1 red bell pepper, seeded and diced
2 red apples, cored and diced
1/4 cup golden raisins
1/2 cup heavy cream
1 teaspoon curry powder
1 teaspoon lemon juice
salt and pepper to taste

Directions

Combine the rice and water in a saucepan. Bring to a boil, then reduce heat to low, cover, and simmer for about 30 minutes, until rice is tender. Drain, if necessary, and cool.

While the rice is cooling, place golden raisins in a bowl, and fill with enough hot water to cover. Let soak for 20 minutes to plump. Drain.

In a medium bowl, whip cream until soft peaks form. Fold in curry powder, lemon juice, salt and pepper. In a separate bowl, stir together the brown rice, asparagus, red pepper, apples, and raisins. Fold into the curry cream, and chill until serving.

Asparagus Bake

Ingredients

4 cups asparagus, trimmed and cut into 1 inch pieces
12 dinner rolls
1 1/2 cups diced processed American cheese
2 1/2 cups cooked ham, coarsely chopped
6 eggs
3 cups milk
3 tablespoons minced onion
1/2 teaspoon salt
1/2 teaspoon ground black pepper

Directions

If using raw asparagus: place a steamer basket or insert and two cups of water into a small stock pot. Bring water to a boil and then add the asparagus. Cook until tender but still firm, about 5 minutes. Drain and let cool.

Lightly grease a 9x13 inch baking dish. Split dinner rolls in half and set top half aside. Tear bottom half of rolls into pieces and spread evenly in pan. Layer asparagus, cheese and ham over bread pieces. Arrange remaining half of rolls on top of other ingredients.

Beat together eggs, milk, onion, salt and pepper. Pour egg mixture into pan and refrigerate over night.

Remove pan from refrigerator 30 minutes before baking and preheat oven to 350 degrees F (175 degrees C).

Bake uncovered until a knife inserted into center of pan comes out clean, about 55 minutes. Let stand about 10 minutes before cutting.

Awesome Asparagus Sandwich

Ingredients

1 bunch fresh asparagus, trimmed
1 red bell pepper, seeded and quartered
1 tablespoon olive oil
3 hoagie rolls
6 ounces shredded Swiss cheese
1 ripe tomato, sliced
3 tablespoons mayonnaise
2 tablespoons lemon juice
1 teaspoon minced garlic

Directions

Preheat oven to 350 degrees F (175 degrees C).

Toss asparagus and red pepper with olive oil. Place on a lined baking sheet and bake until tender, about 10 minutes. Once cool enough to handle, remove skin from the pepper and slice into strips.

Cut hoagie rolls in half, place on a baking sheet, and toast lightly in the oven. Remove rolls from the oven and sprinkle each half with cheese. Place 4 to 5 asparagus spears and a few strips of pepper on one side. Place slices of tomato on the other side of the roll. Place the hoagies back in the oven until the cheese is melted, about 5 minutes.

Meanwhile, in a separate bowl, mix the mayonnaise, lemon juice, and garlic together. Spread the dressing on one side of the roll and close sandwich.

Minted Lemon Asparagus

Ingredients

2 1/2 tablespoons lemon juice
1 teaspoon dried mint
1 pound fresh asparagus spears,
trimmed
1/4 cup crumbled feta cheese

Directions

In a small bowl, mix together the lemon juice and mint. Set aside.

Bring a large pot of water to a boil. Place the asparagus into the boiling water for about 45 seconds, then remove to a bowl of ice water to stop the cooking process. Drain the asparagus, and place on a serving plate. Drizzle with the lemon mixture, and sprinkle cheese over the top.

Parmesan-Crusted Chicken in Cream Sauce

Ingredients

2 cups instant brown rice, uncooked
1 (14 ounce) can fat-free reduced-sodium chicken broth, divided
6 RITZ Crackers, finely crushed
2 tablespoons KRAFT Grated Parmesan Cheese
4 (4 ounce) boneless skinless chicken breast halves
2 teaspoons oil
1/3 cup PHILADELPHIA Chive & Onion 1/3 Less Fat than Cream Cheese
3/4 pound asparagus spears, trimmed, steamed

Directions

Cook rice as directed on package, using 1-1/4 cups of the broth and 1/2 cup water.

Meanwhile, mix cracker crumbs and Parmesan on plate. Rinse chicken with cold water; gently shake off excess. Dip chicken in crumb mixture, turning to evenly coat both sides of each breast. Discard any remaining crumb mixture.

Heat oil in large nonstick skillet on medium heat. Add chicken; cook 5 to 6 min. on each side or until done (165 degrees F). Transfer to plate; cover to keep warm. Add remaining broth and cream cheese to skillet; bring just to boil, stirring constantly. Cook 3 min. or until thickened, stirring frequently; spoon over chicken. Serve with rice and asparagus.

Cream of Fresh Asparagus Soup II

Ingredients

1 pound fresh asparagus, trimmed and cut into 1 inch pieces
1/2 cup chopped onion
1 (14.5 ounce) can chicken broth
2 tablespoons butter
2 tablespoons all-purpose flour
1 teaspoon salt
1 pinch ground black pepper
1 cup milk
1/2 cup sour cream
1 teaspoon fresh lemon juice

Directions

In a large saucepan, combine asparagus, chopped onion, and 1/2 cup chicken broth. Cover, and bring to a boil over high heat. Reduce heat, and simmer uncovered until asparagus is tender, about 12 minutes. Process the mixture in a blender to puree the vegetables. Set aside.

In the same saucepan, melt the butter over medium-low heat. Stir in the flour, salt, and pepper. Cook, stirring constantly for 2 minutes. Whisk in the remaining chicken broth, and increase the heat to medium. Cook, stirring constantly until the mixture boils. Stir in the asparagus puree and the milk.

Put the sour cream in a small bowl, and stir in a ladleful of the hot soup. Add the sour cream mixture and the lemon juice to the soup. Stir while heating the soup to serving temperature, but don't allow it to boil. Serve immediately.

Sugared Asparagus

Ingredients

3 tablespoons butter or margarine
2 tablespoons brown sugar
2 pounds fresh asparagus,
trimmed and cut into 2 inch pieces
1 cup chicken broth

Directions

In a skillet over medium-high, heat butter and brown sugar until sugar is dissolved. Add asparagus; saute for 2 minutes. Stir in chicken broth; bring to a boil. Reduce heat; cover and simmer for 8-10 minutes or until asparagus is crisp-tender. Remove asparagus to a serving dish and keep warm. Cook sauce, uncovered, until reduced by half. Pour over asparagus and serve immediately.

Asparagus Casserole I

Ingredients

1 cup shredded Cheddar cheese
2 cups crushed saltine crackers
1/2 cup butter, melted
1 cup condensed cream of mushroom soup
1 (15 ounce) can asparagus, drained with liquid reserved
1/2 cup slivered almonds

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a small bowl, mix together the Cheddar cheese and cracker crumbs. In another dish, stir together the melted butter, soup, and the juice from the can of asparagus.

Use half of the cracker mixture to make a layer in the bottom of a 1 1/2 quart casserole dish. Arrange half of the asparagus spears over the crumbs, sprinkle with 1/2 of the almonds, then pour 1/2 of the soup mixture over. Build another layer, starting with the remaining asparagus spears, then the remaining soup mixture, and ending with the remaining cheese and crumbs on top.

Bake for 20 minutes in the preheated oven, or until the top is golden.

Asparagus and Mozzarella Stuffed Chicken

Ingredients

2 large skinless, boneless chicken breast halves
salt and black pepper to taste
8 asparagus spears, trimmed - divided
1/2 cup shredded mozzarella cheese, divided
1/4 cup Italian seasoned bread crumbs

Directions

Preheat an oven to 375 degrees F (190 degrees C). Grease an 8x8-inch baking dish.

Place each chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to an even thickness of about 1/4 inch. Sprinkle each side with salt and pepper.

Place 4 spears of asparagus down the center of a chicken breast, and spread about 1/4 cup of mozzarella cheese over the asparagus. Repeat with the other chicken breast, and roll the chicken around the asparagus and cheese to make a tidy, compact roll. Place the rolls seam sides down in the prepared baking dish, and sprinkle each with about 2 tablespoons of bread crumbs.

Bake in the preheated oven until the juices run clear when pricked with a fork, about 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Crispy Chicken with Asparagus Sauce

Ingredients

1 egg
4 skinless, boneless chicken breast halves
1/2 cup dry bread crumbs
2 tablespoons vegetable oil
1 (10.75 ounce) can Campbell's® Condensed Cream of Asparagus Soup
1/3 cup milk
1/3 cup water
4 cups hot cooked rice
Grated Parmesan cheese

Directions

Beat the egg in a shallow dish with a fork or whisk. Dip the chicken into the egg. Coat the chicken with the bread crumbs.

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook for 15 minutes or until well browned on both sides and cooked through. Remove the chicken from the skillet and keep warm.

Stir the soup, milk and water in the skillet and heat over medium heat until the mixture is hot and bubbling. Serve the chicken and sauce with the rice. Sprinkle with the cheese.

Easy Tilapia

Ingredients

2 (3 ounce) fillets tilapia fillets
2 tablespoons olive oil
salt and pepper to taste
1 lemon, halved
1/2 cup white wine
2 tomatoes, seeded and chopped
3 tablespoons capers
1 cup asparagus spears, trimmed
and cut in half
3 tablespoons butter

Directions

Heat a large non-stick skillet over medium heat. Drizzle fillets with olive oil and season with salt and pepper. Place fillets in skillet and sprinkle with half of the lemon over. Cook for 3 minutes per side, or until fish flakes easily with a fork. Transfer fillets to a plate, and keep warm.

Add wine, remaining 1/2 lemon, tomatoes, capers, and salt and pepper to the skillet. Increase heat to medium high and boil for 2 minutes to burn off alcohol. Reduce heat to low and return fillets to the pan along with the asparagus. Cover and simmer 2 minutes more, then transfer fish and asparagus to a serving dish and keep warm.

Again, increase heat to medium high and whisk in butter, and boil to desired consistency. Spoon sauce over fish, and serve.

Roasted Asparagus With Thyme

Ingredients

3 pounds fresh asparagus,
trimmed
3 tablespoons olive oil
2 teaspoons minced fresh thyme
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

Place asparagus in a roasting pan or baking pan lined with heavy-duty foil. Drizzle with oil and toss to coat. Sprinkle with the thyme, salt and pepper. Bake, uncovered, at 425 degrees F for 10-15 minutes or until crisp-tender.

Amy's Asparagus Casserole

Ingredients

2 pounds fresh asparagus,
trimmed and cut into 1 inch pieces
1 pound provolone cheese,
shredded
2 (10.75 ounce) cans condensed
golden mushroom soup
1 (2.8 ounce) can French-fried
onions

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place asparagus in baking dish; cover with cheese. Spread mushroom soup over cheese.

Bake, covered, until hot and bubbly, about 35 minutes. Remove from oven; remove cover and sprinkle with onions. Return to oven and bake, uncovered, until onions are lightly browned, about 10 minutes.

Asparagus Puff Pizza

Ingredients

2 pounds fresh asparagus, cut into 2 inch pieces
1 (16 ounce) package pre-baked Italian bread shell crust
1/2 cup mayonnaise
2 tablespoons grated Parmesan cheese
1/4 teaspoon ground mustard
3 egg whites

Directions

Place asparagus in a steamer basket over 1 in of boiling water in a saucepan; cover and steam until crisp-tender, about 4 minutes. Drain on paper towel. Place crust on an ungreased 12-in. pizza pan; arrange asparagus on top.

In a bowl, combine the mayonnaise, cheese and mustard; mix well. In a small mixing bowl, beat egg whites until stiff peaks form. Fold into mayonnaise mixture; spread over asparagus. Bake at 450 degrees F for 12-13 minutes or until golden brown. Cut into wedges; serve warm. Refrigerate leftovers.

Roasted Vegetable Orzo

Ingredients

1 zucchini, sliced
1 summer squash, sliced
1 red onion, cut into chunks
1 pound asparagus, cut into 1-inch pieces
1 pound portobello mushrooms, thickly sliced
4 cloves garlic, minced
2 tablespoons olive oil
1 pinch white sugar
salt and black pepper to taste
4 cubes chicken bouillon
1/4 cup dry white wine
1 (16 ounce) package orzo pasta
2 tablespoons grated Parmesan cheese

Directions

Preheat oven to 450 degrees F (230 degrees C).

Place the zucchini, squash, onion, asparagus, and mushrooms in a large bowl; add in garlic, olive oil and sugar, and stir gently to coat vegetables. Spread vegetables in a single layer on a baking sheet, and sprinkle with salt and pepper.

Roast vegetables until tender, 20 to 25 minutes.

Meanwhile, bring a large pot of lightly salted water to boil. Add bouillon cubes, wine, and orzo, and cook until al dente, about 8 to 10 minutes. Drain. Stir in roasted vegetables and Parmesan cheese, and serve warm.

Chicken, Asparagus, and Mushroom Skillet

Ingredients

3 tablespoons butter
2 tablespoons olive oil
1/2 teaspoon dried parsley
1/2 teaspoon dried basil
1/8 teaspoon dried oregano
1 1/2 cloves garlic, minced
1/4 teaspoon salt
1 1/2 teaspoons lemon juice
1 1/2 teaspoons white cooking wine
2 skinless, boneless chicken breast halves, sliced
1/2 pound fresh asparagus, trimmed and cut into thirds
1 cup sliced fresh mushrooms

Directions

Melt the butter with the olive oil in a skillet over medium-high; stir the parsley, basil, oregano, garlic, salt, lemon juice, and wine into the butter mixture. Add the chicken; cook and stir until the chicken is browned, about 3 minutes. Reduce heat to medium; cook, stirring occasionally, until the chicken is no longer pink inside, about 10 more minutes.

Add the asparagus; cook and stir until the asparagus is bright green and just starting to become tender, about 3 minutes. Stir in the mushrooms and cook an additional 3 minutes to let the mushrooms release their juice. Serve hot.

Asparagus Casserole

Ingredients

4 eggs
4 tablespoons butter
4 tablespoons all-purpose flour
salt and pepper to taste
1 (15 ounce) can asparagus,
drained with liquid reserved
1/2 cup milk
1/2 teaspoon Worcestershire
sauce
1 pinch cayenne pepper
4 ounces sharp Cheddar cheese,
cubed
1/2 cup blanched almond halves
1/2 cup seasoned bread crumbs

Directions

Preheat oven to 350 degrees F (175 degrees C). Butter a medium-sized casserole dish.

Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a heavy saucepan, melt the butter. Stir in the flour, salt, and pepper; blend thoroughly. Gradually stir in 3/4 cup of reserved asparagus liquid and the milk; cook (stirring constantly) until the sauce is thickened and smooth . If the mixture is too thick, more asparagus liquid or milk can be added until the mixture reaches the desired consistency. Stir in the Worcestershire sauce and cayenne pepper. Remove the pan from the heat.

Layer the asparagus, eggs, cheese, and almonds into the casserole. Repeat the layering until all of the ingredients are used. Spoon the sauce over the layers and sprinkle with crumbs.

Bake in the preheated 350 degree F (175 degrees C) oven for 20 minutes; or until bubbly and lightly browned.

Fresh Asparagus Risotto

Ingredients

1/4 teaspoon ground white pepper
3 cups water
2 cups chicken broth
3 tablespoons butter or margarine, divided
1 pound fresh asparagus spears, diagonally sliced into 1-inch pieces
1/2 cup chopped onion
1 cup uncooked RiceSelect® Arborio Rice
1/3 cup dry white wine
1/2 cup heavy cream
1/4 cup grated Parmesan cheese
1/2 teaspoon salt

Directions

Heat water and broth in 2-quart saucepan over medium heat until it comes to a simmer. Reduce heat to low and keep warm. Meanwhile, melt 2 tablespoons butter in large saucepan over medium heat; add asparagus and cook until tender crisp. Remove asparagus; set aside. In same saucepan, cook onion in remaining 1 tablespoon butter until soft. Add rice and stir 2 to 3 minutes. Add wine; stir until absorbed. Increase heat to medium-high; stir in 1 cup water-broth mixture.

Cook uncovered, stirring frequently, until liquid is absorbed. Continue stirring and adding remaining water-broth mixture 1 cup at a time, allowing each cup to be absorbed before adding another. Cook until rice is tender and mixture has a creamy consistency, approximately 25 to 30 minutes. Stir in asparagus, cream, cheese, salt and pepper. Stir until mixture is creamy, about 2 to 3 minutes. Serve immediately.

Oriental Asparagus Salad

Ingredients

1 pound asparagus, cut into 2-inch pieces
2 tablespoons soy sauce
1 tablespoon vegetable oil
1 tablespoon vinegar
1 1/2 teaspoons sugar
1 teaspoon sesame seeds, toasted
1/4 teaspoon ground ginger
1/4 teaspoon ground cumin

Directions

In a saucepan, cook the asparagus in a small amount of water until crisp-tender, about 3-4 minutes. Drain well and place in a large bowl.

Combine the soy sauce, oil, vinegar, sugar, sesame seeds, ginger and cumin; pour over asparagus and toss to coat. Cover and chill for 1 hour. Drain before serving.

Asian Asparagus Salad with Pecans

Ingredients

2 pounds fresh asparagus,
trimmed
1/4 cup rice vinegar
1/4 cup soy sauce
2 tablespoons vegetable oil
2 teaspoons sugar
salt and pepper to taste
1/2 cup chopped pecans
1 tablespoon chopped green
onions

Directions

Bring a medium saucepan of water to a boil, and cook the asparagus until tender but crisp. Drain, and briefly immerse in cold water.

In a large, resealable plastic bag, mix the rice vinegar, soy sauce, vegetable oil, sugar, salt, and pepper. Seal the asparagus in the bag. Marinate 24 hours in the refrigerator. Sprinkle the marinated asparagus with pecans and green onion to serve.

Chicken and Vegetables Soup

Ingredients

1 whole onion, peeled
6 chicken drumsticks
1/2 teaspoon salt
1/3 head cauliflower, chopped
1 pound Brussels sprouts,
trimmed and chopped
1/2 pound baby carrots, chopped
1 pound fresh asparagus spears,
trimmed and chopped
1 (32 ounce) package fat-free
chicken broth
1/2 teaspoon garlic powder
1 teaspoon salt-free seasoning
blend
1/4 cup uncooked long grain
white rice
1 bunch fresh dill weed

Directions

Place the onion and chicken in a pot with enough cold water to cover. Season with salt, and bring to a boil. Cook 30 minutes, or until the chicken meat is easily removed from the bone. Remove chicken from the pot, reserving water. Discard the onion. Pull all the meat from the bones, chop, and return to pot. Discard bones.

Place the cauliflower, Brussels sprouts, baby carrots, and asparagus in the pot. Pour in the chicken broth. Season with garlic powder and salt-free seasoning blend. Bring to a boil, reduce heat to low, and simmer 40 minutes.

Stir the rice into the pot. Continue cooking 20 minutes, or until rice is tender. Mix dill into the soup 5 minutes before serving.

Cream Of Asparagus Soup

Ingredients

3 medium leeks (white part only),
chopped
3 tablespoons butter or stick
margarine
4 cups chicken broth
1 1/2 pounds fresh asparagus,
trimmed and cut into 1 inch pieces
2 cups diced peeled potatoes
1/8 teaspoon white pepper
1/2 cup 2% milk
1 tablespoon minced fresh parsley

Directions

In a large saucepan, saute the leeks in butter. Add broth, asparagus, potatoes and pepper. Bring to a boil. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender.

In a blender, process soup in batches until smooth; return to the pan. Add milk; cook over low heat until heated through. Sprinkle with parsley.

Parchment Salmon Packages with Asparagus

Ingredients

1/4 cup mayonnaise
2 tablespoons whole grain Dijon mustard
2 tablespoons chopped fresh dill
2 tablespoons chopped fresh tarragon
1 teaspoon lemon juice
1 teaspoon finely grated lemon zest
1 teaspoon minced garlic
1/2 teaspoon soy sauce
Hot pepper sauce to taste
Salt and white pepper to taste
2 (5 ounce) wild salmon fillets
8 slender asparagus spears, trimmed
1 teaspoon vegetable oil
4 lemon wedges for garnish

Directions

Preheat oven to 400 degrees F (200 degrees C).

Stir together mayonnaise, mustard, dill, tarragon, lemon juice, lemon zest, garlic, and soy sauce; season to taste with hot sauce, and salt and pepper. Sprinkle the salmon fillets with salt and pepper, then spread on all sides with the mayonnaise mixture; set aside.

Cut two 12 to 14-inch squares from a roll of parchment paper. Fold each piece in half along the longer side and cut a half-heart shape away from the fold, just like you did in elementary school to make valentines. Open the paper hearts and smear the top-side of each sheet with a little vegetable oil, and place 4 asparagus spears onto one side. Place the salmon, skin-side down, on top of the asparagus spears.

Fold the parchment paper over the salmon (like closing a book). Roll the edges inwards to seal, leaving you with a secure packet. Place the packets onto a baking sheet.

Bake in preheated oven until the parchment has turned golden brown and a kitchen thermometer inserted into the salmon reaches 125 degrees F (52 degrees C), 6 to 10 minutes.

To serve, place unopened packets onto dinner plates accompanied by the lemon wedges. Use kitchen shears to snip open the packets at the dinner table, to release the aroma the moment before eating!

Roasted Asparagus and Yellow Pepper Salad

Ingredients

1 1/2 pounds fresh asparagus,
trimmed and cut into thirds
2 medium yellow bell peppers,
seeded and diced
1/4 cup olive oil
1 large red onion, cut into strips
1/4 cup toasted almond slices
1/2 cup grated Parmesan cheese

1/2 cup olive oil
3 tablespoons Dijon mustard
3 cloves garlic, minced
2 teaspoons lime juice
2 teaspoons sugar
1 teaspoon hot sauce
salad seasoning mix to taste

Directions

Preheat oven to 400 degrees F (200 degrees C). Arrange the asparagus spears and bell peppers in a single layer on the baking sheet, and drizzle or mist with 1/4 cup of olive oil.

Roast 8 to 10 minutes in the preheated oven, or until tender, turning occasionally to prevent burning. Remove from heat, and cool completely.

In a bowl, toss together the asparagus, bell peppers, onion, almond slices, and Parmesan cheese.

In a separate bowl, mix the 1/2 cup olive oil, Dijon mustard, garlic, lime juice, sugar, hot sauce, and salad seasoning. Pour over the salad, and toss to coat.

Sour Cream and Horseradish Asparagus

Ingredients

1 pound asparagus spears, ends trimmed
1 1/2 cups sour cream
1 1/2 tablespoons prepared horseradish
1 teaspoon garlic salt
1 1/2 tablespoons butter, melted
1/2 cup dry bread crumbs

Directions

In a large covered pot, steam asparagus 3 to 4 minutes, or until tender but still bright green. Remove from the pot and arrange in a single layer in a 9x13 inch pan.

In a medium bowl, mix together sour cream, horseradish, and garlic salt; spoon over asparagus. In a small bowl, stir together the melted butter and bread crumbs; sprinkle over the asparagus.

Preheat the oven's broiler and adjust the oven rack so that it is about 3 inches from the heat source.

Broil asparagus 1 to 2 minutes, until the topping is toasted, taking care to watch closely to prevent over browning.

Seafood and Asparagus with Linguine

Ingredients

1/2 pound uncooked linguine
2 tablespoons olive oil
2 cups sliced fresh mushrooms
1 cup dry white wine
1/2 pound medium shrimp, peeled and deveined
1 pound steamer clams in shell, scrubbed
1 pound asparagus, trimmed and cut into 2-inch pieces
1/2 pound bay scallops
1/3 cup freshly grated Parmesan cheese

Directions

Fill a large pot with lightly salted water and bring to a boil. Stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until cooked through, but still firm to the bite, about 11 minutes. Drain well in a colander; cover and keep warm.

Heat the olive oil over medium heat in a large pot with a cover that will hold a steamer basket. Add the mushrooms; stir and cook for 3 minutes. Pour in the wine and bring to a boil; add the shrimp.

Put the clams and asparagus into the steamer basket and place the basket into the pot over the shrimp and mushrooms. Cover and steam for 2 minutes. Lift the steamer basket and add the scallops to the shrimp and mushrooms. Cover and continue to steam until clam shells open and seafood is cooked, about 4 minutes.

Tip the clams and asparagus into the pot and combine with the shrimp and scallops. To serve, ladle seafood over the cooked linguine and sprinkle with grated Parmesan cheese.

Penne Pasta with Veggies

Ingredients

1 pound penne pasta
2 tablespoons olive oil
1/2 pound asparagus, trimmed
and cut into 1 inch pieces
1 cup fresh broccoli florets
1 cup chopped red bell pepper
1 cup chopped zucchini
3/4 cup butter
2 tablespoons minced garlic
5 ounces prosciutto, diced
2 cups sun-dried tomatoes,
packed in oil
8 ounces grated Parmesan
cheese

Directions

Preheat oven to 375 degrees F (190 degrees C).

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Toss with olive oil.

In a large skillet over medium-high heat, roast asparagus, broccoli, bell pepper and zucchini until flecked with dark brown. Set aside.

In a large skillet over medium heat, melt butter. Saute garlic with prosciutto and sun-dried tomatoes until heated through. Toss with penne, roasted vegetables and Parmesan. Place in a 9x13 inch baking dish.

Bake in preheated oven 30 to 40 minutes, until hot.

Special Spring Vegetable Mix

Ingredients

2 tablespoons butter
1 cup frozen pearl onions
3 cups fresh asparagus, cut into 1-inch pieces
1 cup fresh carrots, peeled and cut into 1/4-inch coins
1 cup fresh snow peas, stemmed
1 cup frozen artichokes
1/2 teaspoon salt
1 cup frozen green peas
1/2 cup thinly sliced green scallion tops (snipping with scissors works well)
Black pepper, to taste

Directions

Heat butter in a large, deep saute pan over medium-high heat. Carefully add pearl onions; saute until golden brown, about 5 minutes. Remove pan from heat. (Can be prepared to this point a couple of hours ahead.)

Add asparagus, carrots, snow peas, artichokes, salt and 1/2 cup water to pan. Return to high heat; cover and cook until vegetables start to steam. Steam, covered, until almost tender, about 5 minutes. Add peas; continue to steam until vegetables are just tender, about 1 minute longer. Stir in scallion tops, and season with pepper and more salt, if necessary. Serve immediately.

Pan-Fried Asparagus

Ingredients

1/4 cup butter
2 tablespoons olive oil
1 teaspoon coarse salt
1/4 teaspoon ground black pepper
3 cloves garlic, minced
1 pound fresh asparagus spears, trimmed

Directions

Melt butter in a skillet over medium-high heat. Stir in the olive oil, salt, and pepper. Cook garlic in butter for a minute, but do not brown. Add asparagus, and cook for 10 minutes, turning asparagus to ensure even cooking.

Asparagus with Orange-Cream Sauce and

Ingredients

2 1/2 pounds fresh asparagus
4 tablespoons butter
3 tablespoons all-purpose flour
2 cups heavy cream
salt to taste
ground white pepper to taste
1 large orange - peeled,
sectioned, and cut into large
pieces
1/2 cup chopped cashews
finely grated orange zest for
garnish

Directions

Place asparagus in a steamer over 1 inch of boiling water. Cover and cook until tender but still firm, about 2 to 4 minutes. Drain, and set aside.

Melt butter in a small saucepan over low heat. Stir in flour and cook for about 2 minutes, stirring constantly. Gradually whisk in cream and cook for about 5 minutes, stirring constantly, or until lightly thickened. Season to taste with salt and white pepper. Remove from heat, and stir in orange pieces.

Arrange asparagus on a serving platter, and season lightly with salt. Pour cream sauce over asparagus, and sprinkle with chopped cashews and orange zest. Serve immediately.

Stir Fried Asparagus

Ingredients

1 tablespoon butter
1/4 sweet onion, chopped
1 pound fresh asparagus, trimmed
1 teaspoon chopped roasted
garlic
2 teaspoons teriyaki sauce

Directions

Melt butter in a large skillet over medium heat. Saute onions until tender. Stir in asparagus and garlic; saute for 3 to 5 minutes, or until slightly cooked and heated through.

Drizzle with teriyaki sauce and serve immediately.

Creamy Citrus-Chive Asparagus

Ingredients

2 pounds fresh asparagus spears, trimmed
1 tablespoon water
1/4 cup fat-free reduced-sodium chicken broth
1/2 cup PHILADELPHIA Chive & Onion Cream Cheese Spread
1/2 teaspoon lemon zest

Directions

Place asparagus in microwaveable casserole. Add water; cover with waxed paper. Microwave on HIGH 4 to 5 min. or until asparagus is crisp-tender.

Meanwhile, heat broth in small saucepan. Add cream cheese spread; cook until cream cheese is melted and sauce is slightly thickened, stirring constantly. Stir in zest.

Drain asparagus; top with sauce.

Chicken and Asparagus Bake

Ingredients

1 medium onion, chopped
1/4 cup butter or margarine
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 (8 ounce) can mushroom stems and pieces, drained
1 (5 ounce) can evaporated milk
2 tablespoons chopped pimientos
2 teaspoons soy sauce
1/2 teaspoon pepper
1/4 teaspoon hot pepper sauce
2 cups shredded Cheddar cheese
5 cups cubed cooked chicken
1 (10 ounce) package frozen cut asparagus, thawed
3 tablespoons chopped almonds

Directions

In a large saucepan, saute onion in butter until tender. Stir in the soup, mushrooms, milk, pimientos, soy sauce, pepper and pepper sauce. Stir in cheese until melted.

In a greased shallow 2-1/2-qt. baking dish, layer half of the chicken, asparagus and cheese sauce. Repeat layers. Sprinkle with almonds. Bake, uncovered, at 350 degrees F for 25-30 minutes or until bubbly.

Rabbit Loin Cigars

Ingredients

2 teaspoons vegetable oil
1 cup morel mushrooms
1 teaspoon minced shallot
salt and pepper to taste
1/4 sheet frozen puff pastry,
thawed
3 spears white asparagus,
trimmed
1/2 cup beef or veal demiglace
1 tablespoon butter
6 ounces rabbit loin
1 egg yolk, beaten

Directions

Preheat the oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper.

Heat the oil in a small skillet over medium-high heat. Add the mushrooms, shallot, salt, and pepper. Cook and stir until the mushrooms break down into a paste, 5 to 10 minutes. Remove from the heat and allow to cool slightly.

Lay the sheet of puff pastry out on a clean work surface and roll out to fit the length of your rabbit loin. Spread the mushroom paste over the surface. Place the rabbit loin on the center and arrange the asparagus alongside the rabbit. Roll the pastry around the rabbit and asparagus into a tight closed cylinder, pinching the ends to seal. Place on prepared baking sheet, and brush the top of the pastry with egg yolk.

Bake in preheated oven until the pastry is a deep golden brown, for 10 to 13 minutes. Remove from the oven and let rest for 5 minutes. The meat should reach an internal temperature of at least 145 degrees F (65 degrees C).

While the rabbit is cooking, heat the demiglace in a small skillet over medium heat. When melted and hot, stir in the butter until melted and remove from the heat.

To serve, cut the pastry in half crosswise, and set in the center of a serving plate. Drizzle the sauce around the plate.

Chicken Penne with Asparagus, Sun-dried

Ingredients

1 (12 ounce) package uncooked penne pasta
2 tablespoons olive oil
2 cups cooked, shredded chicken
salt and black pepper to taste
1 pinch garlic salt, or to taste
2 tablespoons minced garlic
1 small onion, diced
1 bunch fresh asparagus, trimmed and cut into 2-inch pieces
3 ounces chopped sun-dried tomatoes (not oil-packed)
2/3 cup reduced-sodium beef broth
1 (14 ounce) can artichoke hearts, drained and quartered
2 tablespoons butter
1 tablespoon grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a rolling boil. Cook the penne pasta uncovered in the boiling water, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain, set aside, and keep warm.

Heat the olive oil in a large skillet over medium-high heat; add the chicken to the skillet and season with salt, pepper, and garlic salt. Cook and stir for about 2 minutes; remove the chicken and set aside. Cook and the garlic and onion in the oil remaining in the skillet until the onion becomes translucent, about 3 minutes. Stir in the asparagus, sun-dried tomatoes, and beef broth; reduce heat to medium-low. Cook until the asparagus is bright green and starting to become tender, about 5 minutes. Return the chicken to the skillet and stir in the artichoke hearts. Cook and stir until hot, about 3 minutes.

Gently fold the pasta into the chicken and vegetables, cover the skillet, and turn off the heat. Allow the mixture to sit until the pasta has absorbed any excess broth, about 5 minutes. Mix butter into the pasta mixture until butter melts and coats the pasta; sprinkle with Parmesan cheese to serve.

Jap Chae Korean Glass Noodles

Ingredients

1/2 pound Korean dang myun noodles
1 teaspoon sesame oil
2 tablespoons soy sauce
2 teaspoons white sugar
1 tablespoon vegetable oil
2 cloves garlic, minced
3/4 cup thinly sliced onions
2 carrots, cut into match-stick size pieces
1/2 pound asparagus, thinly sliced
3 green onions cut into 1-inch pieces
1/2 cup dried shiitake mushrooms, soaked until soft, then sliced into strips
1 tablespoon sesame seeds
1 1/2 teaspoons sesame oil

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the dang myun noodles, and return to a boil. Cook the noodles uncovered, stirring occasionally, until the noodles have cooked through, but are still firm to the bite, 4 to 5 minutes. Rinse with cold water and drain well in a colander set in the sink. Toss noodles with 1 teaspoon of sesame oil. Set aside. Whisk soy sauce and sugar in a small bowl. Set aside.

Heat the vegetable oil in a skillet over medium-high heat. Stir in the garlic, onion, carrots, and asparagus; cook and stir until the vegetables have softened, about 5 minutes. Stir in green onions and shiitake mushrooms and continue cooking and stirring for 30 seconds. Pour in the soy sauce mixture, then add the noodles. Cook and stir until the noodles are warmed through, 2 to 3 minutes. Remove from heat and toss with sesame seeds and the remaining 1 1/2 teaspoon of sesame oil.

Asparagus with Tomatoes

Ingredients

1 pound thin asparagus spears,
trimmed and cut in half
1 tablespoon extra-virgin olive oil
2 teaspoons minced garlic
1 large tomato, seeded and
chopped
1 pinch salt and pepper to taste

Directions

Place the asparagus in a large skillet and fill with about 1 inch of water. Cover the pan and set over high heat. When the water comes to a boil, cook for 2 minutes or until the asparagus is bright green and almost tender.

In a separate skillet, heat the oil over medium heat. Add the garlic; cook and stir for 1 minute. Add the tomato to the skillet and cook for about 1 minute or until heated through. Season with salt and pepper. Add asparagus to the pan and cook for about 2 minutes, until hot.

Asparagus Florentine

Ingredients

2 1/2 pounds fresh asparagus, trimmed and cut into 1 inch pieces
1 medium onion, chopped
1 garlic clove, minced
1/4 cup butter
1 (10.75 ounce) can condensed cream of celery soup, undiluted
1/2 cup water
3 egg yolks
1 tablespoon Worcestershire sauce
1/8 teaspoon ground mustard
Dash pepper
2 tablespoons lemon juice
1 (8 ounce) package cream cheese, cubed
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry

Directions

Place asparagus in a saucepan with a small amount of water; bring to a boil. Reduce heat; cover and simmer for 3-5 minutes or until crisp-tender. Drain and set aside. In a large saucepan, saute onion and garlic in butter until tender.

In a bowl, whisk together the soup, water, egg yolks, Worcestershire sauce, mustard and pepper. Whisk in lemon juice. Add to onion mixture. Add cream cheese. Cook and stir over low heat until cheese is melted. Stir in spinach and asparagus; heat through.

Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 325 degrees F for 30-35 minutes or until a thermometer reads 160 degrees F. Let stand for 5 minutes before serving.

Chicken Marsala with Pasta

Ingredients

1 1/4 pounds boneless, skinless chicken breasts
4 tablespoons I Can't Believe It's Not Butter!B® Spread, divided
1 (10 ounce) package mushrooms, sliced
1/3 cup dry Marsala wine or beef broth
1/4 cup water
1 (4.5 ounce) package KnorrB® Pasta Sidesв,ŷ - Butter
1 (7.5 ounce) box frozen asparagus spears, thawed and halved

Directions

Season chicken, if desired, with salt and ground black pepper. Melt 1 tablespoon spread in 12-inch nonstick skillet over medium-high heat and cook chicken, turning once, 8 minutes or until chicken is thoroughly cooked. Remove chicken and keep warm.

Melt 1 tablespoon spread in same skillet and cook mushrooms, stirring occasionally, 6 minutes or until golden. Add wine. Bring to a boil over high heat. Cook 1 minute, scraping up brown bits from bottom of skillet. Reduce heat to low. Stir in remaining 2 tablespoon spread and water until spread is melted. Add chicken; turn to coat.

Meanwhile, prepare KnorrB® Pasta Sidesв,ŷ - Butter according to package directions, adding asparagus during the last 3 minutes of cook time. Serve chicken over Pasta with Mushroom Sauce.

Asparagus Frittata

Ingredients

1 cup water
2/3 pound fresh asparagus,
trimmed and cut into 1 inch pieces
1 medium onion, chopped
2 teaspoons olive oil
2 tablespoons minced fresh
parsley
1 1/2 cups egg substitute
5 tablespoons shredded
Parmesan cheese, divided
1/4 teaspoon salt
1/8 teaspoon pepper
1/4 cup shredded reduced-fat
Cheddar cheese

Directions

In a small saucepan, bring water to a boil. Add asparagus; cover and boil for 3 minutes. Drain and immediately place asparagus in ice water; drain and pat dry. In a 10-in. ovenproof skillet, saute onion in oil until tender. Add parsley and asparagus; toss to coat.

In a small bowl, combine the egg substitute, 3 tablespoons Parmesan cheese, salt and pepper. Pour over the asparagus mixture; cover and cook over medium heat for 8-10 minutes or until eggs are nearly set. Sprinkle with remaining Parmesan. Place uncovered skillet in the broiler, 6 in. from the heat, for 2 minutes or until eggs are set. Sprinkle with cheddar cheese. Cut into quarters. Serve immediately.

Asparagus-Lover's Stir-Fry

Ingredients

4 tablespoons cooking oil, divided
1 cup sliced celery
4 cups fresh asparagus pieces
1/2 cup sliced green onions
4 skinless, boneless chicken breast halves - cut into 1 inch strips
2 teaspoons grated orange peel
1 garlic clove, minced
1/2 cup water
2 tablespoons orange juice concentrate
4 teaspoons cornstarch
1/2 cup sliced almonds
Hot cooked rice

Directions

In a large skillet or wok, heat 2 tablespoons oil. Stir-fry celery over medium-high heat for 1 minute. Add asparagus and onions; stir-fry for 3-5 minutes or until asparagus is crisp-tender. Transfer to a bowl; set aside. Add remaining oil to the skillet. Stir-fry chicken, orange peel and garlic for 3-4 minutes or until chicken juices run clear. Combine water, soy sauce, orange juice, concentrate and cornstarch; add to skillet along with reserved vegetables. Cook and stir for 3 minutes or until sauce is thickened and vegetables are heated through. Stir in almonds. Serve over rice.

Asparagus Parmesan

Ingredients

1 tablespoon butter
1/4 cup olive oil
1 pound fresh asparagus spears,
trimmed
3/4 cup grated Parmesan cheese
salt and pepper to taste

Directions

Melt butter with olive oil in a large skillet over medium heat. Add asparagus spears, and cook, stirring occasionally for about 10 minutes, or to desired firmness. Drain off excess oil, and sprinkle with Parmesan cheese, salt and pepper.

Chicken and Asparagus in Cream Soup

Ingredients

5 skinless, boneless chicken breast halves
20 spears fresh asparagus, trimmed, or as needed
2 (10.75 ounce) cans cream of asparagus soup
1 1/2 cups milk
Italian seasoned bread crumbs

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish. Place the chicken breasts into the prepared baking dish.

Bake in the preheated oven until the chicken is cooked through and no longer pink in the center, about 30 minutes.

While the chicken is baking, bring a saucepan of lightly salted water to a boil, and simmer the asparagus spears until bright green, about 5 minutes. Remove the asparagus and set aside. Mix together the soup and milk in a bowl until well blended. Remove the chicken from the baking dish and set aside. Line the bottom of the dish with asparagus spears, arrange the chicken on top, and pour the soup mixture over the chicken. Sprinkle the top with bread crumbs.

Return to oven and bake until the casserole is hot and bubbling, an additional 25 minutes.

Impossible Garden Pie

Ingredients

2 cups fresh asparagus, cut into 1-inch pieces
1 1/2 cups chopped fresh tomatoes
1 medium onion, chopped
1 garlic clove, minced
1/4 teaspoon dried basil
1/4 teaspoon salt
1/4 teaspoon pepper
1 cup shredded part-skim mozzarella cheese
1/2 cup grated Parmesan cheese
3/4 cup reduced-fat biscuit/baking mix
3 eggs
1 1/2 cups fat-free milk

Directions

In a bowl, combine the first seven ingredients. Transfer to an 8-in. square baking dish coated with nonstick cooking spray. Sprinkle with cheese. In another bowl, whisk the biscuit mix, eggs and milk until smooth; pour over cheese. Bake, uncovered, at 400 degrees F for 30-35 minutes or until set and a thermometer inserted near the center reads 160 degrees F. Let stand for 5 minutes before cutting.

Fresh Asparagus and Chicken Casserole

Ingredients

1 (8 ounce) package egg noodles
1 1/3 tablespoons olive oil
1 onion, chopped
1 cup chopped, cooked chicken meat
1 red bell pepper, chopped
2 stalks celery, chopped
1 cup chicken stock
1 1/2 cups sour cream
1/2 teaspoon dried oregano
1 pound fresh asparagus, trimmed and cut into 2 inch pieces
8 tablespoons grated Parmesan cheese, divided

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 1 1/2 quart casserole dish.

Cook noodles in a large pot of boiling water for 5 minutes, or until almost tender. Drain, and rinse under cold water.

Heat the olive oil in a heavy skillet over medium heat. Cook onion for 4 to 5 minutes, stirring frequently. Add chicken, red bell pepper, celery, and chicken stock. Bring to a boil, and simmer for 5 minutes. Stir in sour cream and oregano.

Spread half of the chicken mixture into the prepared dish. Arrange asparagus over chicken, spread cooked noodles evenly over asparagus, and top with the remaining chicken mixture. Sprinkle with Parmesan cheese.

Bake 30 minutes in the preheated oven, until lightly brown.

Mom's Creamy Asparagus Spread

Ingredients

1 (15 ounce) can asparagus tips, drained
1 (8 ounce) package cream cheese, softened
1/2 cup finely chopped almonds
3 tablespoons mayonnaise
1 teaspoon finely minced onion

Directions

Mash asparagus in bowl; pour off any remaining liquid. Mix in the cream cheese, almonds, mayonnaise, and onion until thoroughly blended. Cover, and refrigerate until serving.

Asparagus Tossed Salad

Ingredients

2 medium carrots, sliced
1 pound fresh asparagus, cut into 1-inch pieces
8 cups torn Bibb lettuce
ORANGE GINGER VINAIGRETTE:
1/4 cup orange juice
4 1/2 teaspoons olive or canola oil
1 tablespoon white wine vinegar or cider vinegar
1 tablespoon honey
1/2 teaspoon Dijon mustard
1/4 teaspoon ground ginger
1/4 teaspoon grated orange peel
1/8 teaspoon salt

Directions

In a large saucepan, bring 4 cups of water to a boil for 1 minute. Add asparagus; cover and boil 3 minutes longer. Drain and immediately place vegetables in ice water; drain and pat dry. In a salad bowl, combine lettuce, carrots and asparagus. In a jar with a tight-fitting lid, combine the vinaigrette ingredients; shake well. Drizzle over salad and toss to coat. Serve immediately.

Asparagus and Tomato Salad with Yogurt-Cheese

Ingredients

1 (10 ounce) package frozen cut asparagus, thawed
1 tomato, chopped
2 tablespoons thinly sliced green onion
3 tablespoons nonfat plain yogurt
1 tablespoon grated Parmesan cheese
1 teaspoon prepared mustard
10 leaves lettuce

Directions

Thaw frozen asparagus and drain well. In a medium bowl, combine the asparagus, tomatoes, onions and set aside.

In a small bowl, whisk together the yogurt, cheese and mustard. Add to the vegetable mixture and toss until well coated. To serve, line salad plates with romaine lettuce leaves and spoon salad on top.

Glazed Fish with Roasted Asparagus and Cherry

Ingredients

1 1/2 tablespoons olive oil
1 cup cherry tomatoes, halved lengthwise
1 pound asparagus, trimmed
Salt and pepper as needed
1 teaspoon sesame oil
1 1/2 pounds white fish such as cod, tilapia or haddock, cut into serving portions
1 1/2 cups VH® Pad Thai Sauce

Directions

Place asparagus and cherry tomatoes on a baking sheet. Toss in olive oil and season with salt and pepper.

Place on middle rack of oven and broil on high for 3 minutes. Shake pan and continue to broil for 5 minutes longer or until the vegetables are tender. Set aside.

Heat oven to 400 degrees F (205 degrees C). Place fish in glass baking dish and cover with VH® Pad Thai sauce. Bake in oven for 15 minutes or until fish flakes easily. During the last five minutes place asparagus and tomatoes back in oven to heat through.

Poached Eggs and Asparagus

Ingredients

4 eggs
1 cube chicken bouillon (optional)
1 pound fresh asparagus, trimmed
4 slices whole wheat bread
4 slices Cheddar cheese
1 tablespoon butter
salt and pepper to taste

Directions

Fill a saucepan half way full of water. Bring to a boil and stir in the bouillon cube until dissolved. Crack one egg into a measuring cup or large spoon and gently slip it into the boiling water. Repeat with remaining eggs. Simmer for about 5 minutes over medium heat. Remove with a slotted spoon and keep warm

Meanwhile, Place the asparagus into a saucepan and fill with enough water to cover. Bring to a boil, and cook until asparagus is tender, about 4 minutes. Drain.

Toast the bread to your desired darkness. Spread butter onto each piece of toast. Top with a slice of cheese, then a poached egg and finally, asparagus. Season with salt and pepper and serve immediately.

Thanksgiving Asparagus Casserole

Ingredients

3 tablespoons butter
3 tablespoons all-purpose flour
1 cup milk
1 cup shredded sharp New York Cheddar cheese
1/2 teaspoon salt
1 pinch ground black pepper
2 (14.5 ounce) cans asparagus spears, drained
1 (2.25 ounce) package blanched slivered almonds

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 8x8 inch baking dish.

Melt the butter in a saucepan over medium-low heat. Whisk in the flour, and stir until the mixture becomes paste-like and light golden brown, about 5 minutes. Gradually whisk the milk into the flour mixture, and bring to a simmer over medium heat. Cook and stir until the mixture is thick and smooth, 10 to 15 minutes. Remove from the heat, and whisk in the Cheddar cheese until melted. Season with salt and pepper.

Line the prepared baking dish with half of the asparagus spears. Pour in half of the cheese sauce, top with the remaining asparagus spears, then pour on the remaining sauce. Sprinkle with the slivered almonds.

Bake in the preheated oven until the asparagus is hot and the sauce is golden brown on top, about 20 minutes.

Salmon and Asparagus in Phyllo

Ingredients

4 cups water
12 asparagus spears, trimmed
and cut in half
4 ounces reduced fat cream
cheese
2 tablespoons egg substitute
1 tablespoon finely chopped onion
1 teaspoon dried tarragon
1/4 teaspoon salt
1/4 teaspoon pepper
8 sheets phyllo dough
4 (4 ounce) salmon fillets

Directions

In a large saucepan, bring water to a boil; add asparagus. Cook for 3 minutes or until crisp-tender. Drain and rinse under cold water; pat dry and set aside.

In a small bowl, combine the cream cheese, egg substitute, onion, tarragon, salt and pepper; set aside. Place one sheet of phyllo dough on a work surface with a short side toward the bottom; spray with nonstick cooking spray. Repeat with one more sheet of phyllo. Keep remaining phyllo covered with plastic wrap and a damp towel to prevent drying.

Spread 2 rounded tablespoons of the cream cheese mixture over the bottom third of the rectangle to about the size of a salmon fillet. Top with six asparagus halves and one salmon fillet. Fold sides and bottom edge over fillet and roll up to enclose salmon; trim end of phyllo if necessary. Spray with nonstick cooking spray.

Place seam side down on an ungreased baking sheet. Repeat with remaining ingredients. Bake at 400 degrees F for 15-20 minutes or until golden brown.

Roasted Spring Vegetable Risotto

Ingredients

1 pound asparagus, cut into 2-inch lengths
2 cups whole baby carrots cut in lengthwise quarters
6 green onions, cut into 1-inch pieces
3 medium assorted peppers (yellow, red, green), cut into 1-inch strips
2 medium zucchini or yellow squash, cut into diagonal slices
1 cup halved fresh medium mushrooms
2 teaspoons chopped fresh rosemary leaves
3 1/2 cups Swanson® Vegetable Broth
1 tablespoon olive oil
1 1/3 cups uncooked Arborio rice
1/2 cup grated Parmesan cheese

Directions

Preheat oven to 425 degrees F. Spray 17x11-inch roasting pan with cooking spray.

Mix asparagus, carrots, onions, peppers, squash, mushrooms, rosemary and 1/4 cup broth in prepared pan.

Roast 20 minutes or until done, stirring once. Prepare risotto while the vegetables are roasting.

Heat oil in saucepot. Add rice. Cook and stir for 2 minutes. Add 1/2 cup broth and cook until broth is absorbed. Add remaining broth, 1/2 cup at a time, stirring until all broth is absorbed before adding more. (Total cooking time: 25 minutes)

Add vegetables and cheese. Heat through. Serve immediately.

Easter Deja Vu

Ingredients

4 cups ground ham
1/3 cup evaporated milk
5 hard-cooked eggs, peeled
3 leaves spinach
5 small spears asparagus
3 green onions
salt and pepper to taste
1 (15 ounce) can cream of asparagus soup

Directions

Mix the ground ham with the 1/3 cup evaporated milk; place these ingredients in a plastic bag and mix until just blended (don't over mix this).

Lay plastic wrap or wax paper on a flat surface. Place meat on top of the plastic wrap and pat it out to a very thin oblong shape, approximately 12x14 inches. Fix any holes or openings in the meat. It should be about as thin as a taco shell. Salt and pepper lightly. Lay the spinach leaves on the flat crust leaving a 1/4 inch border clear on the edges.

Preheat oven to 350 degrees F (175 degrees C).

Arrange eggs, touching end to end, on one end of the crust. Arrange the onion stalks and asparagus to the side of eggs. Keep all of the food just inside of the spinach leaves (not into the border). Salt and pepper lightly.

Slowly roll the meat and contents jelly roll fashion. Seal or press the meat onto itself at the end. Use the plastic wrap to lift into a bread size loaf pan, seam-side down. Down the center of the ham roll, spread the contents of the asparagus soup, undiluted. Heaping dollops on top.

Bake in a preheated 350 degrees F (175 degrees C) oven for 1 hour.

Asparagus Soup in Seconds

Ingredients

1 (15 ounce) can asparagus
1 (14.5 ounce) can chicken broth
1/2 cup milk (optional)
1 tablespoon butter (optional)
salt and pepper to taste

Directions

Blend the asparagus, with liquid, in a blender or food processor until completely smooth.

Heat asparagus and chicken broth together in a medium saucepan over medium heat. Stir in milk, if using, and bring to a low simmer. Stir in butter to finish, if using, and season to taste with salt and pepper.

Roasted Asparagus and Mushrooms

Ingredients

1 bunch fresh asparagus, trimmed
1/2 pound fresh mushrooms,
quartered
2 sprigs fresh rosemary, minced
2 teaspoons olive oil
kosher salt to taste
freshly ground black pepper to
taste

Directions

Preheat oven to 450 degrees F (230 degrees C). Lightly spray a cookie sheet with vegetable cooking spray.

Place the asparagus and mushrooms in a bowl. Drizzle with the olive oil, then season with rosemary, salt, and pepper; toss well. Lay the asparagus out on the prepared pan in an even layer. Roast in the preheated oven until the asparagus is tender, about 15 minutes.

Roasted Asparagus and Garlic

Ingredients

12 cloves garlic
2 tablespoons olive oil
1/4 cup white wine
3 cups diagonally sliced
asparagus
6 sprigs fresh thyme

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Tear off 6 large pieces of foil. Divide garlic, olive oil, wine, asparagus, and thyme and arrange them on each piece of foil. Fold over each foil packet to seal. Place the packets on a baking sheet and roast for 20 to 25 minutes until the asparagus is tender, but still a little crisp. Carefully open packets and serve asparagus with juices poured on top.

Asparagus Supreme

Ingredients

3 cups cooked rice
1 teaspoon salt, divided
3/4 teaspoon pepper, divided
1 (12 ounce) package frozen cut asparagus, thawed and drained
4 skinless, boneless chicken breast halves - cut into 1 inch strips
1/4 cup cooking oil
1 cup sliced fresh mushrooms
6 green onions, chopped
1/4 cup chopped sweet red pepper
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1/2 cup mayonnaise
2 teaspoons lemon juice
1 teaspoon salt-free seasoning blend
1/2 cup shredded Cheddar cheese

Directions

Spread rice in a greased 11-in. x 7-in. x 2-in. baking dish. Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cover with asparagus. Sprinkle chicken with remaining salt and pepper. In a large skillet, cook chicken in oil over medium-high heat until browned on all sides. With a slotted spoon, remove chicken and place over asparagus. Add mushrooms, onions and red pepper to skillet; saute until tender. Spoon over chicken. Combine soup, mayonnaise, lemon juice and seasoning blend; spread over vegetables. Sprinkle with cheese. Cover and bake at 350 degrees F for 40-45 minutes.

Pasta with Mock Creamy Tomato Sauce

Ingredients

16 ounces colored rotini pasta
1 (16 ounce) jar roasted red bell peppers
9 ounces low-fat, firm silken tofu
1 1/2 tablespoons tomato paste
2 cups vegetable broth
1 tablespoon balsamic vinegar
1 teaspoon Italian seasoning
1/2 onion, chopped
10 spears asparagus, sliced diagonally
8 ounces fresh mushrooms, sliced
1 teaspoon minced garlic
1 (16 ounce) can diced tomatoes
1/2 teaspoon hot chile paste (optional)
ground black pepper to taste
2 tablespoons grated Parmesan cheese

Directions

In a large pot with boiling salted water, cook pasta until al dente. Drain well.

Meanwhile, in a blender or food processor puree roasted red and yellow peppers, tofu, tomato paste, vegetable broth, balsamic vinegar, and Italian seasoning. Set aside.

Coat a medium saute pan with cooking spray. Cook onion, garlic, and asparagus over medium heat until tender, about 5 minutes. Add water if necessary to prevent sticking. Stir in mushrooms; cook 3 to 5 minutes, or until mushrooms are tender and soft. Stir in tofu sauce, tomatoes, black pepper. Add hot chili paste, if desired. Reduce heat to low, and heat through.

Toss pasta with sauce, and serve with Parmesan cheese.

Asparagus Casserole II

Ingredients

WHITE SAUCE

2 teaspoons butter
4 tablespoons all-purpose flour
1 1/2 cups milk
1 teaspoon salt
1/4 teaspoon ground black pepper

CASSEROLE

1/2 cup dry bread crumbs,
browned in butter
20 asparagus tips
5 hard-cooked eggs, chopped

Directions

To Make White Sauce: Melt butter in a small skillet over medium low heat; stir in flour, then milk. Cook until thickened and season with salt and pepper.

Spread 1/2 of the browned bread crumbs in the bottom of a 9x13 inch baking dish. Add layers of asparagus and chopped egg, alternately. Pour White Sauce over all and top with remaining bread crumbs.

Bake in preheated oven for 30 minutes.

Asparagus Chicken Divan

Ingredients

1 pound skinless, boneless chicken breast halves
2 pounds fresh asparagus, trimmed
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1 teaspoon Worcestershire sauce
1/4 teaspoon ground nutmeg
1 cup grated Parmesan cheese, divided
1/2 cup whipping cream, whipped
3/4 cup mayonnaise*

Directions

Broil chicken 6 in. from the heat until juices run clear. Meanwhile, in a large skillet, bring 1/2 in. of water to a boil. Add asparagus. Reduce heat; cover and simmer for 3-5 minutes or until crisp-tender. Drain and place in a greased shallow 2-1/2-qt. baking dish. Cut chicken into thin slices.

In a bowl, combine the soup, Worcestershire sauce and nutmeg. Spread half over asparagus. Sprinkle with 1/3 cup Parmesan cheese. Top with chicken. Spread remaining soup mixture over chicken; sprinkle with 1/3 cup Parmesan cheese.

Bake, uncovered, at 400 degrees F for 20 minutes. Fold whipped cream into mayonnaise; spread over top. Sprinkle with remaining Parmesan cheese. Broil 4-6 in. from the heat for about 2 minutes or until golden brown.

Emily's Famous Roasted Vegetable Salad

Ingredients

1 eggplant - quartered lengthwise, and sliced into 1/2 inch pieces
2 small yellow squash, halved lengthwise and sliced
4 cloves garlic, peeled
1/4 cup olive oil, or as needed
1 red bell pepper, seeded and sliced into strips
1 bunch fresh asparagus, trimmed and cut into 2 inch pieces
1/2 red onion, sliced

1/4 cup red wine vinegar
2 tablespoons balsamic vinegar
1/4 cup olive oil
2 lemons, juiced
1/4 cup chopped fresh parsley
3 tablespoons chopped fresh oregano
salt and freshly ground black pepper to taste

Directions

Preheat the oven to 450 degrees F (230 degrees C). Grease a large baking sheet.

Spread the eggplant and squash slices out in an even layer on the prepared baking sheet. Place the cloves of garlic off to one side of the pan, so you can find them later. Bake for 15 minutes in the preheated oven

While the vegetables roast, whisk together the red wine vinegar, balsamic vinegar, olive oil, and lemon juice in a large serving bowl. Season with oregano, parsley, salt and pepper. Remove the garlic cloves from the oven, and chop or mash. Whisk the garlic into the dressing. Set aside.

Remove the vegetables from the oven, and stir the squash and eggplant. Layer the asparagus, red onion, and red bell pepper over the top of the eggplant and squash. Return to the oven, and bake for another 15 to 20 minutes, or until the asparagus is tender but still bright green.

When the vegetables are cooked through and slightly toasted, remove them from the oven, and place them in the bowl with the dressing. Stir to coat evenly. Taste and adjust salt and pepper if necessary. Chill for a few hours to marinate the vegetables.

Pickled Asparagus

Ingredients

30 asparagus spears
1/3 cup coarse salt
2 quarts cold water
1 2/3 cups distilled white vinegar
2/3 cup sugar
1 teaspoon coarse salt
1 teaspoon mustard seed
1 1/2 teaspoons dill seed
1 white onion, sliced into rings
1/2 teaspoon chili pepper flakes
2 sprigs fresh dill

Directions

Trim the cut end of the asparagus spears, and cut them into 3 inch lengths. Place them in a large bowl with 1/3 cup salt, and cover with water. Let stand for 2 hours. Drain and rinse under cool water, and pat dry.

Sterilize two pint size wide mouth jars in simmering water for 5 minutes.

In a saucepan over medium heat, combine the vinegar, sugar, 1 teaspoon of salt, mustard seed, dill seed and onion rings. Bring to a boil, and boil for one minute.

Pack the asparagus spears, tips up, in the hot jars leaving 1/2 of space from the rim. Tuck one dill sprig into each jar, and sprinkle in 1/4 teaspoon of red pepper flakes. Pour hot pickling liquid into the jars, filling to within 1/4 inch of the rim. Wipe rims with a clean damp cloth, and seal with lids. Process in a boiling water bath for 10 minutes.

Cool to room temperature. Check seals when cool by pressing the center of the lid. It should not move. Label and date; store in a cool dark place. If any jars have not sealed properly, refrigerate and eat within two weeks.

Asparagus-Turkey Pasta Toss

Ingredients

4 ounces uncooked angel hair pasta
1 tablespoon butter or margarine
1 tablespoon all-purpose flour
1/2 teaspoon chicken bouillon granules
1/4 teaspoon pepper
1/8 teaspoon salt
3/4 cup milk
1/4 cup shredded Swiss cheese
3 tablespoons shredded Parmesan cheese
1 cup diced, cooked turkey
10 fresh asparagus spears, cut into 1-inch pieces
1/2 cup sliced fresh mushrooms

Directions

Cook pasta according to package directions. In a saucepan, melt butter. Stir in the flour, bouillon, pepper and salt until smooth; gradually add milk. Bring to a boil; cook and stir 2 minutes or until thickened. Reduce heat; add cheeses and stir until smooth. Stir in the turkey, asparagus and mushrooms. Cook until heated through. Drain pasta and place in a serving bowl. Pour sauce mixture over pasta; toss gently to coat.

Mandarin Vegetable Medley

Ingredients

1 pound fresh asparagus, trimmed and cut into 2 inch pieces
1 (14.5 ounce) can reduced-sodium chicken broth
2 cups fresh snow peas
1 (15 ounce) can whole baby corn, drained
1 (11 ounce) can mandarin oranges, drained
1 (8 ounce) can sliced water chestnuts, drained
2 celery ribs, thinly sliced
1/2 cup finely chopped red onion
1 green onion, thinly sliced
DRESSING:
5 tablespoons lemon juice
2 tablespoons olive oil
2 tablespoons reduced-sodium soy sauce
1 tablespoon honey
1 teaspoon Dijon mustard
2 garlic cloves, minced
1 teaspoon pepper
1/2 teaspoon salt
2 teaspoons sesame seeds, toasted

Directions

In a large skillet, bring asparagus and broth to a boil. Reduce heat; cover and simmer for 3 minutes or until crisp-tender. Drain; immediately place asparagus in ice water. Drain and pat dry.

In a large bowl, combine the peas, corn, oranges, water chestnuts, celery, onions and asparagus. In a small bowl, whisk the lemon juice, oil, soy sauce, honey, mustard, garlic, pepper and salt. Pour over vegetables. Cover and refrigerate for at least 1 hour. Sprinkle with sesame seeds.

Wild Asparagus Quiche

Ingredients

CRUST:

1 cup all-purpose flour
1/2 cup vegetable shortening
1 teaspoon salt
1/4 cup ice water

FILLING:

1 1/2 cups 1% small-curd cottage cheese
2 tablespoons flour
4 eggs
2 cups low-fat milk
1 teaspoon Dijon mustard
1 dash Tabasco sauce
2 cups fresh wild asparagus, cut into 1/2 inch pieces
2/3 cup grated Swiss cheese
Paprika

Directions

For crust, combine flour, shortening and salt; mix to a "crumb" consistency. Add ice water; mix well and form dough into ball. On floured surface, roll out dough to fit 10-in. quiche pan. place dough in pan; prick bottom with fork. Bake at 350 degrees F for 15 minutes. Cool. For filling, combine in blender cheese, flour, eggs, milk, mustard and Tabasco; blend until smooth. pour into crust. Arrange asparagus evenly over filling. Sprinkle with Swiss cheese and paprika. Bake at 375 degrees F for 25 minutes or until knife comes out clean when inserted near center.

Potluck Eggs Benedict

Ingredients

1 pound fresh asparagus, trimmed
3/4 cup butter or margarine
3/4 cup all-purpose flour
4 cups milk
1 (14.5 ounce) can chicken broth
1 pound cubed fully cooked ham
1 cup shredded Cheddar cheese
8 hard-cooked eggs, quartered
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
10 biscuits, warmed

Directions

Cut asparagus into 1/2-in. pieces, using only tender parts of spears. Cook in a small amount of boiling water until tender, about 5 minutes; drain. Set aside to cool. Melt butter in a saucepan; stir in flour until smooth. Add milk and broth; bring to a boil. Cook and stir for 2 minutes. Add ham and cheese; stir until the cheese melts. Add eggs, salt, cayenne and asparagus; heat through. Serve over biscuits.

Fresh Asparagus Soup

Ingredients

1 pound fresh asparagus
3/4 cup chopped onion
1/2 cup vegetable broth
1 tablespoon butter
2 tablespoons all-purpose flour
1 teaspoon salt
1 pinch ground black pepper
1 1/4 cups vegetable broth
1 cup soy milk
1/2 cup yogurt
1 teaspoon lemon juice
1/4 cup grated Parmesan cheese

Directions

Place asparagus and onion in a saucepan with 1/2 cup vegetable broth. Bring the broth to a boil, reduce heat and let simmer until the vegetables are tender.

Reserve a few asparagus tips for garnish. Place remaining vegetable mixture in an electric blender and puree until smooth.

Melt butter in the pan that was used for simmering the asparagus and onions. Stir while sprinkling flour, salt, and pepper into the butter. Do not let the flour brown. Allow the mixture to cook only 2 minutes. Stir in remaining 1 1/4 cups vegetable broth and increase the heat. Continue stirring until the mixture comes to a boil.

Stir the vegetable puree and milk into the saucepan. Whisk yogurt into the mixture, followed by lemon juice. Stir until heated through, then ladle into bowls. Garnish with reserved asparagus tips. Sprinkle with Parmesan cheese if desired.

Asparagus with Pecans and Parm

Ingredients

1 bunch asparagus spears, ends trimmed
2 tablespoons butter
1 (8 ounce) package sliced mushrooms
1 onion, minced
1/2 cup coarsely chopped pecans
1/2 teaspoon garlic powder
1/2 teaspoon dried basil
1/4 teaspoon salt
1/4 teaspoon black pepper
1/2 cup freshly grated Parmesan cheese

Directions

Steam the asparagus spears in a basket-style steamer over boiling water until tender, 5 to 10 minutes. Drain and remove to a serving dish; keep warm.

Meanwhile, melt half of the butter in a large skillet over medium-high heat. Once melted (it's ok if it begins to brown), stir in the sliced mushrooms, and cook until they brown, soften, and begin to release their liquid; pour into a serving dish, and set aside. Melt the remaining butter in the skillet, and stir in the onions. Cook until the onions soften and turn translucent, about 3 minutes. Season with garlic powder, basil, salt and pepper. Stir in the chopped pecans, and cook for a minute more.

Sprinkle the onion mixture with half of the Parmesan cheese, and stir in the reserved mushrooms. Pour over the asparagus in the serving dish and sprinkle with remaining cheese.

Asparagus Ham Fettuccine

Ingredients

4 ounces uncooked fettuccine
1/2 pound fresh asparagus,
trimmed and cut into 1/2 inch
pieces
1/2 pound fully cooked ham,
julienned
1/4 cup chopped walnuts
1 green onion, chopped
2 tablespoons minced fresh sage
1/4 teaspoon pepper
2 tablespoons olive oil
1 cup shredded Cheddar cheese

Directions

Cook the fettuccine according to package directions. Meanwhile, in a large saucepan, bring 4 cups water to a boil; add asparagus. Cover and cook for 3 minutes. Drain and immediately place in ice water; drain and set aside.

In a skillet, saute the ham, walnuts, onion, sage and pepper in oil until onion is tender. Add asparagus; cook and stir for 1 minute. Drain fettuccine; toss with ham mixture. Sprinkle with cheese.

Scallops Mascarpone

Ingredients

1 (16 ounce) package medium seashell pasta
6 tablespoons butter
1 tablespoon olive oil
1 tablespoon chopped fresh parsley
1 clove garlic, chopped
1 (10 ounce) package sliced fresh button mushrooms
1 bunch asparagus, trimmed and cut into 1 inch pieces
salt and pepper to taste
1/2 teaspoon onion powder
1 pound scallops, rinsed and patted dry
1/4 cup milk
1 (8 ounce) container mascarpone cheese
2 tablespoons butter

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 7 to 9 minutes, until al dente.

Melt 6 tablespoons of butter with the olive oil in a large skillet over medium heat. Mix in the parsley and garlic and cook for a couple of minutes until fragrant. Add the mushrooms and asparagus and season with salt, pepper and onion powder; cook, stirring occasionally until asparagus is tender, about 5 minutes depending on the thickness. Place the scallops in the pan, and cook briefly on each side until lightly browned and the center is cooked through, about 3 minutes per side. Remove from the heat when scallops are just finished.

Meanwhile, in a small saucepan, combine the milk, mascarpone cheese and remaining butter. Cook over medium heat, stirring, until sauce is warm and butter is completely melted and blended in. Stir this sauce into the scallops and vegetables along with the pasta and serve immediately.

Asparagus Potato Soup

Ingredients

2 cups diced peeled potatoes
1/2 pound fresh asparagus,
chopped
1/2 cup chopped onion
2 celery ribs, chopped
1 tablespoon chicken bouillon
granules
4 cups water
1/4 cup butter or margarine
1/2 cup all-purpose flour
1 cup whipping cream
1/2 cup milk
1/2 teaspoon salt
Dash pepper
12 bacon strips, cooked and
crumbled
3/4 cup shredded Cheddar
cheese

Directions

In a large saucepan or soup kettle, combine the potatoes, asparagus, onion, celery, bouillon and water. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until vegetables are tender. Stir in the butter.

In a bowl, combine flour, cream, milk, salt and pepper until smooth; add to the vegetable mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Garnish with bacon and cheese.

Shrimp and Asparagus

Ingredients

1 pound fresh asparagus
1 (16 ounce) package egg noodles
4 cloves garlic, minced
1/2 cup extra virgin olive oil
1 cup butter
1 tablespoon lemon juice
1 pound medium shrimp - peeled and deveined
1 pound fresh mushrooms, thinly sliced
1/2 cup grated Parmesan cheese
salt and pepper to taste

Directions

In a small saucepan, boil or steam asparagus in enough water to cover until tender; chop and set aside.

Bring a large pot of salted water to full boil, place the pasta in the pot and return to a rolling boil; cook until al dente. Drain well.

In a large saucepan, saute garlic in the olive oil over medium-low heat until the garlic is golden brown.

Place butter and lemon juice in the saucepan. Heat until the butter has melted. Place the shrimp in the saucepan and cook until the shrimp turns pink. Place the mushrooms and asparagus into the saucepan, cook until mushrooms are tender.

Toss the shrimp and vegetable mixture with the egg noodles and sprinkle with Parmesan cheese. Salt and pepper to taste. Serve immediately.

Penne with Chicken and Asparagus

Ingredients

1 (16 ounce) package dried penne pasta
5 tablespoons olive oil, divided
2 skinless, boneless chicken breast halves - cut into cubes
salt and pepper to taste
garlic powder to taste
1/2 cup low-sodium chicken broth
1 bunch slender asparagus spears, trimmed, cut on diagonal into 1-inch pieces
1 clove garlic, thinly sliced
1/4 cup Parmesan cheese

Directions

Bring a large pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.

Warm 3 tablespoons olive oil in a large skillet over medium-high heat. Stir in chicken, and season with salt, pepper, and garlic powder. Cook until chicken is cooked through and browned, about 5 minutes. Remove chicken to paper towels.

Pour chicken broth into the skillet. Then stir in asparagus, garlic, and a pinch more garlic powder, salt, and pepper. Cover, and steam until the asparagus is just tender, about 5 to 10 minutes. Return chicken to the skillet, and warm through.

Stir chicken mixture into pasta, and mix well. Let sit about 5 minutes. Drizzle with 2 tablespoons olive oil, stir again, then sprinkle with Parmesan cheese.

Chicken and Asparagus Vol-au-vent

Ingredients

1/4 cup butter
1 large onion, finely diced
1 (16 ounce) can mushrooms,
drained and thinly sliced
1/3 cup all-purpose flour
2 1/2 cups chicken stock
1 (15 ounce) can condensed
cream of asparagus soup
3 tablespoons dry sherry
3 1/2 cups diced cooked chicken
breast meat
36 frozen puff pastry shells,
thawed

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a large skillet, melt butter over low heat. Stir in onions and mushrooms, and saute until onions are soft. Stir in the flour and continue to cook for 4 minutes, stirring constantly.

Pour in stock gradually, and continue to stir over a medium heat until thickened. Stir in condensed asparagus soup, sherry, and chicken. Reduce heat to low, and simmer until the chicken is done and the sauce has thickened, about 10 minutes.

Meanwhile, arrange pastry shells on a 10x15-inch baking sheet. Bake in preheated oven until golden brown, about 8 to 10 minutes. Allow to cool slightly before spooning equal amounts of the chicken filling into each shell. Serve immediately.

Lemon Thyme Swordfish with Asparagus

Ingredients

1/2 cup low-fat cottage cheese
2 tablespoons skim milk
3 tablespoons fresh lemon juice
1 teaspoon minced fresh parsley
1 teaspoon dried basil leaves,
crushed
1 teaspoon dried thyme, crushed
4 (4 ounce) swordfish steaks
1 cup water
1 bay leaf
1 pound fresh steamed asparagus
tips

Directions

In a blender or food processor, process the cottage cheese until creamy. Transfer the cottage cheese to a small bowl, and stir in the milk, 1 1/2 teaspoons of the lemon juice, parsley, basil, and 1/2 teaspoon of the dried thyme. Cover and chill in the refrigerator.

Preheat oven to 350 degrees F (175 degrees C).

Place the fish in an 8x8 inch baking dish. Pour the water and the remaining lemon juice into the dish. Place the bay leaf in the water, and sprinkle the remaining 1/2 teaspoon of dried thyme over the fish. Cover the dish with foil.

Bake in a preheated oven for 20 minutes or until the fish flakes easily when tested with a fork and is opaque all the way through.

Meanwhile, place asparagus in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes. Drain.

When fish is done, transfer to a serving platter and arrange the asparagus next to the fish. Serve with the cottage cheese sauce.

Asparagus and Water Chestnuts

Ingredients

2 teaspoons olive oil
1 teaspoon butter (optional)
1/4 cup diced red onion
1 (5 ounce) can sliced water chestnuts, drained
1 (10 ounce) package frozen cut asparagus
2 teaspoons balsamic vinegar

Directions

Heat the olive oil and butter in a skillet over medium-high heat. Add the onion, and saute for a few minutes to release the flavor into the oil. Add the water chestnuts, asparagus, and vinegar; cook and stir for about 10 minutes, until the asparagus is cooked but still crunchy.

Asparagus with Sesame Butter

Ingredients

2 pounds fresh asparagus
1 cup boiling water
1/2 teaspoon salt
1 tablespoon cornstarch
1/4 cup cold water
1/4 cup butter or margarine
3 tablespoons sesame seeds,
toasted

Directions

Place asparagus spears in a large skillet; add boiling water and salt. Cook for 5-7 minutes or until tender. Remove asparagus and keep warm. Drain cooking liquid, reserving 1/2 cup in a small saucepan. Combine cornstarch and cold water; stir into liquid. Cook and stir over medium heat until thickened and bubbly; cook and stir 1 minute more. Stir in butter until melted. Spoon over asparagus; sprinkle with sesame seeds and serve immediately.

Asparagus Tomato Salad

Ingredients

1 pound fresh asparagus, cut into 1-inch pieces
4 medium tomatoes, cut into wedges
3 cups sliced fresh mushrooms
1 medium green pepper, julienned
1/4 cup vegetable oil
2 tablespoons cider vinegar
1 garlic clove, minced
1 teaspoon dried tarragon
3/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon hot pepper sauce

Directions

Cook asparagus in a small amount of water until crisp-tender, about 3-4 minutes; drain and rinse with cold water. Place in a large bowl; add the tomatoes, mushrooms and green pepper. In a small bowl, combine remaining ingredients; mix well. Pour over vegetable mixture; toss to coat. Cover and refrigerate for 2 hours or overnight.

Pool Party Pasta Salad

Ingredients

1 (16 ounce) package farfalle (bow tie) pasta
1 cup broccoli florets
8 ounces fresh asparagus spears, trimmed and chopped
8 ounces diced cooked chicken breast meat
1 (15 ounce) can kidney beans, drained
1 (4 ounce) can sliced black olives, drained
1 medium green bell pepper, seeded and diced
1/2 pint cherry tomatoes, halved
4 ounces crumbled feta cheese
1 cup Italian salad dressing, or as needed
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, and cook until tender, about 8 minutes. Add broccoli florets and asparagus to the boiling water during the last 5 minutes. Drain, and run under cold water to cool.

In a large serving bowl, stir together the diced chicken, kidney beans, black olives, green pepper, cherry tomatoes, feta cheese and Italian dressing. Stir in the pasta, broccoli and asparagus. Season with salt and pepper to taste. I like it pretty heavy on the pepper. This salad is best if chilled for a couple of hours before serving.

Chicken and Asparagus Fettuccine

Ingredients

12 ounces dry fettuccini pasta
2 cups 1 inch pieces fresh asparagus
1/2 cup butter
2 cups half-and-half cream
1/4 teaspoon garlic powder
1/4 teaspoon ground black pepper
1 pinch cayenne pepper
3/4 cup grated Parmesan cheese
1/2 pound cooked chicken breasts - cut into bite size pieces

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente. Add the asparagus during the last 3 to 5 minutes of cooking. Drain, and transfer to a large bowl.

In a large saucepan over medium heat, combine butter and half-and-half. Cook until thick and bubbly. Season with garlic powder, black pepper, and cayenne pepper. Stir in Parmesan cheese and chicken, and heat through.

Pour sauce over pasta and asparagus, and toss to coat.

Asparagus Mushroom Casserole

Ingredients

4 cups sliced fresh mushrooms
1 cup chopped onion
4 tablespoons butter or stick margarine, divided
2 tablespoons all-purpose flour
1 teaspoon chicken bouillon granules
1/2 teaspoon salt
1/8 teaspoon ground nutmeg
1/8 teaspoon pepper
1 cup 2% milk
1 (12 ounce) package frozen cut asparagus, thawed and drained
1/4 cup diced pimientos
1 1/2 teaspoons lemon juice
3/4 cup soft bread crumbs

Directions

In a nonstick skillet, cook mushrooms and onion in 3 tablespoons butter until tender. Remove vegetables with a slotted spoon and set aside. Stir the flour, bouillon, salt, nutmeg and pepper into drippings until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in asparagus, pimientos, lemon juice and the mushroom mixture.

Pour into a 1-1/2-qt. baking dish coated with nonstick cooking spray. Melt remaining butter; toss with bread crumbs. Sprinkle over top. Bake, uncovered, at 350 degrees F for 35-40 minutes or until heated through.

Mixed Seafood Curry

Ingredients

2 tablespoons vegetable oil
1 tablespoon minced fresh ginger root
1 tablespoon minced garlic
1 medium onion, halved and sliced
1 tablespoon curry paste, to taste
3 tablespoons lime juice
1 tablespoon brown sugar
1 (14 ounce) can light coconut milk
12 medium shrimp, peeled (tails left on) and deveined
12 sea scallops, halved
6 ounces asparagus, cut into 2-inch pieces
2 tablespoons chopped cilantro
salt to taste

Directions

Heat the oil in a large pan over medium-high heat. Cook the ginger, garlic, and onion until the onion softens, about 2 to 3 minutes. Stir in the curry paste, lime juice, brown sugar, and coconut milk; simmer for 5 minutes. Stir in the shrimp, scallops, asparagus, cilantro, and salt; cook until the seafood is opaque, 4 to 5 minutes.

Asparagus Soup I

Ingredients

4 large potatoes, peeled
2 cubes chicken bouillon
2 (10 ounce) cans asparagus
1 tablespoon fennel seed
1/2 teaspoon ground black
pepper to taste
1 tablespoon fennel greens for
garnish

Directions

Boil and mash potatoes. Puree in a blender, and set aside.

In large pot, dissolve bouillon in water following the directions on the package.

Add asparagus spears, and stir until spears are dissolved. Stir in the potatoes. Season with fennel seeds and pepper to taste. Garnish with fennel greenery if desired. Serve hot.

Overnight Asparagus Mushroom Strata

Ingredients

2 teaspoons butter, or as needed
1 3/4 cups sliced crimini mushrooms
5 English muffins, split and toasted
1 cup shredded Colby-Monterey Jack cheese
1 pound fresh asparagus, trimmed and cut into 1-inch pieces
1/2 cup chopped red bell pepper
1/2 onion, finely chopped
8 eggs
2 cups milk
1 teaspoon salt
1 teaspoon dry mustard powder
1/4 teaspoon ground black pepper
1 cup shredded Colby-Monterey Jack cheese

Directions

Melt the butter in a skillet over medium heat, and cook and stir the mushrooms until their liquid has mostly evaporated and the mushrooms are beginning to brown, about 10 minutes. Set the mushrooms aside.

Grease a 9x13 inch baking dish, and arrange 8 muffin halves, cut sides up, in the bottom of the dish. Stuff pieces of remaining muffins into the spaces between the halves. Spread 1 cup of Colby-Monterey Jack cheese over the muffins in a layer, and distribute the asparagus pieces, mushrooms, red pepper, and onion over the cheese.

Whisk together eggs, milk, salt, dry mustard, and black pepper in a bowl, and pour the egg mixture over the muffins and vegetables. Cover the dish, and refrigerate overnight.

The next day, preheat oven to 375 degrees F (190 degrees C).

Remove the casserole from the refrigerator and let stand for 30 minutes. Spread 1 cup of Colby-Monterey Jack cheese in a layer over the casserole.

Bake in the preheated oven until a knife inserted near the edge comes out clean, 40 to 45 minutes. Let stand 5 to 10 minutes before cutting into squares.

Asparagus Swiss Quiche

Ingredients

10 bacon strips, diced
1/2 cup chopped onion
1 pound fresh asparagus, trimmed
1 cup shredded Swiss cheese
1 tablespoon all-purpose flour
1/4 teaspoon salt
1/8 teaspoon pepper
1 (9 inch) unbaked pastry shell
3 eggs
1/2 cup half-and-half cream

Directions

In a skillet, cook bacon over medium heat until crisp. Remove with a slotted spoon to paper towels; drain, reserving 1 tablespoon drippings. In the drippings, saute onion until browned; drain.

Cut eight asparagus spears into 4-in.-long spears for garnish. Cut remaining asparagus into 1-in. pieces. In a saucepan, cook all of the asparagus in a small amount of boiling water until crisp-tender; drain.

In a bowl, toss the bacon, onion, asparagus pieces, cheese, flour, salt and pepper. Pour into pastry shell. In a bowl, beat eggs and cream; pour over bacon mixture. Top with asparagus spears. Bake at 400 degrees F for 30-35 minutes or until a knife inserted near the center comes out clean and crust is golden brown. Let stand for 10 minutes before cutting.

Asparagus Spaghetti Pie

Ingredients

CRUST:

2 eggs
1 (7 ounce) package spaghetti,
cooked and drained
1/2 cup grated Parmesan cheese
2 tablespoons butter, melted

FILLING:

1 cup cubed fully cooked ham
1 (10 ounce) package frozen
asparagus spears, thawed and cut
into 1-inch pieces
1 (4.5 ounce) jar sliced
mushrooms, drained
1 1/2 cups shredded Swiss
cheese
2 eggs
1/2 cup sour cream
1 teaspoon dill weed
1 teaspoon minced chives

Directions

In a large bowl, beat eggs; add the spaghetti, Parmesan cheese and butter; mix well. Press onto the bottom and up the sides of a greased 10-in. pie plate. Combine ham, asparagus and mushrooms; spoon into crust. Sprinkle with Swiss cheese. Beat eggs, sour cream, dill and chives; pour over cheese. Bake at 350 degrees F for 35-40 minutes or until crust is set and center is lightly browned. Let stand for 10 minutes before serving.

Asparagus and Pancetta Salad

Ingredients

2 pounds asparagus, trimmed
4 tablespoons extra-virgin olive oil, divided
2 cloves garlic, minced
1/4 pound pancetta, cut crosswise into 1/8 inch sticks
3 tablespoons lemon juice
2 teaspoons Dijon mustard

Directions

Place asparagus in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes. Drain, cool in a bowl of ice water, drain on paper towels, and place on a serving platter.

In a medium saucepan, heat 1 tablespoon olive oil or medium-low heat. Add the garlic and cook and stir until fragrant, 2 to 3 minutes. Add the pancetta, and continue to cook and stir for 8 to 10 minutes, or until browned.

Remove the pan from the heat and stir in the remaining 3 tablespoons olive oil, lemon juice and Dijon into the garlic-pancetta mixture. Pour the sauce over the asparagus.

Asparagus and Crab Salad

Ingredients

2 pounds fresh asparagus spears, trimmed
1 pint grape tomatoes
2 tablespoons olive oil
salt and pepper to taste
1 clove garlic, minced
1/2 pound bacon strips, diced
1 pound imitation crabmeat, flaked
4 hearts of palm, drained and sliced
2 tablespoons freshly squeezed lemon juice
3 tablespoons extra-virgin olive oil
1 clove garlic, minced

Directions

Preheat an oven to 430 degrees F (225 degrees C).

Toss the asparagus, tomatoes, and olive oil together in a bowl until the vegetables are evenly coated; season with salt and pepper. Pour into a baking dish; sprinkle 1 minced clove of garlic over the mixture.

Roast in the preheated oven until tender, about 9 minutes. Set aside to cool. Cut the asparagus into 2 inch pieces.

Cook the bacon in a large, deep skillet over medium-high heat until crisp, about 10 minutes. Remove the bacon to a plate lined with paper towels, reserving 2 tablespoons of the bacon drippings in the skillet. Add the crabmeat to the hot bacon drippings and cook until warmed through, 2 to 3 minutes. Transfer to a large mixing bowl; add the asparagus, tomatoes, and hearts of palm.

Whisk the lemon juice, olive oil, and 1 minced clove garlic together in a small bowl; season with salt and pepper. Pour the dressing over the salad and toss to coat. Sprinkle the bacon over the salad just before serving.

Asparagus and Smoked Salmon Salad

Ingredients

1 pound fresh asparagus, trimmed and cut into 1 inch pieces
1/2 cup pecans, broken into pieces
2 heads red leaf lettuce, rinsed and torn
1/2 cup frozen green peas, thawed
1/4 pound smoked salmon, cut into 1 inch chunks

1/4 cup olive oil
2 tablespoons lemon juice
1 teaspoon Dijon mustard
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

Bring a pot of water to a boil. Place asparagus in the pot, and cook 5 minutes, just until tender. Drain, and set aside.

Place the pecans in a skillet over medium heat. Cook 5 minutes, stirring frequently, until lightly toasted.

In a large bowl, toss together the asparagus, pecans, red leaf lettuce, peas, and salmon.

In a separate bowl, mix the olive oil, lemon juice, Dijon mustard, salt, and pepper. Toss with the salad or serve on the side.

Grilled Scallop Salad

Ingredients

24 asparagus spears, trimmed
2 tablespoons olive oil
1 teaspoon soy sauce
24 sea scallops
2 cups sliced fresh mushrooms
2 cups torn red leaf lettuce
2 cups torn Bibb lettuce or Boston lettuce
1/4 cup crumbled cooked bacon
1 cup chopped walnuts, toasted
2 tablespoons grated Romano cheese
1/2 cup balsamic vinaigrette salad dressing

Directions

In a large saucepan, bring 6 cups water to a boil. Add asparagus; cover and boil for 3 minutes. Drain and immediately place asparagus in ice water. Drain and pat dry; set aside. In a large resealable plastic bag, combine oil and soy sauce; add scallops. Seal bag and turn to coat. Let stand for 10 minutes.

Coat grill rack with nonstick cooking spray before starting the grill. Grill scallops, uncovered, over medium heat for 7-8 minutes on each side or until the scallops are firm and opaque. Arrange mushrooms on a 9-in. square piece of heavy-duty foil coated with nonstick cooking spray. Grill mushrooms on foil, uncovered, over medium heat for 10-15 minutes or until tender, stirring often.

Arrange the lettuce on four serving plates. Top with asparagus, scallops, mushrooms, bacon, walnuts and cheese. Drizzle with dressing.

Neptune's Favorite Crab Bisque

Ingredients

1 (10.75 ounce) can condensed cream of mushroom soup
1 (10.75 ounce) can cream of asparagus soup
2 cups milk
1 cup light cream
1 (6 ounce) can crabmeat
1 1/4 cups white wine

Directions

Blend both cans of soup in medium or large pot, stir in milk and cream. Simmer over medium heat, stirring frequently (so milk and cream do not scorch). When boiling point is nearly reached, turn down heat.

Flake crab meat and add to soup. Simmer an additional 5 minutes, then add white wine. Add small amount of butter to surface (optional) and sprinkle with chervil or parsley.

Variations: (1) For a low-fat version, omit butter. Instead of milk and cream, substitute non-fat milk. (2) Instead of canned crab, use fresh or imitation crab. If using fresh crab, be sure to remove all cartilage and shell. (3) Substitute crab with lobster, clams, or mussels (shells or no shells). For an exquisite "seafood bisque," combine all of the above. Yum!

Scallops and Asparagus Stir-Fry

Ingredients

3/4 pound fresh asparagus spears, trimmed and cut into 2-inch pieces
1 tablespoon cornstarch
3/4 cup chicken broth
1 teaspoon reduced-sodium soy sauce
3/4 pound sea scallops, halved
1 cup sliced fresh mushrooms
1 garlic clove, minced
2 teaspoons canola oil
1 cup halved cherry tomatoes
2 green onions, sliced
1 teaspoon sesame oil
1/8 teaspoon pepper
2 cups hot cooked rice

Directions

Place asparagus in a saucepan and cover with water; bring to a boil. Cook, uncovered, for 3-5 minutes or until crisp-tender; drain and set aside. In a small bowl, combine the cornstarch, broth and soy sauce until smooth; set aside.

In a large nonstick skillet or wok, stir-fry scallops, mushrooms and garlic in canola oil until scallops are opaque and mushrooms are tender. Stir cornstarch mixture; add to skillet. Bring to a boil; cook and stir until sauce is thickened.

Add the asparagus, tomatoes, onions, sesame oil and pepper; heat through. Serve over rice.

Thai Vegetable Noodles

Ingredients

2 teaspoons cornstarch
1/2 cup coconut milk
1/2 cup reduced-sodium soy sauce
1/4 cup water
1/4 cup creamy peanut butter
2 tablespoons rice wine vinegar
1 teaspoon Thai chile sauce
1 tablespoon minced fresh ginger root
4 ounces uncooked Asian rice noodles
1 pound fresh asparagus, trimmed and cut into 1 inch pieces
2 cups fresh snow peas
1 cup julienned sweet red pepper
1 cup shredded carrots
1 (8 ounce) can sliced water chestnuts, drained
1/4 cup chopped shallots
1 tablespoon sesame oil
1/4 cup chopped dry roasted peanuts

Directions

In a small bowl, combine the cornstarch, coconut milk, soy sauce, water, peanut butter, vinegar, chili sauce and ginger until blended; set aside.

Cook noodles according to package directions. Meanwhile, in a large skillet, saute the asparagus, snow peas, red pepper, carrots, water chestnuts and shallots in oil for 5-8 minutes or until crisp-tender.

Stir soy sauce mixture and stir into skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Drain noodles; add to vegetable mixture and stir to coat. Sprinkle with peanuts.

Summer Corn Salad with Asparagus

Ingredients

6 ears corn, husk and silk removed
1 bunch asparagus spears, trimmed and cut into 1-inch pieces
1 (7 ounce) jar roasted sweet red peppers, drained and chopped
2 cloves garlic, minced
6 basil leaves, chopped
1 tablespoon olive oil
1 tablespoon balsamic vinegar
salt and black pepper to taste

Directions

Preheat an outdoor grill for medium-low heat and lightly oil grate.

Place the ears of corn on the grill and cook until the kernels are tender, about ten minutes turning frequently. Remove the ears from the grill and cool. Cut the kernels off of the cob.

Fill a large saucepan with lightly salted water and bring to a boil over high heat. Add asparagus and cook until just tender, about 1 minute. Drain in a colander and rinse immediately under cold, running water until well chilled. Set aside.

Combine the corn, asparagus, roasted peppers, garlic, basil, olive oil, and balsamic vinegar in a large bowl; season with salt and pepper to taste. Serve at room temperature or chilled.

Mexican Medley

Ingredients

6 spears fresh asparagus,
trimmed and cut into 1/2 inch
pieces
1 cup bite-size cauliflower florets
2 stalks celery ribs, chopped
1/3 cup canned kidney beans,
drained
1/3 cup chopped hazelnuts
2/3 teaspoon chopped fresh dill
1/4 teaspoon dried basil
1/2 teaspoon minced garlic
2 tablespoons sunflower seed oil
1/3 teaspoon chili powder
1/4 teaspoon celery seed
1/2 teaspoon salt

Directions

Steam asparagus and cauliflower about 10 minutes. Remove to a bowl, and stir in celery; set aside.

Place into a blender the kidney beans, hazelnuts, dill, basil, and garlic. Pour in oil, and season with chili powder, celery seed, and salt. Puree until smooth. Pour sauce over asparagus mixture. Serve at room temperature.

Pasta Primavera

Ingredients

8 ounces uncooked linguine
1 medium carrot, thinly sliced
1/2 cup chopped onion
1/2 cup julienned sweet red pepper
1/2 cup julienned yellow bell pepper
1 medium zucchini, thinly sliced
1 medium yellow squash, thinly sliced
1 cup broccoli florets
1 pound thin fresh asparagus, cut into 3-inch pieces
8 ounces fresh mushrooms, sliced
1/3 cup all-purpose flour
2 cups cold water
2 teaspoons chicken bouillon granules
1/2 cup white wine or chicken broth
1/4 teaspoon salt
1/4 cup minced fresh basil
6 tablespoons grated Parmesan cheese

Directions

Cook pasta according to package directions. Meanwhile, in a nonstick skillet coated with nonstick cooking spray, combine the carrot, onion, peppers, zucchini, summer squash and broccoli. Cover and cook over medium-low heat for 10 minutes. Add asparagus and mushrooms; cook 5 minutes longer.

In a saucepan, combine flour and water until smooth. Add the bouillon. Bring to a boil; cook and stir for 2 minutes or until slightly thickened. Add wine or broth and salt; stir well. Pour over vegetables. Drain pasta and add to vegetable mixture. Add basil; toss to coat. Sprinkle with Parmesan cheese.

Broiled Asparagus with Lemon Tarragon Dressing

Ingredients

1 bunch asparagus spears,
trimmed
4 teaspoons olive oil
kosher salt and ground black
pepper to taste
1 tablespoon fresh lemon juice
1 shallot, minced
1 teaspoon dried tarragon
1/4 teaspoon Dijon mustard
1 teaspoon olive oil

Directions

Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source.

Toss the asparagus with 4 teaspoons olive oil, salt, and pepper. Spread out onto the prepared baking sheet, and broil in the preheated oven until the asparagus spears are just tender and begin to turn lightly brown, about 8 minutes. Turn the spears over halfway through cooking.

While the spears are cooking, prepare the dressing by whisking together the lemon juice, shallot, tarragon, mustard, and olive oil in a small bowl; season to taste with salt and pepper. Once the asparagus is done, place it onto a serving platter and pour the dressing overtop.

Asparagus Angel Hair Pasta

Ingredients

1 (16 ounce) package angel hair pasta
1/4 cup extra virgin olive oil, divided
2 cloves garlic, minced
1 pound fresh asparagus spears, trimmed and chopped
2 cups grape tomatoes, halved
1 (14.5 ounce) can chicken broth
1 teaspoon dried dill weed
freshly ground black pepper to taste
2 avocados - peeled, pitted, and mashed
1/2 lime, juiced
1/2 teaspoon garlic powder
1 cup shredded queso asadero (white Mexican cheese)

Directions

Bring a large pot of lightly salted water to a boil. Add angel hair pasta, cook for 5 to 6 minutes, until al dente; drain and toss with 1 tablespoon of olive oil to prevent stickiness.,

Heat the remaining 3 tablespoons olive oil in a skillet over medium heat, and cook the garlic for 1 to 2 minutes. Add the asparagus and tomatoes, stirring to coat. Pour in the broth, and continue cooking uncovered 10 minutes, or until the asparagus is tender, but still bright green.

Place the pasta in a large bowl, and toss with the asparagus and tomato mixture. Season with dill and pepper. In a separate bowl, mix the avocados, lime juice, and garlic powder together until blended.

Serve pasta with a dollop of the avocado mixture, and top with shredded cheese.

Snakes in a Blanket

Ingredients

1 (10 ounce) can refrigerated crescent roll dough
1 tablespoon olive oil
4 slices provolone cheese, halved
4 slices Swiss cheese, halved
4 slices mozzarella cheese, halved
8 asparagus spears, trimmed and cut in half
2 tablespoons olive oil, for drizzling (optional)
1 tablespoon dried Italian seasoning (optional)

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.

Unroll and separate dough into 8 triangles; place on a lightly floured surface. Using 1 tablespoon of olive oil, lightly brush the top of each dough triangle. Place one piece of provolone cheese, Swiss cheese and mozzarella cheese on the wide end of each triangle. Put one piece of asparagus on top of the cheese. Roll each dough triangle around the cheese and asparagus toward the point and press to secure. Arrange on a baking sheet at least 2 inches apart.

Bake in preheated oven until lightly brown, 13 to 18 minutes. Remove from the baking sheet to cool on wire racks. If desired, drizzle with 2 tablespoons olive oil and sprinkle with Italian seasoning.

Asparagus Chicken Crepes

Ingredients

2 eggs
3/4 cup milk
1/2 cup all-purpose flour
3/4 teaspoon sugar
1/2 cup condensed cream of chicken soup, undiluted
1 teaspoon Worcestershire sauce
1 dash ground nutmeg
1 cup chopped cooked chicken
1 cup cut fresh or frozen asparagus, thawed
1/3 cup chopped fully cooked ham
1/2 cup grated Parmesan cheese, divided
1/2 cup heavy whipping cream, whipped
1/3 cup mayonnaise

Directions

For crepe batter, beat eggs and milk in a small mixing bowl. Combine flour and sugar; add to egg mixture and mix well. Cover and refrigerate for 1 hour.

Heat a lightly greased 8-in. nonstick skillet; pour 3 tablespoons batter into the center of skillet. Lift and tilt pan to evenly coat bottom. Cook until top appears dry; turn and cook 15-20 seconds longer. Remove to a wire rack. Repeat with remaining batter, greasing skillet as needed. When cool, stack crepes with waxed paper between.

In a small bowl, combine the soup, Worcestershire sauce and nutmeg. Set aside 1/4 cup. Add the chicken, asparagus and ham to remaining soup mixture. Spoon 2 tablespoonfuls over each crepe; roll up tightly. Place seam side down in a greased 9-in. square baking pan. Spoon reserved soup mixture over crepes. Sprinkle with 1/4 cup Parmesan cheese.

Cover and bake at 375 degrees F for 20-25 minutes. Gradually fold cream into mayonnaise. Spread over crepes. Sprinkle with remaining Parmesan. Broil 6 in. from the heat for 3-5 minutes or until bubbly and golden brown.

Warm Asparagus-Crab Spread

Ingredients

1 medium sweet red pepper, chopped
3 green onions, sliced
2 medium jalapeno peppers, seeded and finely chopped (optional)
2 teaspoons vegetable oil
1 (15 ounce) can asparagus spears, drained and chopped
2 (6 ounce) cans crabmeat - drained, flaked and cartilage removed
1 cup mayonnaise
1/2 cup grated or shredded Parmesan cheese
1/2 cup chopped cashews
Assorted crackers

Directions

In a large skillet, saute the red pepper, onions and jalapenos in oil until tender. Add the asparagus, crab, mayonnaise and Parmesan cheese; mix well.

Transfer to a greased 1-qt. baking dish. Sprinkle with cashews. Bake, uncovered, at 375 degrees F for 20-25 minutes or until bubbly. Serve with crackers.

Cream of Fresh Asparagus Soup I

Ingredients

1 1/2 pounds fresh asparagus
1 1/2 cups chopped onion
6 tablespoons butter
1 pinch salt
6 tablespoons all-purpose flour
2 cups water
4 cups hot milk
1 teaspoon dried dill weed
1 teaspoon salt
1/2 teaspoon ground white pepper
2 tablespoons tamari

Directions

Break off and discard tough asparagus bottoms. Break off tips; set aside. Coarsely chop stalks.

Cook in skillet over medium heat with onion in butter, salting lightly, for 8 to 10 minutes.

When onions are clear, sprinkle with flour. Continue to stir over lowest possible heat 5 to 8 minutes.

Slowly add water or stock, stirring constantly. Cook 8 to 10 minutes, stirring frequently, until thickened. Cool slightly.

In blender, puree sauce bit-by-bit with milk until thoroughly smooth.

Return puree to 3-quart pan, preferably a double boiler. Add dill, 1 teaspoon salt, pepper, and tamari. Heat gently but don't boil.

As soup heats, cook asparagus tips in boiling water until tender, but still very green, about 2 minutes; drain. Add whole pieces to soup.

Asparagus Snack Squares

Ingredients

1 cup chopped sweet onion
2 garlic cloves, minced
3 tablespoons butter
1 pound fresh asparagus, trimmed
1/4 teaspoon pepper
2 (8 ounce) cans refrigerated crescent rolls
1 cup shredded part-skim mozzarella cheese
1 cup shredded Swiss cheese

Directions

In a large skillet, saute onion and garlic over medium heat, in butter until tender.

Cut asparagus into 1-in. pieces; set the tips aside. Add remaining asparagus to skillet; saute until crisp-tender, about 4-6 minutes. Add asparagus tips and pepper; saute 1-2 minutes longer or until asparagus is tender.

Press dough into an ungreased 15-in. x 10-in. x 1-in. baking pan; seal seams and perforations. Bake at 375 degrees F for 6-8 minutes or until lightly browned. Top with asparagus mixture; sprinkle with cheeses. Bake 6-8 minutes longer or until cheese is melted. Cut into squares.

Spring Asparagus Salad

Ingredients

- 1 tablespoon rice vinegar
- 1 teaspoon red wine vinegar
- 1 teaspoon soy sauce
- 1 teaspoon white sugar
- 1 teaspoon Dijon mustard
- 2 tablespoons peanut oil
- 1 tablespoon sesame oil
- 1 1/2 pounds fresh asparagus, trimmed and cut into 2-inch pieces
- 1 tablespoon sesame seeds

Directions

Whisk together the rice vinegar, red wine vinegar, soy sauce, sugar, and mustard. Drizzle in the peanut oil and sesame oil while whisking vigorously to emulsify. Set aside.

Bring a pot of lightly-salted water to a boil. Add the asparagus to the water and cook 3 to 5 minutes until just tender, but still mostly firm. Remove and rinse under cold water to stop from cooking any further.

Place the asparagus in a large bowl and drizzle the dressing over the asparagus. Toss until evenly coated. Sprinkle with sesame seeds to serve.

Apricot-Ginger Asparagus

Ingredients

1/2 pound fresh asparagus,
trimmed
1/4 cup apricot preserves
1 tablespoon red wine vinegar or
cider vinegar
1/8 teaspoon ground cinnamon
1 pinch ground ginger

Directions

In a large skillet, bring 1 in. of water to a boil; place asparagus in a steamer basket over water. Cover and steam for 5 minutes or until crisp-tender; drain and keep warm.

In a small skillet over medium heat, bring the preserves, vinegar, cinnamon and ginger to a boil. Reduce heat; simmer, uncovered, for 2-4 minutes or until glaze begins to thicken. Pour over asparagus.

Swiss Ham and Asparagus

Ingredients

1 (10 ounce) package Pepperidge Farm® Puff Pastry Shells
2 (12 ounce) jars Campbell's® Slow Roast Chicken Gravy
1 1/2 cups cooked asparagus cut into 1-inch pieces
2 cups cubed cooked ham
1/2 cup shredded Swiss cheese or Cheddar cheese (optional)

Directions

Bake pastry shells according to pkg. directions.

Mix gravy, asparagus and ham in saucepan. Heat through. Serve in pastry shells. Sprinkle with cheese.

Baked Asparagus with Balsamic Butter Sauce

Ingredients

1 bunch fresh asparagus, trimmed
cooking spray
salt and pepper to taste
2 tablespoons butter
1 tablespoon soy sauce
1 teaspoon balsamic vinegar

Directions

Preheat oven to 400 degrees F (200 degrees C).

Arrange the asparagus on a baking sheet. Coat with cooking spray, and season with salt and pepper.

Bake asparagus 12 minutes in the preheated oven, or until tender.

Melt the butter in a saucepan over medium heat. Remove from heat, and stir in soy sauce and balsamic vinegar. Pour over the baked asparagus to serve.

Chicken I Hate You!

Ingredients

1 pound skinless, boneless chicken breast meat - cut into chunks
1 tablespoon vegetable oil
1 (4.5 ounce) package Alfredo sauce egg noodles mix
1 (10 ounce) can canned asparagus, drained
1 (16 ounce) can Italian-style diced tomatoes, drained
1 (4.5 ounce) can mushrooms, drained
1 tablespoon grated Parmesan cheese

Directions

Heat oil in a large skillet over medium high heat. Add chicken and saute until cooked through and juices run clear.

Meanwhile, prepare Alfredo noodles according to package directions; when finished, stir in cooked chicken, asparagus, tomatoes and mushrooms. Sprinkle with cheese and serve.

Asparagus with Cream Sauce

Ingredients

2 cups water
2 pounds fresh asparagus,
trimmed
1/2 cup chopped onion
2 tablespoons butter
2 tablespoons all-purpose flour
1 teaspoon garlic powder
1 teaspoon lemon-pepper
seasoning
1/2 teaspoon salt
1 cup chicken broth
1/4 cup minced fresh parsley
2 tablespoons cider vinegar
1 teaspoon dill weed
1 cup sour cream

Directions

In a large skillet, bring water to a boil. Add asparagus; cover and boil for 3 minutes. Meanwhile, in a small skillet, saute onion in butter until tender. Stir in the flour, garlic powder, lemon-pepper and salt until blended. Gradually stir in broth. Add the parsley, vinegar and dill.

Bring to a boil; cook and stir 2 minutes or until thickened. Reduce heat to low; whisk in sour cream. Drain asparagus; arrange on a serving platter. Top with cream sauce.

Veal Oscar

Ingredients

2 tablespoons butter
1/2 cup milk
1 pound shredded Cheddar
cheese

2 pounds veal cutlets
1 cup all-purpose flour for coating
1 tablespoon butter
16 spears fresh asparagus
8 ounces crabmeat

Directions

To Make Cheese Sauce: Melt 2 tablespoons butter in a medium saucepan over medium-low heat. Stir in milk, and cook just until bubbles begin to form at the edges. Whisk in the shredded cheese until fully melted and smooth. Remove from heat, cover and set aside to keep warm.

Pound the veal thinly using a mallet or the side of a moistened cleaver. Dredge cutlets in flour, shaking off the excess. Melt 2 tablespoons butter in a large skillet over medium heat. Cook cutlets in butter, 1 to 2 minutes a side, until browned. Set aside and keep warm.

Bring a large pot of water to a boil. Trim asparagus, and blanch by dropping in boiling water for 2 minutes, until bright green.

Heat the cooked crabmeat in the microwave or by steaming over the asparagus water.

To Assemble: Plate the veal; top with crabmeat; criss-cross the asparagus over the top; and drizzle cheese sauce over all. Serve extra sauce on the side.

Asparagus and Mushroom Quiche

Ingredients

5 slices bacon
2 tablespoons olive oil
1 small onion, cut into 1/2-inch pieces
1 cup portobello mushrooms, stem and ribs removed, cut into 1-inch pieces
1 cup chopped fresh asparagus
1 (8 inch) unbaked pie shell
1 egg white, lightly beaten (optional)
1 cup shredded sharp Cheddar cheese
1/4 cup crumbled feta cheese
2 eggs
3/4 cup half-and-half cream
1/2 teaspoon salt
Fresh ground pepper

Directions

Preheat oven to 400 degrees F (200 degrees C).

Cook bacon in a large skillet over medium heat until evenly brown and crisp. Drain on paper towels, crumble and set aside.

Heat oil in a large skillet over medium-high heat. Add onions; cook and stir until translucent. Reduce the heat to medium and add the portobello mushrooms. Continue cooking until the mushrooms are tender. Set aside.

Bring a saucepan of salted water to a boil over high heat. Cook asparagus in boiling water until just tender, 1 to 2 minutes. Immediately drain and run under cold water to cool.

Brush the pie shell with the beaten egg white, if using. Place the onion and mushroom mixture, asparagus, and bacon into the bottom of the pie shell. Sprinkle the Cheddar and feta cheeses over the vegetables. In a small bowl, whisk together the eggs, cream, salt, and pepper until smooth. Pour this mixture over the vegetable and cheese filling.

Bake uncovered for 35 to 40 minutes, or until firm and lightly browned on top. Let cool to room temperature before serving.

Bacon Asparagus Pizza

Ingredients

5 thick slices bacon, cut into 1 inch pieces
1 unbaked pizza crust
1 pound shredded mozzarella cheese
1 cup chopped fresh asparagus
1 cup halved cherry or grape tomatoes
1 (11 ounce) log fresh chevre (goat cheese)
1 teaspoon red pepper flakes
freshly ground black pepper to taste

Directions

Preheat the oven to 375 degrees F (190 degrees C).

Place bacon in a skillet over medium-high heat. Cook for a few minutes to release most of the grease, but do not cook until crisp. Remove to paper towels to drain.

Spread the pizza crust out on a pizza pan or large baking sheet. Top with mozzarella cheese, bacon pieces, asparagus, and tomatoes. Dot with goat cheese, then season with red pepper flakes and black pepper.

Bake for 15 to 20 minutes in the preheated oven, until the crust is golden brown underneath when you lift it up to take a peek. Let cool for about 5 minutes before slicing and serving.

Salmon and Asparagus with Penne and Light

Ingredients

1 teaspoon olive oil
1/2 cup uncooked penne pasta, or as needed
1/4 cup olive oil
1/4 teaspoon white pepper
1/4 teaspoon dried dill weed
1/4 teaspoon salt
1/2 pound salmon fillet
1 pinch salt (optional)
1/2 cup cut fresh asparagus (1 inch pieces), or as needed
2 cloves garlic, minced, or to taste
2 slices fresh lemon
1 1/2 cups heavy cream
1/4 cup freshly grated Parmesan cheese, or to taste
1 pinch salt, or to taste (optional)

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Pour in 1 teaspoon of olive oil. Once the water is boiling, stir in the penne, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink.

Heat 1/4 cup of olive oil, the white pepper, dill, and 1/4 teaspoon of salt in a skillet over medium-low heat until the oil is shimmering. Gently lay the salmon fillet into the oil, and sprinkle with 1 pinch of salt. Arrange the cut asparagus and bits of minced garlic around the salmon in the skillet. Squeeze the lemon slices over the salmon and asparagus, and place the squeezed slices into the skillet. Cover and cook for 8 minutes. Flip the salmon, and cook until the salmon is no longer translucent in the center, about 8 more minutes.

Remove the salmon, asparagus, garlic, and lemon slices from the skillet to a warmed plate, leaving the juices in the skillet. Whisk in the cream and enough Parmesan cheese to thicken the sauce. Let the cheese melt, and season to taste with salt. To serve, divide the cooked penne pasta, salmon, and asparagus between two plates, with the pasta to the side of the salmon. Spoon the cream sauce over the pasta, and serve.

Hot Bacon Asparagus Salad

Ingredients

7 bacon strips, diced
1 pound fresh asparagus, trimmed
1/3 cup vinegar
1 tablespoon sugar
1/2 teaspoon ground mustard
1/4 teaspoon pepper
4 cups torn salad greens
1/2 cup sliced almonds
2 hard-cooked eggs, sliced

Directions

In a skillet, cook bacon until crisp; remove with a slotted spoon to paper towel. Drain, reserving 2-3 tablespoons drippings. Cut asparagus into 1-1/2-in. pieces; saute in drippings until crisp-tender. Add vinegar, sugar, mustard, pepper and bacon. Cook and stir for 1-2 minutes. In a large bowl, combine the salad greens and almonds. Add the asparagus mixture and toss gently. Top with egg. Serve immediately.

Quick and Hearty Asparagus Soup

Ingredients

1 pound fresh asparagus, trimmed
1 tablespoon butter

1/2 cup butter
1 onion, chopped
2 cloves garlic, minced
3 tablespoons all-purpose flour
1 (10.75 ounce) can cream of chicken soup
6 cups milk
1/2 teaspoon hot pepper sauce
2 tablespoons salt
1 tablespoon ground black pepper
1/4 teaspoon liquid smoke flavoring

Directions

Cut the asparagus spears into bite-size pieces; set the tips aside. Divide the spear pieces into two separate microwave-safe containers. Place 1/2 tablespoon butter in each bowl. Loosely cover both containers and place in the microwave oven; cook on High until the asparagus is completely soft, 15 to 20 minutes.

While the asparagus steams, melt 1/2 cup butter in a large saucepan over medium-high heat; cook the onion and garlic in the butter until soft, about 5 minutes. Sprinkle in the flour and stir briskly for 1 minute. Add the chicken soup, milk, hot pepper sauce, salt, pepper, liquid smoke, and the steamed asparagus stalks; cook until heated through, 7 to 10 minutes.

Pour about 3/4 of the soup into a blender in batches, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree until smooth and pour into a clean pot. Add the remaining 1/4 of the soup into the pureed soup; stir in the asparagus spears. Cook until thoroughly reheated, about 5 minutes.

Pickled Asparagus

Ingredients

9 quarts water, divided
16 pounds fresh asparagus,
trimmed
2 quarts white vinegar
1 cup canning salt
1 tablespoon mixed pickling spice
1 garlic clove, minced

Directions

In a large kettle, bring 6 qts. of water to a boil. Cook asparagus in batches, uncovered, for 2-1/2 minutes. Remove and rinse in cold water.

In a Dutch oven, combine the vinegar, salt, pickling spices, garlic and remaining water; bring to a boil. Pack asparagus in quart jars to within 1/2 in. of top. Ladle boiling liquid over asparagus, leaving 1/4-in. headspace. Adjust caps. Process for 20 minutes in a boiling-water bath. Remove jars to wire racks to cool completely.

Chinese Noodle Pancakes with Asparagus

Ingredients

1 pound fresh Chinese wheat noodles
1/2 pound fresh asparagus
2 tablespoons canola oil
2 cloves garlic, minced
1 teaspoon minced fresh ginger root
1 cup water
1 tablespoon cornstarch
2 tablespoons Chinese rice wine
2 tablespoons soy sauce
1 tablespoon fermented black beans
8 ounces spinach with stems, rinsed
2 teaspoons dark sesame oil
salt and pepper to taste

Directions

In a large pot of water boil noodles until al dente. Drain well. Rinse with cool water until the noodles are cool.

Break off the tough ends of the asparagus, and cut the rest of the spears into 2-inch lengths. In a large skillet, heat 1 tablespoon of the oil over medium heat. Add the garlic and ginger, saute for 1 minute, make sure not to brown the garlic. Add the asparagus and 1/2 cup water. Simmer for 2 minutes.

Put the cornstarch into a small mixing bowl, stir in the remaining 1/2 cup water and the rice wine or sherry. Stir well. Add this mixture, the soy sauce, and the fermented black beans, if you're using them, to the simmering vegetables. Let the sauce boil for a few seconds, add the spinach and stir until it wilts. Remove the skillet from the heat

Heat the remaining oil in a skillet over high heat. Divide the noodles into four mounds, and place the mounds of noodles in the hot frying pan. Flatten the mounds in the frying pan so that more surface area will brown, reduce the heat to medium-high, and fry the cakes for at least 5 minutes, until they develop a golden-brown crust on the bottom. Turn the cakes over, and fry them for 3 minutes

While the noodle cakes cook, reheat the vegetables and the sauce slightly. Add the sesame oil, salt and pepper to the vegetable mixture. Place the noodle cakes on plates, spoon the sauce and vegetables over and around the cakes, and serve.

Orzo and Shrimp Salad with Asparagus

Ingredients

12 extra-large shrimp
1 clove garlic, minced
2 tablespoons extra-virgin olive oil
2 quarts water
8 ounces orzo pasta
1 pound fresh asparagus, trimmed and cut into 1 inch pieces
2 tablespoons extra-virgin olive oil
2 green onions, chopped
1 tablespoon white balsamic vinegar
1 tablespoon fresh lemon juice
2 teaspoons honey mustard
2 tablespoons minced fresh basil
salt and pepper to taste

Directions

Peel shrimp, reserving the shells. In a skillet over medium heat, cook the garlic and shrimp in 2 tablespoons of olive oil, stirring frequently to keep the garlic from browning. When shrimp are cooked through, remove from heat, cool and cut into 1/2-inch pieces.

Bring water to a boil in a Dutch oven over high heat. Add shrimp shells, boil for 5 minutes, then strain out shells and discard. Stir in the orzo and cook for 5 minutes. Stir in the asparagus pieces and continue cooking until the pasta is al dente, about 4 minutes. Drain into a mesh sieve, and rinse in cold water.

Toss pasta and asparagus with 2 tablespoons of olive oil, shrimp, and green onions until evenly coated. In a separate bowl, whisk the vinegar, lemon juice, mustard, and basil until incorporated. Pour over pasta mixture and toss well; season to taste with salt and pepper. Chill for 2 hours.

Asparagus Side Dish

Ingredients

1 bunch fresh asparagus, trimmed
2/3 cup water
1/4 cup olive oil
1/2 cup grated Parmesan cheese
10 grape tomatoes, halved

Directions

Combine the asparagus and water in a 10 inch skillet and place over medium heat; cover. Allow the asparagus to steam until tender, about 10 minutes; drain. Reduce heat to low and return the skillet to the heat. Drizzle olive oil over the asparagus; sprinkle with Parmesan cheese. Add the grape tomatoes to the skillet and replace the lid. Allow to sit covered until the cheese melts and the tomatoes are slightly steamed, about 2 minutes.

Beef, Asparagus and Portobello Stir-Fry

Ingredients

1 pound boneless beef sirloin steak, 3/4 inch thick
2 tablespoons cornstarch
1 3/4 cups Swanson® Beef Broth (regular, Lower Sodium or Certified Organic)
2 tablespoons low-sodium soy sauce
1 tablespoon packed brown sugar
1/4 teaspoon garlic powder
1 pound asparagus, cut into 2-inch diagonal pieces
2 large portobello mushrooms, sliced
1/2 cup roasted red pepper strips
4 cups hot cooked regular long-grain white rice, cooked without salt

Directions

Slice beef into very thin strips. Mix cornstarch, broth, soy, sugar and garlic powder until smooth. Set aside.

Cook beef in nonstick skillet over medium-high heat until browned.

Add asparagus, mushrooms and roasted pepper. Stir broth mixture and add. Cook until mixture boils and thickens, stirring constantly. Serve over rice.

Sue's Rigatoni with Roasted Red Peppers,

Ingredients

3 large red bell peppers
1 1/2 (16 ounce) packages rigatoni pasta
1 1/2 pounds fresh asparagus, trimmed and cut into 2 inch pieces
1 (8 ounce) can artichoke hearts, drained and halved
1 tablespoon olive oil
4 1/2 tablespoons butter
6 1/2 tablespoons all-purpose flour
4 1/2 cups milk
2 1/4 cups packed shredded fontina cheese
3 cups grated Parmesan cheese, divided
salt and pepper to taste
2 (5 ounce) packages arugula - rinsed, dried and chopped

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 4 quart baking dish.

Roast peppers on a gas grill or under broiler until blackened on all sides. Place in plastic bag for 10 minutes to loosen skins. Peel and seed peppers; slice into 1/2 inch slices.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 10 minutes; add asparagus and artichokes and cook 4 minutes. Drain and transfer to a large bowl; toss with olive oil.

Melt butter in a large skillet over medium-high heat. Stir in flour and cook 2 minutes. Gradually add milk, whisking until smooth. Cook until sauce thickens, whisking frequently, about 8 minutes. Remove from heat and stir in Fontina cheese and 2 1/4 cup Parmesan cheese. Stir until cheeses are melted and sauce is smooth. Season with salt and pepper. Pour over pasta and stir in arugula and red bell peppers. Pour into prepared baking dish and sprinkle with remaining 3/4 cup Parmesan cheese.

Cover with aluminum foil and bake in preheated oven for 50 minutes. Uncover and bake 10 minutes longer.

Asparagus Rolantina

Ingredients

1 pound fresh green asparagus spears, trimmed
4 slices Swiss cheese
5 (1/2 ounce) slices prosciutto
ground black pepper to taste
4 tablespoons butter, melted
1 cup Italian-style dried bread crumbs
1/2 cup grated Parmesan cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of water to a boil. Lower asparagus into the water, and cook for 1 minute, 2 minutes if the spears are thick.

Lay one slice of meat on a plate. Layer a slice of cheese on top of the slice of meat. Place 3 to 4 asparagus spears at one end of the cheese and meat, and sprinkle with black pepper to taste. Roll the cheese and meat up over the asparagus, and secure with a toothpick. Place asparagus rolls in a casserole dish. Once all of the asparagus rolls have been arranged in the casserole dish, pour melted butter over the entire dish. Sprinkle with bread crumbs and Parmesan cheese.

Bake for 15 to 20 minutes, or until the crumb mixture has formed a crust over the asparagus rolls.

Risotto with Chicken and Asparagus

Ingredients

2 cups chicken stock
1 tablespoon olive oil or butter
1 tablespoon minced garlic
2 (5 ounce) skinless, boneless chicken breast halves - cubed
2 teaspoons olive oil or butter
1/2 large onion, minced
1 cup Carnaroli or Arborio rice
1/2 cup white wine
8 ounces asparagus, finely chopped
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
salt and freshly ground black pepper to taste
1/2 cup freshly grated Parmesan cheese

Directions

Bring chicken stock to a boil in a small saucepan, then keep warm over low heat.

Heat 1 teaspoon olive oil in a large saucepan over medium-high heat. Stir in the garlic and cook 30 seconds until fragrant. Add the cubed chicken, and continue cooking until firm and lightly browned; set aside.

Heat remaining 2 teaspoons olive oil in the saucepan and cook onions until they soften and turn translucent, about 1 minute. Stir in the rice, and continue cooking until the rice turns opaque, and the onion begins to brown.

Stir in the wine and asparagus; cook, stirring constantly, until the wine evaporates. Reduce heat to medium, and stir in 1/3 of the hot chicken stock. Cook, stirring constantly, until all of the liquid has been absorbed, 8 to 10 minutes.

Stir in another 1/3 of the chicken stock and continue cooking and stirring until absorbed, 8 to 10 minutes. Season the risotto with oregano and basil. Pour in the remaining stock, and stir until absorbed again, 8 to 10 minutes. Season to taste with salt and pepper, then stir in the Parmesan cheese and chicken cubes.

Asparagus with Prosciutto and Pine Nuts

Ingredients

1/4 cup butter
3 ounces thinly sliced prosciutto,
chopped
2 cloves garlic, minced
1/2 cup pine nuts
1/3 cup fresh lemon juice
2 pounds fresh asparagus,
trimmed
salt and pepper to taste

Directions

Melt butter in a skillet over medium heat; cook and stir the prosciutto, garlic, and pine nuts in the melted butter until the garlic is fragrant and the nuts begin to turn brown, about 2 minutes. Stir in the lemon juice.

Bring a pot filled with lightly salted water to boil. Gently boil the asparagus until the bright green and barely tender, about 3 minutes; drain. Add the asparagus to the prosciutto mixture and toss to mix evenly. Season with salt and pepper; serve hot.

Asparagus Beef Lo Mein

Ingredients

1 pound boneless beef sirloin steak, thinly sliced
1/4 teaspoon minced garlic
2 tablespoons olive oil
1 pound fresh asparagus, trimmed and cut into 2 1/2 inch pieces
2 1/4 cups water, divided
2 (3 ounce) packages beef ramen noodles
2/3 cup hoisin sauce

Directions

In a large skillet or wok, stir-fry beef and garlic in oil for 5 minutes or until meat is no longer pink. Add the asparagus; stir-fry for 2 minutes or until crisp-tender.

In a small bowl, combine 1/4 cup water and 1/2 teaspoon seasoning from one ramen noodle seasoning packet; stir until dissolved. Add hoisin sauce; stir into the beef mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. (Discard remaining seasoning from opened packet.)

In a large saucepan, bring remaining water to a boil; add ramen noodles and contents of remaining seasoning packet. Cook for 3 minutes. Remove from the heat; cover and let stand until noodles are tender. Serve with beef mixture.

Ham Asparagus Gratin

Ingredients

1 (10.75 ounce) can Campbell's®
Condensed Cream of Asparagus
Soup
1/2 cup milk
1/4 teaspoon onion powder
1/4 teaspoon ground black
pepper
1 1/2 cups cooked cut asparagus
1 1/2 cups cubed cooked ham
3 cups cooked corkscrew-shaped
pasta
1 cup shredded Cheddar cheese

Directions

Mix soup, milk, onion powder, black pepper, asparagus, ham, pasta and 1/2 cup cheese in 2-quart shallow baking dish.

Bake at 400 degrees F 25 minutes or until hot. Stir.

Sprinkle with remaining cheese. Bake 5 minutes or until cheese is melted.

Asparagus Chicken Fajitas

Ingredients

1 pound boneless skinless chicken breasts, cut into strips
3/4 cup fat free Italian-style dressing
1 tablespoon vegetable oil
1 pound fresh asparagus, trimmed and cut into 2 inch pieces
1 medium sweet red pepper, julienned
1 medium sweet yellow pepper, julienned
1/2 cup fresh or frozen corn
1/4 cup diced onion
2 tablespoons lemon juice
1/2 teaspoon garlic salt
1/8 teaspoon pepper
12 (6 inch) flour tortillas, warmed

Directions

Place chicken in a large resealable plastic bag; add salad dressing. seal bag and turn to coat; refrigerate for 4 hours, turning several times.

Drain and discard marinade. In a large nonstick skillet, saute chicken in oil for 3 minutes. Add the asparagus, peppers, corn and onion. Cook and stir for 7 minutes or until the chicken juices run clear and vegetables are crisp-tender. Stir in the lemon juice, garlic salt and pepper. Spoon 1/2 cup on each tortilla; fold in sides.

PHILADELPHIA Creamy Pasta Primavera

Ingredients

4 cups penne pasta, uncooked
2 tablespoons KRAFT Calorie-Wise Zesty Italian Dressing
675 grams boneless skinless chicken breasts, cut into 1-inch chunks
2 zucchini, cut into chunks
1 1/2 cups cut fresh asparagus (1 inch pieces)
1 red pepper, chopped
1 cup 25%-less-sodium chicken broth
1/2 cup PHILADELPHIA Light Cream Cheese Spread
1/4 cup KRAFT 100% Light Parmesan Grated Cheese

Directions

Cook pasta as directed on package.

Meanwhile, heat dressing in large skillet on medium heat. Add chicken and vegetables; cook 10 to 12 min. or until chicken is cooked through, stirring frequently. Add broth and cream cheese spread; cook 2 min. or until cream cheese is melted, stirring constantly. Add Parmesan cheese; mix well.

Drain pasta; return to pot. Add chicken and vegetable mixture; toss lightly. Cook 1 min. or until heated through. (Sauce will thicken upon standing.)

Asparagus with Gorgonzola and Roasted Walnuts

Ingredients

1 bunch fresh asparagus
2 tablespoons extra virgin olive oil
kosher salt to taste
1/2 cup coarsely chopped walnuts
1/2 cup crumbled Gorgonzola
cheese

Directions

Preheat oven to 400 degrees F (200 degrees C).

Rinse asparagus and snap off woody stem ends. Dry asparagus and arrange in a single layer in a shallow baking dish (a nonstick jelly-roll pan works well). Drizzle the olive oil over the asparagus and roll the spears to coat well. Sprinkle lightly with kosher salt.

Roast in oven for 7 to 14 minutes depending on the thickness of the spears (thin spears will take much less time than thick ones). When done, asparagus should still be crisp.

About 3 to 5 minutes before the asparagus are done, place chopped walnuts in a small pie tin and put into the oven alongside the asparagus. Watch so they don't burn!

Remove asparagus and walnuts from the oven. Divide asparagus among four luncheon plates. While asparagus are still hot, sprinkle them with the gorgonzola and the roasted walnuts.

Allow to cool slightly. Serve at room temperature for best flavor.

Asparagus with Parmesan Crust

Ingredients

1 pound thin asparagus spears
1 tablespoon extra virgin olive oil
1 ounce shaved Parmesan cheese
freshly ground black pepper to taste
1/4 cup balsamic vinegar, or to taste

Directions

Preheat oven to 450 degrees F (230 degrees C).

Place asparagus on a baking sheet. Drizzle with olive oil, and toss to coat. Arrange asparagus spears in a single layer. Spread Parmesan cheese over asparagus, and season with freshly ground black pepper.

Bake 12 to 15 minutes in the preheated oven, until cheese is melted and asparagus is tender but crisp. Serve immediately on warm plates, sprinkling with balsamic vinegar to taste.

Asparagus-Stuffed Chicken Breasts

Ingredients

2 (6 ounce) skinless, boneless chicken breast halves
1 tablespoon Dijon mustard
1 green onion, finely chopped
10 asparagus spears, trimmed
3 tablespoons crushed butter-flavored crackers
HOLLANDAISE SAUCE:
1/4 cup butter, cubed
2 egg yolks
2 teaspoons lemon juice
1 teaspoon water
1/8 teaspoon salt
1/4 cup sliced almonds, toasted

Directions

Flatten chicken to 1/4-in. thickness. Spread with mustard; sprinkle with onion. Place asparagus spears down the center of chicken; fold over and secure with toothpicks if necessary.

Place seam side down in an ungreased 8-in. square microwave-safe dish. Sprinkle with cracker crumbs. Microwave, uncovered, on high for 6-8 minutes or until chicken juices run clear. Keep warm.

For sauce, in a small microwave-safe bowl, melt butter. Gradually whisk in egg yolks, lemon juice, water and salt. Microwave, uncovered, at 30% power for 30 seconds or until mixture reaches 160 degrees F and is thickened, stirring once. Spoon over chicken. Sprinkle with almonds. Remove toothpicks.

Asparagus Crab Omelets

Ingredients

1 (1.25 ounce) envelope
hollandaise sauce
8 eggs
2 tablespoons milk
salt, pepper and garlic powder to
taste
1 1/2 teaspoons vegetable oil
2 cups shredded Cheddar cheese,
divided
2 cups cut fresh asparagus,
cooked, divided
2 cups flaked imitation crabmeat,
coarsely chopped, divided
minced chives

Directions

Prepare hollandaise sauce according to package directions; set aside and keep warm.

In a bowl, beat eggs, milk, salt, pepper and garlic powder. Heat oil in a 10-in. skillet over medium-low; add half of the egg mixture. As the eggs set, lift edges, letting uncooked portion flow underneath. Sprinkle with 1/2 cup cheese, 1 cup asparagus, 1 cup crab and another 1/2 cup cheese. Fold omelet in half. Cover for 1-2 minutes or until the cheese is melted. Repeat for second omelet. Serve with hollandaise sauce. Garnish with chives.

Asparagus, Chicken, and Pecan Pasta

Ingredients

1 (16 ounce) package penne pasta
1 tablespoon olive oil
1 teaspoon minced garlic
1 red bell pepper, chopped
2 bunches asparagus, trimmed and cut into 1 inch pieces
1 cup chicken broth
1/4 cup chopped fresh basil
salt to taste
1/2 teaspoon pepper
3 tablespoons butter
1 pound grilled chicken breast strips
1 1/2 cups grated Parmesan cheese
1/2 cup pecan halves (optional)

Directions

Bring a large pot of lightly salted water to a boil. Add penne pasta and cook until al dente, 8 to 10 minutes; drain.

Heat the olive oil in a Dutch oven or large pot over medium heat. Stir in the garlic, red pepper, and asparagus; cook and stir 5 minutes until the garlic softens and mellows. Pour in the chicken broth, and bring to a boil over medium-high heat. Simmer until the vegetables have softened, then add the basil, salt, pepper, butter, and chicken. Cook and stir a few minutes until the chicken is hot. Stir in the cooked pasta, then fold in the Parmesan cheese and pecan halves to serve.

Linguine with Asparagus, Bacon, and Arugula

Ingredients

1 pound linguine, uncooked
1/3 pound sliced bacon, cut in half
1/3 cup extra virgin olive oil
2 cloves garlic, thinly sliced
1/2 pound fresh asparagus,
trimmed and cut into 1/2 inch
pieces
1 (5 ounce) package baby arugula
leaves
1/4 cup fresh lemon juice

Directions

Bring a large pot of salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.

Cook bacon in a large skillet over medium heat until browned and crisp. Remove to paper towels. Pour olive oil into skillet, and stir in garlic and asparagus. Cook, stirring, until fragrant, about 1 minute.

Add pasta to skillet. Turn flame off. Toss with arugula, lemon juice, and bacon.

Lemon Asparagus Chicken

Ingredients

1 tablespoon vegetable oil
4 skinless, boneless chicken
breasts
1 (10.75 ounce) can Campbell's®
Condensed Cream of Asparagus
Soup
1/4 cup milk
1 tablespoon lemon juice
1/8 teaspoon ground black
pepper
Lemon slices (optional)

Directions

Heat oil in skillet. Cook chicken 10 minutes or until browned.

Add soup, milk, lemon juice and black pepper. Heat to a boil.
Cover and cook over low heat 5 minutes or until done. Garnish with
lemon slices, if desired.

Sweet and Sour Asparagus

Ingredients

2 pounds fresh asparagus,
trimmed
3/4 cup distilled white vinegar
1/2 cup water
1/2 cup white sugar
3 cinnamon sticks
1 teaspoon whole cloves
1 teaspoon celery seed
1/2 teaspoon salt

Directions

Bring a large pot of water to a boil. Add the asparagus, and cook uncovered until slightly tender, about 1 minute. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the asparagus spears are cold, place them on paper towels to dry.

Bring vinegar, water, sugar, cinnamon sticks, cloves, celery seed, and salt to a boil in a saucepan over medium-high heat. Boil for 5 minutes.

Spread the asparagus spears in a large dish or baking pan. Pour the vinegar mixture over the asparagus. Cover and refrigerate for 8 hours or overnight. Drain and serve cold or at room temperature.

Chicken and Asparagus Bundles

Ingredients

4 (4 ounce) boneless skinless chicken breast halves
1 pound fresh asparagus spears, trimmed
4 1/2 teaspoons olive or canola oil
2 teaspoons lemon juice
1/2 teaspoon dried basil
1/4 teaspoon dried thyme
1/4 teaspoon pepper
1/8 teaspoon salt
1/4 cup chopped green onions
2 teaspoons cornstarch
1 cup chicken broth

Directions

Flatten chicken breasts slightly. Wrap each around five asparagus spears; secure with toothpicks. Place in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Combine the oil, lemon juice and seasonings; pour over bundles. Cover asparagus tips with foil.

Cover and bake at 350 degrees F for 15 minutes. Uncover; sprinkle with the onions. Bake 12-15 minutes longer or until the chicken juices run clear and asparagus is crisp-tender. Remove bundles to a serving platter and keep warm.

In a saucepan, combine cornstarch and broth until smooth; stir in pan juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove toothpicks from bundles; top with sauce.

Asparagus and Sausage Risotto

Ingredients

1 (16 ounce) package Hillshire Farm® Smoked Sausage
4 cups reduced sodium chicken broth
1 tablespoon olive oil
1 onion, chopped
1/2 cup sliced fresh mushrooms
2 tablespoons butter or margarine
1 cup Arborio rice
1/2 cup dry white wine
2 cups sliced fresh asparagus (1-inch pieces), cooked crisp-tender
1/2 cup shredded Parmesan cheese, divided
1/4 cup chopped parsley
Salt and ground black pepper to taste

Directions

Cut sausage into 1/2" cubes; set aside. Bring broth to a boil in a 2-quart saucepan. Reduce heat to low to keep broth hot.

Heat oil in a 4-quart pan over medium-high heat until hot. Add sausage, onion and mushrooms. Cook, stirring frequently, 3-4 minutes or until sausage is lightly browned.

Add butter and rice. Cook, stirring constantly 2 minutes. Stir in wine; cook until liquid has almost completely absorbed.

Stir in 1/2 cup of heated chicken broth. Cook, stirring constantly until liquid is absorbed. Add remaining broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 20 minutes total).

Remove from heat; stir in asparagus, 1/3 cup of Parmesan and parsley. Add salt and pepper to taste. Sprinkle top with remaining Parmesan cheese.

Penne with Asparagus and Mushrooms

Ingredients

1/2 cup olive oil
2 cloves garlic, crushed
1 (10 ounce) package fresh mushrooms, sliced
1 bunch fresh asparagus, trimmed and chopped
1 (14.5 ounce) can pureed tomatoes
salt and pepper to taste
1 (16 ounce) package uncooked penne pasta
1 cup heavy cream

Directions

Heat the olive oil in a skillet over medium heat, and saute the garlic until lightly browned. Place mushrooms in the skillet, and cook 5 minutes. Mix in asparagus, and cook 5 minutes, or until tender. Stir in the tomatoes. Season with salt and pepper. Reduce heat to low, and simmer 20 minutes.

Bring a large pot of lightly salted water to a boil. Place penne pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.

Mix the heavy cream into the skillet, and continue cooking 10 minutes, until sauce is thickened. Serve over the cooked pasta.

Cheesy Ham and Asparagus Bake

Ingredients

1 1/2 cups chopped cooked ham
1/2 cup chopped onion
1/4 cup chopped red bell peppers
1 (10 ounce) package frozen cut asparagus, thawed
8 eggs
2 cups milk
1 cup all-purpose flour
1/4 cup grated Parmesan cheese
3/4 teaspoon dried tarragon
3/4 teaspoon salt
1/2 teaspoon black pepper
1 cup shredded Cheddar cheese

Directions

Preheat oven to 425 degrees F (220 degrees C). Lightly grease a 9x13 inch baking dish.

Mix the ham, onion, red bell peppers, and asparagus in the prepared baking dish. In a large bowl, beat together the eggs, milk, flour, Parmesan, tarragon, salt, and pepper. Pour over the ham mixture.

Bake 20 minutes in the preheated oven, or until a knife inserted in the center comes out clean. Sprinkle with Cheddar cheese. Continue baking 3 to 5 minutes, or until cheese is melted. Let stand 5 to 10 minutes before serving.

Stir-Fried Asparagus

Ingredients

1 tablespoon olive oil
3 cups fresh asparagus, cut into 1-inch pieces
1 small onion, sliced
1 garlic clove, minced
2 tablespoons sliced almonds, toasted
2 teaspoons lemon juice
1 teaspoon soy sauce
1/2 teaspoon grated lemon peel
1 tablespoon shredded Parmesan cheese

Directions

In a skillet or wok, heat oil; stir-fry the asparagus, onion and garlic over medium-high heat until tender. Add the almonds, lemon juice, soy sauce and lemon peel; toss gently to coat. Sprinkle with Parmesan cheese.

Asparagus and Goat Cheese Quesadillas

Ingredients

2 tablespoons extra virgin olive oil, divided
1/2 pound fresh asparagus, cut into 1 1/2 inch pieces
salt and pepper to taste
2 (10 inch) flour tortillas
4 ounces herbed goat cheese
1/4 cup chopped fresh cilantro
fresh cilantro sprigs, for garnish

Directions

Heat 1 tablespoon olive oil in a skillet over medium-low heat, and cook the asparagus, stirring occasionally, until tender and lightly browned. Season with salt and pepper, and remove from heat.

Spread one side of each tortilla with 1/2 the goat cheese. Place 1/2 the asparagus and 1/2 the cilantro on each tortilla, and fold tortillas in half over contents to form quesadillas. Brush the outsides of the quesadillas with remaining oil.

Place the quesadillas in a skillet over medium-low heat, and cook 3 minutes on each side, or until lightly browned. Cut in half and garnish with cilantro to serve.

Asparagus with Pimientos

Ingredients

1 pound fresh asparagus, trimmed
1/4 cup dry bread crumbs
3 tablespoons butter or margarine
2 tablespoons grated Parmesan
cheese
2 tablespoons chopped pimientos

Directions

In a saucepan over medium heat, cook asparagus in boiling salted water until tender, about 8 minutes. Meanwhile, in a skillet, brown bread crumbs in butter. Drain asparagus; place in a serving dish. Sprinkle with crumbs, cheese and pimientos.

Asparagus Beef Roll-Ups

Ingredients

2 tablespoons whipping cream
2 tablespoons sour cream
2 teaspoons prepared horseradish
1/4 teaspoon grated lemon peel
1/4 teaspoon salt
Dash pepper
4 (6 inch) flour tortillas
4 thin slices cooked roast beef
4 fresh asparagus spears, cooked
and drained

Directions

In a small mixing bowl, beat whipping cream until soft peaks form. Fold in sour cream, horseradish, lemon peel, salt and pepper. Spread about 2 teaspoons on each tortilla; top with a slice of beef. Spread with the remaining cream mixture. Place an asparagus spear at one end; roll up tightly. Wrap in plastic wrap. Refrigerate for at least 2 hours. Cut into 1/2-in. slices.

Cheddar-Bacon-Asparagus Strata

Ingredients

1 pound bacon
1 pound fresh asparagus, trimmed
8 eggs
2 cups milk
1/4 teaspoon dry mustard powder
1/2 teaspoon salt
1/8 teaspoon pepper
1 (1 pound) loaf sliced bread,
crusts removed
1 cup shredded Cheddar cheese
1/4 cup diced onion
1/2 red bell pepper, diced
1 cup shredded Cheddar cheese

Directions

Cook the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Crumble the bacon and set aside.

Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Cover and bring the water to a boil. Add the asparagus, cover, and steam until bright green but still crunchy, about 5 minutes. Remove asparagus and set aside.

In a large bowl, whisk together eggs, milk, dry mustard, salt, and pepper until smooth and well combined.

Grease a 9x13-inch baking dish. Layer the bread slices into the bottom of the dish, cutting and fitting extra slices as needed to fill spaces. Sprinkle 1 cup of Cheddar cheese over the bread, followed by the diced onion. Arrange asparagus spears and red bell pepper in a layer over the onion. Sprinkle crumbled bacon over the red bell pepper; top with another layer of bread slices, cutting and filling in spaces as before. Pour the egg-milk mixture evenly over the casserole, and refrigerate overnight.

Preheat oven to 350 degrees F (175 degrees C).

Bake the casserole for 50 minutes; sprinkle 1 cup shredded Cheddar cheese over the top of the casserole, return to the oven, and bake until the cheese is melted and bubbling and a knife inserted into the center of the casserole comes out clean, 10 to 15 more minutes.

Asparagus Strata

Ingredients

4 cups water
1 pound fresh asparagus, trimmed and cut into 1/2 inch pieces
2 cups milk
6 slices bread, crust removed, cubed
6 eggs, lightly beaten
1 cup shredded Cheddar cheese
1 teaspoon salt

Directions

In a large saucepan, bring water to a boil. Add asparagus; boil, uncovered, for 3 minutes. Drain and immediately place asparagus in ice water. Drain and pat dry.

In a bowl, combine the asparagus, milk, bread cubes, eggs, cheese and salt. Transfer to a greased 2-qt. baking dish. Cover and refrigerate for 5 hours or overnight.

Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350 degrees F for 45-55 minutes or until bubbly and asparagus is tender.

Cauliflower Hamburger Casserole

Ingredients

1 pound lean ground beef
1 sweet onion, diced
4 medium carrots, cut into bite size pieces
1/2 head cauliflower, chopped into bite size pieces
6 spears asparagus, trimmed and cut into 1 inch pieces
1 cup 2% reduced fat milk
1 eggs
1/3 cup bread crumbs
1 teaspoon salt-free seasoning blend
1/3 cup grated Parmesan cheese

Directions

Preheat an oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

Heat a skillet over medium-high heat. Cook and stir ground beef until browned, adding the onions the last few minutes of cooking. Drain the fat, then stir in the carrots, cauliflower, and asparagus. Mix the milk, egg, bread crumbs, and seasoning blend in a small bowl. Stir in the beef and vegetable mixture, then pour into the prepared baking dish. Cover with aluminum foil.

Bake in the preheated oven for 45 minutes. Uncover and sprinkle with Parmesan cheese and return to the oven. Continue baking for 15 minutes.

Baked Shrimp and Asparagus

Ingredients

1 (12 ounce) package frozen cut asparagus
1 pound medium shrimp - peeled and deveined
1 (10.75 ounce) can condensed cream of shrimp soup, undiluted
1 tablespoon butter or margarine, melted
1 teaspoon soy sauce
1/2 cup salad croutons (optional)

Directions

Combine the first five ingredients. Spoon into a greased 8-in. square baking dish. Bake, uncovered, at 425 degrees for 20 minutes or until shrimp turn pink. Top with croutons if desired; bake 5 minutes longer. Serve over rice.

Flavorful Oniony Asparagus

Ingredients

2 pounds fresh asparagus,
trimmed
1/4 cup butter, cubed
1 tablespoon dry onion soup mix
1/2 cup shredded mozzarella
cheese

Directions

Place asparagus in a steamer basket. Place in a large saucepan or skillet over 1 in. of water; bring to a boil. Cover and steam for 4-5 minutes or until crisp-tender. In a small saucepan, melt butter.

Add soup mix. Cook and stir for 1 minute or until heated through. Remove asparagus to a serving dish. Drizzle with butter mixture; sprinkle with mozzarella cheese.

Springtime Asparagus and Parmesan Sandwich

Ingredients

1 bunch asparagus spears,
trimmed and cut in half
1/3 cup water
12 slices French bread
1/4 cup butter
1/3 cup mayonnaise
1/3 cup shaved Parmesan cheese
12 Bibb lettuce leaves
freshly ground black pepper to
taste

Directions

Place the asparagus and 1/3 cup water in a microwave-safe bowl. Cook in the microwave on High 1 minute, or just until tender. Rinse under cold water, and blot dry with paper towels.

Spread 1 side of 6 bread slices with 1/4 teaspoon butter and about 1 tablespoon mayonnaise each. Layer with asparagus, and sprinkle with Parmesan cheese. Place lettuce over the asparagus, season with pepper, and top with remaining 6 bread slices to form 6 sandwiches. Slice on a diagonal; this is a sandwich that exudes spring !

Asparagus-Stuffed Potatoes

Ingredients

4 medium baking potatoes
1 tablespoon milk
1/2 cup sour cream
1 teaspoon onion salt
1/8 teaspoon pepper
1 pound fresh asparagus, cut into 1-inch pieces and cooked
1 cup shredded Cheddar cheese
2 bacon strips, cooked and crumbled

Directions

Bake potatoes at 400 degrees F for about 1 hour or until done. Cut a thin slice off the top of each potato and discard. Carefully scoop out pulp while leaving shell intact. In a mixing bowl, mash pulp with milk, sour cream, onion salt and pepper until smooth. Fold in asparagus. Stuff shells; place in an ungreased shallow baking dish. Sprinkle with cheese and bacon. Return to the oven for 20-25 minutes or until heated through.

Pasta Strega Nonna

Ingredients

3 tablespoons olive oil
1/2 pound cooked and peeled shrimp
1 pound fresh asparagus, trimmed and coarsely chopped
1 tablespoon minced garlic
hot sauce to taste
salt to taste
1 tablespoon grated Romano cheese

Directions

Heat olive oil in a large skillet over medium-low heat. Saute shrimp, asparagus and garlic until asparagus is bright green and slightly tender. Stir in hot sauce and salt. Dust with Romano cheese before serving.

Creamy Asparagus Pasta

Ingredients

1 pound fresh asparagus, trimmed and cut into 2 inch pieces
2 tablespoons butter
1 clove garlic, minced
1 pint light cream
1 pound linguine pasta
1 lemon, juiced

Directions

Bring a pot of water to a boil. Boil asparagus for 3 to 4 minutes; drain.

In a large saucepan melt butter over medium heat. Saute garlic and asparagus for 3 to 4 minutes. Stir in the cream and simmer for 10 minutes.

Meanwhile, bring a large pot of water to a boil. Add linguine and cook for 8 to 10 minutes or until al dente; drain and transfer to a serving dish.

Stir lemon juice into asparagus mixture; pour mixture over pasta.

Roasted Veggie Pasta

Ingredients

1/4 pound fresh asparagus
2 red bell pepper, sliced
1/4 pound crimini mushrooms,
sliced
10 cloves roasted garlic, chopped
1/2 tomato, quartered
1/2 teaspoon chopped fresh
rosemary
1/2 teaspoon chopped fresh
oregano
2 tablespoons olive oil
8 ounces dry fettuccini noodles
1/4 cup grated Parmesan cheese
2 tablespoons tapenade

Directions

Preheat oven to 350 degrees F (175 degrees C). Prepare asparagus by trimming woody base and cutting diagonally into 4 inch pieces.

In a roasting pan, combine asparagus, bell pepper, mushrooms, roasted garlic and tomato. Sprinkle with rosemary and oregano, then drizzle with olive oil. Bake in preheated oven for 15 minutes.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Toss with Parmesan cheese, tapenade and roasted vegetables.

Asparagus Portobello Pasta

Ingredients

2 (15 ounce) cans asparagus
1 (2.25 ounce) can sliced black olives
1/2 pound fettuccini pasta
1 tablespoon olive oil
3 large portobello mushrooms, sliced
1 (8 ounce) can peas, drained
2 teaspoons Italian seasoning
1 (6 ounce) can tomato paste
1/2 cup grated Parmesan cheese

Directions

Fill a large pot with water and the drained liquids of the asparagus and the olives; bring to a boil. Cook pasta for 8 to 10 minutes, or until al dente. Drain.

Meanwhile, heat oil in a large skillet over medium heat. Saute mushrooms, peas, and Italian seasoning until mushrooms are tender.

In a blender or food processor, puree asparagus, black olives, tomato paste and Parmesan. Transfer to a small saucepan, and heat through over medium-low heat. Spoon asparagus sauce over fettuccini, and top with mushrooms and peas.

Crabmeat and Asparagus Soup

Ingredients

1 (10 ounce) can asparagus tips, drained
2 (6 ounce) cans crabmeat, drained and flaked
2 tablespoons fish sauce
1 tablespoon oyster sauce
1 cup chopped fresh spinach
1 cup diced firm tofu
2 teaspoons dried oregano
1 clove garlic, crushed

Directions

In a slow cooker, combine the asparagus, crabmeat, fish sauce, spinach, tofu, oregano and garlic. Fill with enough water to cover by about 2 inches. Cover, and cook on High for 45 minutes, or until you smell the aroma and the spinach has cooked down dramatically.

Katie's Chicken and Broccoli Pasta

Ingredients

1 pound penne pasta
1/4 cup olive oil
1 large skinless, boneless chicken breast half - cut into cubes
2 tablespoons lemon juice
2 tablespoons capers
1 bunch asparagus, trimmed and cut into 1 inch pieces
2 cups broccoli florets
1 (3 ounce) can sliced mushrooms, drained
1/4 cup water

Directions

Fill a large pot with lightly salted water, and bring to a rolling boil over high heat. Cook pasta in boiling water until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well.

Meanwhile, heat the olive oil in a large skillet over medium-high heat. Add the chicken breast, and cook until browned on all sides, 3 to 5 minutes. Stir in lemon juice and capers, and continue cooking until chicken is no longer pink in the center, about 5 minutes longer. Remove chicken from pan.

Using the same pan, add asparagus, broccoli, mushrooms, and water to the juices remaining in the pan. Cover, and simmer until the broccoli and asparagus are tender. Layer pasta, chicken, and vegetables in a large platter or bowl to serve.

Asparagus, Chicken and Penne Pasta

Ingredients

1 (16 ounce) package dry penne pasta
2 tablespoons olive oil, divided
3/4 pound skinless, boneless chicken breast meat - cut into bite-size pieces
4 cloves garlic, minced
12 ounces asparagus, trimmed and cut into 1 inch pieces
1 teaspoon crushed red pepper flakes
salt and pepper to taste
1/2 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente. Drain, and transfer to a large bowl.

Heat 1 tablespoon olive oil in a large skillet over medium heat. Saute chicken until firm and lightly browned; remove from pan. Add the remaining tablespoon of olive oil to the skillet. Cook and stir garlic, asparagus, and red pepper flakes in oil until asparagus is tender. Stir in chicken, and cook for 2 minutes to blend the flavors. Season with salt and pepper.

Toss pasta with chicken and asparagus mixture. Sprinkle with Parmesan cheese.

Japanese Beef Rolls

Ingredients

1 tablespoon vegetable oil
12 shiitake mushrooms, sliced
24 spears fresh asparagus,
trimmed
8 thin-cut top round steaks
1/4 cup soy sauce
1 bunch green onions, green parts
only

Directions

Heat the oil in a skillet over medium heat. Add the mushrooms, cover and allow them to sweat over low heat until soft. Do not let them brown. Meanwhile, bring a large pot or skillet of water to a boil. Dunk the asparagus into the boiling water, then place into ice water to stop the cooking. Set aside.

Preheat the oven broiler. Grease a broiling pan.

To construct the rolls, lay the steaks out flat. If your steaks are thick, pound them to about 1/4 inch thickness. Brush soy sauce onto the surface, then place a few mushrooms, a couple of green onions and 3 asparagus spears at one end of each steak. Roll up towards the other end to enclose, and secure each bundle with a toothpick. Place the rolls seam side down on the broiling pan.

Roast under the preheated broiler until browned on top, about 3 minutes. Turn the rolls over and brown on the other side, 2 to 3 more minutes. Be careful not to over cook, this could burn the steaks or make them tough to eat.

Shrimp and Asparagus Casserole

Ingredients

2 (10 ounce) packages frozen cut asparagus
1/4 cup butter
1/4 cup all-purpose flour
1 cup milk
3/4 cup light cream
1/4 cup dry white wine, more cream or chicken broth
1/2 teaspoon salt
1/8 teaspoon pepper
1 egg yolk, slightly beaten
1/2 cup grated Parmesan cheese
1 pound cooked small shrimp
1/2 cup buttered soft bread crumbs

Directions

On stove top or in a microwave oven, blanch asparagus for 3 minutes. Drain well; set aside. In a small saucepan, melt butter. Stir in the flour; cook, stirring constantly, for 1 minute. Gradually whisk in milk and cream; cook until thickened. Stir in wine (or substitute). Season with salt and pepper. Stir in beaten egg yolk, cheese and shrimp. In a buttered 2-1/2-qt. casserole, arrange half the asparagus; pour on half the sauce. Repeat layers. Top with buttered crumbs. Bake at 350 degrees F for 30 minutes.

Elegant Stuffed Chicken and Asparagus Bundles

Ingredients

2 tablespoons vegetable oil
1/2 red onion, chopped
1 tablespoon finely minced garlic
4 ribs celery, minced
1/2 cup grated carrot
6 large mushrooms, chopped
1 cup cubed corn bread
1/2 cup freshly grated Parmesan cheese
Salt and pepper to taste
2 (8 ounce) skinless, boneless chicken breast halves
12 asparagus spears, trimmed
2 slices thick sliced bacon

Directions

Preheat oven to 350 degrees F (175 degrees C). Spray a small baking dish with cooking spray and set aside.

Heat vegetable oil in a skillet over medium heat. Stir in the onions and garlic; cook for 1 minute. Add the celery, carrot, and mushrooms; cook until the vegetables have softened. Stir in the cornbread and Parmesan cheese. Season to taste with salt and pepper, then set aside.

Lay the chicken breasts flat on a work surface. Create a pocket in each breast by using a paring knife to make a horizontal cut down one side; making sure not to cut all the way through. Stuff the breasts with enough cornbread mixture to make them quite plump. Sprinkle with salt and pepper, then place into the prepared baking dish.

Bake in preheated oven until a thermometer inserted into the center of the stuffing reads 160 degrees F (70 degrees C), about 45 minutes.

While the chicken is cooking, divide the asparagus spears into two, 6-piece portions, and wrap each bundle with a slice of bacon. Place into a shallow baking dish, and bake along with the chicken during the final 20 minutes. The asparagus should be soft, and the bacon crisp when done.

To serve, slice the breasts on the diagonal into 1/4-inch slices. Fan the slices out into a half-moon shape on one side of the plate, and place an asparagus bundle on the other.

Pretty Crawfish Pasta

Ingredients

1 (16 ounce) package farfalle (bow tie) pasta
1 bunch fresh asparagus, trimmed and cut into 2 inch pieces
1 tablespoon olive oil
1 small red onion, chopped
1 red or green bell pepper, chopped
1 (8 ounce) package sliced fresh mushrooms
1 pint grape tomatoes, halved
1 pound peeled crawfish tails
3/4 cup herbed vinaigrette salad dressing, or to taste

Directions

Bring a large pot of lightly salted water to a boil. Add farfalle pasta, and cook until tender, about 8 minutes. Drain. Place a separate pan of water on to boil. Add asparagus, and cook until tender and bright green, about 3 minutes depending on thickness. Drain, and place into ice water to stop the cooking process.

Heat the olive oil in a large skillet over medium-high heat. Add the onion and bell pepper; cook and stir for about 5 minutes. Add the mushrooms and crawfish tails; cook and stir for another 10 minutes. Add the asparagus and grape tomatoes to the pan, and cook for a couple of minutes. Remove from the heat and transfer to a large serving bowl.

Mix pasta into the serving bowl along with the vinaigrette dressing. Serve immediately, or refrigerate and serve chilled.

Orange-Glazed Asparagus

Ingredients

3 bunches medium-thick asparagus, tough ends snapped off
1/2 teaspoon salt
2 tablespoons extra-virgin olive oil
1/2 cup orange juice
Zest of a large orange (optional)

Directions

Toss asparagus with salt. Arrange in a large (12-inch) skillet with a lid. Add oil and juice to skillet and cover. (The asparagus can be set up a few hours ahead.)

About 10 minutes before serving time, turn burner on high. When asparagus starts to steam, set timer for 4 minutes. Cook until tender, checking at 4 minutes with the tip of a sharp knife.

Transfer cooked asparagus to a serving dish. Add optional zest to skillet and continue to cook until pan juices reduce to a glaze consistency, 2-3 minutes longer. Pour over asparagus and serve.

Asparagus Sandwiches

Ingredients

1 (10 ounce) can asparagus tips, drained
1/2 cup mayonnaise
2 tablespoons finely chopped onion
1 pinch seasoning salt
1 (1 pound) loaf soft, sliced white bread

Directions

Set asparagus spears onto paper towels to absorb excess liquid. In a small bowl, mix together the mayonnaise, onion and seasoning salt. Remove crusts from bread slices, and spread mayonnaise mixture thinly on each slice. Place a spear onto the slice and roll up. Cut each roll in half, and arrange on a serving tray. Cover with plastic wrap, and refrigerate until serving.

Bacon, Asparagus, and Cheese Sandwiches

Ingredients

8 slices bacon
1 (10 ounce) can asparagus tips,
drained
4 thick slices sourdough bread,
lightly toasted
4 slices sharp Cheddar cheese

Directions

Adjust oven rack to upper position, and set oven to broil. You may also use a toaster oven to cook the sandwiches if you don't want to broil them in the oven.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown and crispy. Drain on paper towels.

Place a few spears of asparagus on a slice of bread. Top with 2 slices crisp bacon then a slice of cheese.

Toast under the broiler until the cheese is melted and bubbly.

Salmon and Prawn Spaghetti

Ingredients

2 (4 ounce) salmon fillets
2 tablespoons chopped fresh tarragon
1 dash red wine
4 tiger prawns, peeled and deveined
1 (8 ounce) package uncooked spaghetti
8 spears asparagus, trimmed and cut into 1 inch pieces
1 tablespoon vegetable oil
1/2 cup sliced fresh mushrooms
1/4 cup chopped onion
2 cloves garlic, minced
1/2 cup red wine
1/4 cup whipping cream
2 tablespoons grated Parmesan cheese

Directions

Preheat the oven to 400 degrees F (200 degrees C). Place the salmon into a baking dish, and season with the tarragon and a dash of red wine. Cover with a lid or aluminum foil.

Bake the salmon for about 5 minutes, then remove the lid, and add the prawns to the dish. Cover, and return to the oven. Cook for 10 minutes, or until salmon flakes with a fork, and prawns are pink.

Meanwhile bring a large pot of lightly salted water to a boil. Add the spaghetti, and cook for 7 minutes, or until tender. After the first 2 minutes, add the asparagus spears they will be done at the same time.

As you wait for the pasta, heat the oil in a large skillet over medium-high heat. Add the onion and mushrooms; cook and stir for a few minutes, then add the garlic. Cook until garlic is fragrant, then add the wine. Cook and stir to remove any bits stuck to the pan, then reduce the heat to low and stir in the cream.

Drain the spaghetti and asparagus, and mix into the skillet with the cream sauce. Flake the salmon and mix it in too. Pour onto a serving dish, and place the prawns on top. Garnish with grated Parmesan cheese, and serve.

Pasta Shells with Portobello Mushrooms and

Ingredients

1 tablespoon butter
1 tablespoon olive oil
1 pound portobello mushrooms,
stems removed
1/2 teaspoon salt
1 1/4 cups low-sodium chicken
broth
1 (5.2 ounce) package pepper
Boursin cheese
3/4 pound uncooked pasta shells
1 pound fresh asparagus, trimmed

Directions

In a large skillet over medium heat, melt the butter and heat the olive oil. Cut the mushroom caps in half, and slice 1/4 inch thick. Cook mushrooms in the skillet 8 minutes, or until tender and lightly browned. Season with salt. Stir in the chicken broth and Boursin cheese. Reduce heat and simmer, stirring constantly, until well blended.

Bring a large pot of lightly salted water to a boil. Add shell pasta and cook for 5 minutes. Place the asparagus into the pot, and continue cooking 5 minutes, until the pasta is al dente and the asparagus is tender; drain. Toss with the mushroom sauce to serve.

Asparagus Chicken

Ingredients

4 skinless, boneless chicken breast halves
1/2 cup Chardonnay wine
1 teaspoon dried tarragon
1 packet dry hollandaise sauce mix
16 fresh steamed asparagus tips
1 cup shredded Cheddar cheese

Directions

To Marinate: Place chicken in a nonporous glass dish or bowl. Pour wine over chicken, then sprinkle with tarragon. Cover dish and refrigerate to marinate for 2 hours.

Preheat oven to broil/grill.

Remove chicken from dish or bowl, discarding remaining marinade, and broil/grill for 25 minutes or until cooked through and juices run clear.

Meanwhile, prepare hollandaise sauce according to package directions. When chicken is cooked, place 4 spears of steamed asparagus on each chicken breast and dribble with prepared hollandaise sauce to taste. Sprinkle with cheese and serve.

Drunken Grilled Asparagus

Ingredients

1 cup Burgundy wine
2 tablespoons olive oil
1 tablespoon prepared brown mustard
1 teaspoon garlic powder
1/2 teaspoon ground black pepper
1/2 teaspoon salt
2 pounds fresh asparagus, trimmed

Directions

In a medium bowl, whisk together Burgundy wine, olive oil, brown mustard, garlic powder, black pepper and salt.

Place asparagus in a large glass bowl, and cover with the Burgundy wine mixture. Cover bowl, and marinate asparagus in the refrigerator at least 2 hours, turning occasionally.

Preheat an outdoor grill for high heat, and lightly oil grate.

Grill asparagus 10 minutes, or to desired tenderness.

Shrimp and Quinoa

Ingredients

1 1/2 cups water
1 cup uncooked quinoa
2 tablespoons olive oil
1 red onion, chopped
1/2 green bell pepper, chopped
1/2 cup sliced fresh mushrooms
6 fresh asparagus spears,
trimmed and chopped
1/4 cup golden raisins
1 tablespoon minced fresh ginger
root
salt and pepper to taste
1 pound medium shrimp - peeled
and deveined
1 lime, juiced
2 tablespoons olive oil
1/2 cup chopped Italian flat leaf
parsley

Directions

In a large pot, bring the water to a boil, and stir in the quinoa. Cover, reduce heat to low, and simmer 15 minutes. Remove from heat, and set aside 10 minutes, or until all liquid has been absorbed.

Heat 2 tablespoons olive oil in a skillet over medium heat, and saute the onion and green bell pepper until tender. Mix in the mushrooms, asparagus, raisins, and ginger, and continue cooking until asparagus is tender. Season with salt and pepper. Mix in the shrimp, and cook 5 minutes, or until opaque.

In a large bowl, mix the quinoa with the lime juice and remaining 2 tablespoons olive oil. Toss with the skillet mixture and parsley to serve.

Blue Cheese and Asparagus Pizza

Ingredients

1 bunch asparagus, trimmed and snapped into pieces
1 teaspoon olive oil, or as needed
salt and black pepper to taste
1/2 cup pizza sauce
1 (14 ounce) prebaked pizza crust (such as Boboli®)
3/4 cup crumbled blue cheese

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Place asparagus on a baking sheet; drizzle with olive oil and sprinkle with salt and pepper.

Bake the asparagus in the preheated oven for 10 minutes.

While asparagus is baking, spread the pizza sauce over the pizza crust. Distribute asparagus pieces and crumbles of blue cheese evenly over the pizza.

Return pizza to center rack of preheated oven; bake until the cheese is melted and bubbling, 8 to 10 more minutes.

Cream of Asparagus Soup I

Ingredients

1/4 cup margarine
1 onion, chopped
3 stalks celery, chopped
3 tablespoons all-purpose flour
4 cups water
1 (10.5 ounce) can condensed chicken broth
4 tablespoons chicken bouillon powder
1 potato, peeled and diced
1 pound fresh asparagus, trimmed and coarsely chopped
3/4 cup half-and-half
1 tablespoon soy sauce
1/4 teaspoon ground black pepper
1/4 teaspoon ground white pepper

Directions

Melt butter or margarine in a heavy cooking pot. Add onions and chopped celery; saute until tender, about 4 minutes. Stir in flour, mixing well. Cook for about 1 minute, stirring constantly. Do not burn, or let it go lumpy. Add water, chicken broth, and chicken soup base; stir until smooth. Bring to a boil. Add diced potatoes and chopped asparagus. Reduce heat, and simmer for about 20 minutes.

Puree soup in a food processor or blender in batches. Return to pot.

Stir in half and half cream, soy sauce, and black and white pepper. Bring soup just to boil. Adjust seasonings to taste. Serve hot.

Ashley's Savory Summer Veggie Tarts

Ingredients

15 (2 inch) frozen, miniature pastry shells
1 (10.75 ounce) can cream of chicken soup
1/4 cup milk
1 hot chile pepper, seeded and minced
1 dash Worcestershire sauce
1 dash hot sauce
salt and ground black pepper to taste

2 tablespoons extra-virgin olive oil
2 cloves garlic, minced
1/4 cup finely chopped sweet onion
1/4 cup chopped red bell pepper
3/4 cup chopped asparagus
1/2 cup grated Parmesan
1/4 cup chopped flat-leaf parsley

Directions

Preheat oven to 400 degrees F (200 degrees C).

Bake the frozen pastry shells in the preheated oven for 10 minutes; remove and set aside.

Reduce the oven temperature to 350 degrees F (175 degrees C).

Whisk together the condensed soup, milk, chile pepper, Worcestershire, hot sauce, salt and pepper in a saucepan over low heat.

Preheat the olive oil in a large skillet over medium-high heat. Cook the garlic, onion, red pepper, and asparagus until tender. Stir the soup mixture in with the vegetables and spoon into the prepared pastry shells. Sprinkle with cheese.

Bake in the preheated oven for 20 minutes. Remove from the oven and cool for 10 minutes before garnishing with parsley to serve.

Prosciutto Wrapped Asparagus

Ingredients

1/2 pound prosciutto, sliced
1/2 (8 ounce) package Neufchatel
cheese, softened
12 spears fresh asparagus,
trimmed

Directions

Preheat oven to 450 degrees F (230 degrees C).

Spread prosciutto slices with Neufchatel cheese. Wrap slices around 2 or 3 asparagus spears. Arrange wrapped spears in a single layer on a medium baking sheet.

Bake 15 minutes in the preheated oven, until asparagus is tender.

Saucy Chicken and Asparagus

Ingredients

1 1/2 pounds fresh asparagus spears, halved
4 boneless, skinless chicken breast halves
2 tablespoons cooking oil
1/2 teaspoon salt
1/4 teaspoon pepper
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1/2 cup mayonnaise
1 teaspoon lemon juice
1/2 teaspoon curry powder
1 cup shredded Cheddar cheese

Directions

If desired, partially cook asparagus; drain. Place the asparagus in a greased 9-in. square baking dish. In a skillet over medium heat, brown the chicken in oil on both sides. Season with salt and pepper. Arrange chicken over asparagus. In a bowl, mix soup, mayonnaise, lemon juice and curry powder; pour over chicken. Cover and bake at 375 degrees F for 40 minutes or until the chicken is tender and juices run clear. Sprinkle with cheese. Let stand 5 minutes before serving.

Creamed Asparagus Soup

Ingredients

3 tablespoons butter
1 leek, sliced
1 large clove garlic, minced
1 pound fresh asparagus spears,
each cut crosswise into thirds
1 cup chicken broth
1 cup water
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup PHILADELPHIA Chive &
Onion Cream Cheese Spread
1/4 cup milk

Directions

Melt butter in medium saucepan on medium heat. Add leeks; cook 5 min. or until tender, stirring occasionally. Stir in garlic; cook and stir 2 min. Add asparagus, broth and water; stir. Simmer on medium-low heat 5 min. or until asparagus is crisp-tender. Season with salt and pepper.

Meanwhile, mix cream cheese spread and milk until well blended.

Add asparagus mixture to blender, in batches; blend until smooth. Spoon into soup bowls. Add cream cheese mixture; swirl gently with spoon.

Tomato Asparagus Salad

Ingredients

3/4 pound fresh asparagus,
trimmed and cut into 1 1/2 inch
pieces
3 plum tomatoes, halved and
sliced
3/4 cup chopped red onion
1/2 cup balsamic vinaigrette

Directions

Place asparagus in a steamer basket; place in a saucepan over 1 in. of water. Bring to a boil; cover and steam for 5-7 minutes or until crisp-tender. Drain and immediately place asparagus in ice water. Drain and pat dry.

In a large bowl, combine the asparagus, tomatoes and onion. Drizzle with vinaigrette and gently toss to coat. Serve with a slotted spoon.

Alfredo Primavera

Ingredients

1 tablespoon olive oil
1 medium onion, chopped
1 large carrot, thinly sliced
1 1/2 cups broccoli florets and/or
1-1/2-inch pieces fresh asparagus
1 medium red bell pepper, thinly
sliced
2 cloves garlic, finely chopped
1/2 teaspoon salt
1/4 teaspoon ground black
pepper
1 (15 ounce) jar Bertolli® Creamy
Alfredo Sauce
1/2 cup water
8 ounces linguine or spaghetti,
cooked and drained

Directions

Heat olive oil in 12-inch nonstick skillet over medium-high heat and cook onion and carrot, stirring occasionally, 2 minutes. Add broccoli and red pepper and cook, stirring occasionally, 2 minutes. Stir in garlic, salt and black pepper and cook 30 seconds.

Stir in sauce and water and bring to a boil over high heat. Reduce heat to low and simmer, stirring occasionally, 5 minutes. Serve over hot linguine and garnish, if desired, with chopped fresh basil.

Asparagus Tomato Stir-Fry

Ingredients

2 teaspoons cornstarch
1/4 cup chicken broth
4 teaspoons reduced-sodium soy sauce
2 teaspoons minced fresh gingerroot, divided
1 teaspoon canola oil
3/4 pound fresh asparagus, cut into 1-inch pieces
4 green onions cut into 1-inch pieces
1 1/2 cups sliced fresh mushrooms
2 small plum tomatoes, cut into thin wedges
1 teaspoon sesame oil

Directions

In a small bowl, combine the cornstarch, broth, soy sauce and 1/2 teaspoon ginger until blended; set aside. In a nonstick skillet or wok, stir-fry the remaining ginger in canola oil for 30 seconds. Add asparagus and onions; stir-fry for 3 minutes. Add mushrooms; stir-fry for 1 minute.

Stir cornstarch mixture and add to skillet. Bring to a boil; cook and stir for 1 minute or until thickened. Reduce heat. Add tomatoes and sesame oil; cook 1 minute longer.

Asparagus with Junk

Ingredients

1 bunch fresh asparagus, trimmed
1 cup mayonnaise
1/2 cup bread crumbs
1/2 cup grated Parmesan cheese

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Place a steamer insert into a saucepan. Pour enough water into the saucepan to reach just below the bottom of the steamer. Bring the water to a boil. Add the asparagus, cover, and steam until just tender, 2 to 6 minutes depending on thickness.

Place the asparagus into a baking dish. Spread mayonnaise over the asparagus; sprinkle with bread crumbs and Parmesan cheese.

Bake in the preheated oven until the crumbs and cheese are golden brown, about 20 minutes.

Garlic Asparagus with Lime

Ingredients

1 teaspoon butter
1 tablespoon olive oil
1 clove garlic, minced
1 medium shallot, minced
1 bunch fresh asparagus spears,
trimmed
1/4 lime, juiced
salt and pepper to taste

Directions

Melt butter with olive oil in a large skillet over medium heat. Stir in garlic and shallots, and cook for 1 to 2 minutes. Stir in asparagus spears; cook until tender, about 5 minutes. Squeeze lime over hot asparagus, and season with salt and pepper. Transfer to serving plate, and garnish with lime wedges.

Chicken Pesto Pizza with Roasted Red Peppers

Ingredients

1 (10 ounce) can premium white-meat chicken, packed in water, drained
1/3 cup diced onion
2 cloves garlic, minced
2 tablespoons olive oil
4 tablespoons basil pesto sauce, divided
Vegetable oil spray
1 (10 ounce) package refrigerated pizza dough
1 cup fresh asparagus cut in 1-inch pieces, or canned, cut asparagus, drained
1 cup chopped, fresh red bell peppers (roasted*) or canned, roasted red bell peppers, drained
1/2 cup shredded part-skim mozzarella cheese
1 ounce feta cheese, crumbled

Directions

Heat oven to 400 degrees F. Brown chicken with onion and garlic in olive oil in a medium, non-stick skillet. Remove from heat; blend with 2 tablespoons pesto sauce; set aside.

Lightly coat a 9x12-inch baking sheet or a 14-inch pizza stone with vegetable oil spray. Press or roll dough onto baking sheet or pizza stone to desired thickness. Spread remaining 2 tablespoons pesto sauce over dough, leaving a 1-inch edge. Arrange chicken mixture, asparagus and roasted red peppers on top. Sprinkle with cheeses. Bake for 12 to 15 minutes until cheeses melt and crust is lightly browned.

Bacon Wrapped Delights

Ingredients

12 spears white asparagus
4 ounces enoki mushrooms
4 ounces shiitake mushrooms,
stemmed and sliced 1/4-inch thick
24 slices bacon

Directions

Preheat oven to 425 degrees F (220 degrees C).

Bring a pot of water to a boil. Blanch the asparagus until it is barely cooked and still crisp, 2 to 4 minutes. When done, plunge the asparagus into ice water to stop the cooking. When cool, trim the asparagus to 8-inch lengths. Wrap a bundle of 6 asparagus spears with six strips of bacon, side by side, securing each slice with a toothpick. The bacon should be wrapped around twice so that there are two layers.

Trim the enoki mushrooms, and separate into 12 pieces. Stuff each enoki piece with four pieces of shiitake. Wrap each bundle with a slice of bacon, wrapping around twice, and secure with a toothpick. Place the bundles on a wire rack placed over a baking sheet.

Roast in preheated oven for 6 minutes, then flip the bundles over, and cook for another 4 to 6 minutes, until the bacon is brown and crisp.

To serve, remove all 24 toothpicks, and slice the asparagus bundles between the bacon. Drain on paper towels for a moment before serving.

Spring Vegetable Medley

Ingredients

2 cups quartered small red potatoes
1 cup fresh baby carrots
1/2 cup water
1/2 teaspoon chicken bouillon granules
2 cups cut fresh asparagus (2 inch pieces)
1 medium zucchini, cut into 1/4-inch slices
1 tablespoon butter or margarine, melted
1 1/2 teaspoons Dijon mustard
1/2 teaspoon dried thyme
1/4 teaspoon salt

Directions

In a large saucepan, bring the potatoes, carrots, water and bouillon to a boil. Reduce heat; cover and simmer for 10 minutes. Add the asparagus and zucchini; cover and simmer for 10 minutes or until crisp-tender. Combine the butter, mustard, thyme and salt; pour over vegetables and toss to coat.

Asparagus and Mushroom Frittata

Ingredients

1 tablespoon butter
3 tablespoons olive oil
1/2 pound fresh asparagus,
trimmed and cut into 1 inch pieces
1/2 pound fresh mushrooms,
sliced
6 eggs
1 tablespoon water
1 teaspoon chopped fresh thyme
3 tablespoons freshly grated
Parmesan cheese
1/2 cup shredded mozzarella
cheese

Directions

Preheat oven to 325 degrees F (165 degrees C).

Melt butter in an oven-safe skillet over medium heat. Stir in olive oil and asparagus, and cook until the asparagus is tender, about 10 minutes. Stir in the mushrooms, and continue cooking about 5 minutes.

In a medium bowl, whisk together eggs, water, and thyme. Pour into the skillet, and reduce heat to low. Cover, and cook 5 minutes.

Transfer the skillet to the preheated oven. Bake 10 to 15 minutes, until eggs are no longer runny. Top the mixture with Parmesan cheese and mozzarella cheese. Turn on the broiler, and broil until cheeses are melted and lightly browned.

Asparagus Polonaise

Ingredients

1/4 cup butter or margarine
3 slices white or whole wheat
bread, crumbled
1 hard-cooked egg, peeled and
chopped
1/2 cup chopped parsley
1/4 teaspoon salt
2 pounds fresh asparagus,
trimmed

Directions

In a skillet, melt butter and saute crumbs until golden. Stir in egg, parsley and salt. Meanwhile, cook the asparagus in a small amount of water until crisp-tender; drain and transfer to a platter. Spoon topping over asparagus.

Cold Asparagus with Curry Dip

Ingredients

1 bunch fresh asparagus spears,
trimmed
3/4 cup mayonnaise
1/4 cup sour cream
2 tablespoons curry powder

Directions

Bring a pot of lightly salted water to a boil. Add asparagus, and cook for about 7 minutes, until bright green. Remove to a bowl of ice water to cool. Drain and set aside.

In a medium bowl, stir together the mayonnaise, sour cream and curry powder. Transfer to a nice serving dish, and serve with chilled asparagus.

Bacon-Wrapped Asparagus

Ingredients

10 spears fresh asparagus,
trimmed
1/8 teaspoon pepper
5 bacon strips, halved lengthwise

Directions

Place asparagus on a sheet of waxed paper; coat with nonstick cooking spray. Sprinkle with pepper; turn to coat. Wrap a bacon piece around each spear; secure ends with toothpicks. Grill, uncovered, over medium-low heat for 8-12 minutes or until bacon is crisp, turning occasionally. Discard toothpicks.

John's Raspberry Asparagus

Ingredients

1 pound fresh asparagus spears,
trimmed
1 (8 ounce) container low-fat
raspberry yogurt
1/2 lemon, juiced

Directions

Place the asparagus in a steamer basket, and set over about 1 inch of boiling water. Cover, and steam for 5 to 8 minutes, or until tender and bright green.

In a small saucepan, stir together the yogurt and lemon juice. Cook over medium heat until warmed.

Place steamed asparagus onto serving plates, and spoon the sauce over, or serve sauce separately.

Whole Grain Asparagus and Red Pepper Strata

Ingredients

5 slices Roman Meal Bread, cut into 1/2-inch cubes
1 teaspoon olive oil
1/2 cup diced onion
1 tablespoon minced garlic
2 cups asparagus, trimmed, cut into 1/2-inch pieces
1 cup red bell pepper, cored, cut into 1/2-inch pieces
4 large eggs, slightly beaten
1 cup milk
1 cup shredded Romano or Parmesan cheese, divided
1/4 teaspoon salt
1/4 teaspoon ground black pepper

Directions

Preheat oven to 400 degrees F. Foil-line a baking sheet. Lightly grease 1-quart casserole or 8 x 8-inch baking dish.

Place bread cubes on baking sheet. Bake 10 minutes until golden brown. Remove from oven.

Meanwhile heat oil in large skillet over medium heat. Add onions and garlic; cook, stirring occasionally, for 2 minutes. Add asparagus and red pepper; cook, stirring occasionally, for 3 minutes until just tender.

Combine eggs, milk, 3/4 cup cheese, salt and pepper in large bowl. Add bread cubes and vegetable mixture; stir gently until combined. Pour mixture into prepared baking dish. Sprinkle with remaining 1/4 cup cheese.

Bake 30 to 35 minutes or until set and lightly browned.

Camp Soup

Ingredients

1 pound lean ground beef
1 medium head cabbage,
chopped
1 (15 ounce) can carrots, drained
1 (15.25 ounce) can whole kernel
corn
1 (15 ounce) can green beans
1 (15 ounce) can peas
1 (15 ounce) can sliced potatoes
1 (15 ounce) can mixed
vegetables
1 (10 ounce) can asparagus
1 (46 fluid ounce) can tomato juice
1/2 teaspoon garlic powder
1 teaspoon onion powder
salt and pepper to taste

Directions

Place ground beef in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside.

Put all the ingredients in a large soup pot. Do not drain the liquid from the vegetables. Cook until the cabbage is tender. Makes about 2 gallons of soup.

Jumbo Shrimp and Asparagus

Ingredients

2 cups water
2 bunches asparagus, trimmed
and cut into 1 inch pieces
2 tablespoons vegetable oil
24 large fresh shrimp, peeled,
deveined and cut in half
lengthwise
2 teaspoons chopped fresh ginger
root
3 tablespoons soy sauce
2 teaspoons granulated sugar
1 teaspoon dry sherry
salt to taste

Directions

In a medium saucepan, bring two cups of water to a boil. Cook asparagus in boiling water for 3 minutes. Drain, reserving 2 tablespoons of liquid.

Heat the oil in a skillet over medium-high heat. Saute the shrimp pieces until the color changes, about 3 to 5 minutes. Stir in asparagus with reserved liquid, and season with ginger, soy sauce, sugar, sherry and salt to taste. Continue to cook for 5 more minutes.

Parmesan Asparagus

Ingredients

10 medium fresh asparagus spears, trimmed
4 teaspoons olive oil
1 tablespoon grated Parmesan cheese
1/8 teaspoon garlic salt

Directions

Brush asparagus spears with oil; place on a baking sheet coated with nonstick cooking spray. Bake, uncovered, at 400 degrees F for 6 minutes; turn asparagus. Bake 6 minutes longer or until asparagus is tender. Combine Parmesan cheese and garlic salt; sprinkle over asparagus.

Dixie Stomp Cream of Vegetable Soup

Ingredients

1 onion, sliced
1 cup sliced carrots
1 potato - peeled and cubed
1 (10.5 ounce) can condensed chicken and rice soup
1 (15 ounce) can asparagus
2 (14.5 ounce) cans chicken broth
2 cubes chicken bouillon
1 bay leaf
1/4 teaspoon dried thyme
1/4 teaspoon ground black pepper
3 cloves garlic, minced
1 tablespoon margarine
3 cups heavy cream

Directions

In a large saucepan over medium high heat, combine the carrots, onions, potato, soups, asparagus, broth, bouillon cubes, bay leaf, thyme, ground black pepper and margarine. Stir all together, bring to a boil, reduce heat to medium low and let simmer until all vegetables are tender.

Transfer to a blender or food processor in small batches and puree until smooth. (Note: This soup is meant to be totally smooth, so puree until there is no sign of visible vegetable pieces.)

Next, combine with the cream and mix all together until smooth and well blended. Return all to the saucepan and warm soup over medium low heat. (Note: Do not boil.)

Asparagus Lasagna

Ingredients

3 pounds fresh asparagus, trimmed and cut into 1 inch pieces
1/3 cup butter or margarine
1/2 cup all-purpose flour
1 1/2 teaspoons salt
1/4 teaspoon pepper
5 cups milk
1 (8 ounce) package cream cheese, cubed
1 tablespoon lemon juice
1 teaspoon grated lemon peel
1/4 teaspoon ground nutmeg
12 lasagna noodles, cooked and drained
2 cups shredded mozzarella cheese
1/3 cup shredded Parmesan cheese

Directions

In a large saucepan, cook asparagus in a small amount of water until crisp-tender, about 7 minutes; drain and set aside. In another large saucepan, melt butter. Stir in flour, salt and pepper until smooth. Gradually stir in milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in cream cheese, lemon juice, peel and nutmeg until cheese is melted.

Spread about 3/4 cup sauce in a greased 13-in. x 9-in.-2-in. baking dish. Layer with three noodles, a fourth of the sauce and a third of the asparagus and mozzarella. Repeat layers twice. Top with remaining noodles and sauce (dish will be full). Sprinkle with Parmesan. Bake, uncovered, at 375 degrees F for 45-50 minutes or until bubbly and golden brown. Let stand for 15 minutes before cutting.

Asparagus Wrap

Ingredients

4 ounces blue cheese, crumbled
1 (8 ounce) package cream
cheese, softened
1 egg
1 (1 pound) loaf white bread,
crusts trimmed
1 (10 ounce) package frozen cut
asparagus
1/2 cup butter, melted

Directions

In a medium bowl, mix the blue cheese, cream cheese and egg. Flatten each bread slice, and spread with blue cheese mixture. Place one piece of asparagus on each bread slice. Roll the slices. Place rolled slices in freezer bags, and freeze at least 4 hours, or until frozen.

Preheat oven to 350 degrees F (175 degrees C).

Remove rolls from freezer. Brush with butter.

Place rolls on a large baking sheet. Bake in the preheated oven 10 minutes, or until bread is lightly browned and cheese is melted. Cut into bite-sized pieces to serve.

Risotto with Asparagus

Ingredients

1 pound asparagus, trimmed and cut into 2-inch pieces
7 1/2 cups chicken broth
1/2 cup finely chopped onion
1/4 cup olive oil
3 cups uncooked Arborio rice
1 cup dry white wine
1 tablespoon butter
1/4 cup grated Parmesan cheese
salt and pepper to taste

Directions

Place asparagus in a large saucepan; add 1/2 in. of water. Bring to a boil. Reduce heat; cover and simmer for 3 minutes or until crisp-tender. Drain and set aside.

In a large saucepan, bring broth to a boil. Reduce heat; cover and maintain at a simmer. In a large heavy skillet, cook onion in oil over medium heat until tender. Add rice and stir to coat well; cook 3 minutes longer. Add wine and cook until absorbed.

Stir in 1 cup simmering broth. Cook until broth is almost completely absorbed, stirring frequently, then add another cup of simmering broth. Repeat until only about 1/4 cup of broth remains (discard remaining broth); the process should take about 20 minutes. Rice should be slightly firm in center and look creamy.

Add asparagus; heat through. Remove from the heat; add the butter, Parmesan cheese, salt and pepper. Serve immediately.

Chicken Asparagus Roll-Ups

Ingredients

1/2 cup mayonnaise
3 tablespoons Dijon mustard
1 lemon, juiced and zested
2 teaspoons dried tarragon
1 teaspoon ground black pepper
1/2 teaspoon salt
16 spears fresh asparagus,
trimmed
4 skinless, boneless chicken
breast halves
4 slices provolone cheese
1 cup panko bread crumbs

Directions

Preheat oven to 475 degrees F (245 degrees C). Grease a baking dish. In a bowl, mix together the mayonnaise, Dijon mustard, lemon juice, lemon zest, tarragon, salt, and pepper until the mixture is well combined. Set aside.

Cook asparagus in the microwave on High until bright green and just tender, 1 to 1 1/2 minutes. Set the asparagus spears aside. Place a chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken breast with the smooth side of a meat mallet to a thickness of about 1/4 inch. Repeat with the rest of the chicken breasts.

Place 1 slice of provolone on each chicken breast, and top the cheese with 4 asparagus spears per breast. Roll the chicken breasts around the asparagus and cheese, making a tidy package, and place, seam sides down, in the prepared baking dish. With a pastry brush, apply a coating of the mayonnaise mixture to each chicken breast, and sprinkle each with panko crumbs, pressing the crumbs into the chicken to make a coating.

Bake in the preheated oven until the crumbs are browned and the chicken juices run clear, about 25 minutes.

Grilled Asparagus Salad

Ingredients

1/4 cup olive oil
1/8 cup lemon juice
12 fresh asparagus spears
6 cups fresh spinach leaves
1/8 cup grated Parmesan cheese
1 tablespoon seasoned slivered almonds

Directions

Preheat a grill for low heat. Combine the lemon juice and olive oil on a plate. Place asparagus on the plate, and roll around to coat.

Grill asparagus for about 5 minutes, turning at least once, and brushing with the olive oil mixture. Remove from the grill, and place back onto the plate with the oil.

In a large bowl, combine the spinach, Parmesan cheese, and slivered almonds. Cut asparagus into bite size pieces, and add to the salad along with the lemon juice and oil from the plate. Toss to blend, then serve.

Ham and Corn Bake - Easy and Yummy!

Ingredients

2 cups cubed cooked ham
1 (11 ounce) can whole kernel corn, drained
1 (10.75 ounce) can condensed cream of asparagus soup
3 eggs, beaten
2 tablespoons prepared yellow mustard
2 tablespoons butter
3/4 cup chopped onion
3/4 cup chopped celery, with leaves
2 tablespoons garlic salt
1/2 cup seasoned bread crumbs
1/4 cup grated Parmesan cheese
3/4 cup shredded Cheddar cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C). Coat a 1 1/2 quart casserole dish with vegetable oil cooking spray.

In a medium bowl, mix together the cubed ham, corn, cream of asparagus soup (undiluted), eggs and mustard. Melt butter in a skillet over medium heat. Add onions, celery and garlic salt; cook, stirring until tender. Stir the onion mixture into the egg mixture. Transfer to the prepared casserole dish. Sprinkle a layer of bread crumbs over the top, then cover with a layer of Parmesan cheese.

Cover the dish, and bake for 40 minutes in the preheated oven. Uncover, sprinkle Cheddar cheese over the top and return to the oven for an additional 20 minutes, or until cheese is melted and the top is golden brown. Let stand for 5 to 10 minutes before serving.

Red Cabbage-Asparagus Salad with Tahini

Ingredients

1 bunch asparagus, ends trimmed
2 tablespoons tahini
1 tablespoon water
2 tablespoons lemon juice
1 clove minced garlic
white sugar to taste
3/4 pound thinly sliced red cabbage
2 radishes, thinly sliced
2 green onions, sliced
2 tablespoons crumbled feta
1/4 cup toasted pine nuts
2 sprigs dill, chopped

Directions

Bring a large pot of salted water to a boil over high heat. Blanch asparagus until just tender, drain, and immediately plunge into ice water to stop the cooking process. When the asparagus is cold, drain and slice on the diagonal into 1-inch pieces.

In a small bowl, stir together tahini, water, lemon juice, and garlic. Stir in sugar to taste.

Toss together asparagus, red cabbage, radishes, green onions, feta, pine nuts, and dill in a large bowl. Pour in tahini dressing and mix to combine.

Asparagus-Vegetable Potato Topper

Ingredients

1 tablespoon vegetable oil
3/4 pound asparagus, trimmed,
cut into 1-inch pieces
2 medium carrots, sliced
1 cup sliced mushrooms
1/4 teaspoon dried basil leaves,
crushed
1 (10.75 ounce) can Campbell's®
Condensed Cream of Asparagus
Soup
2 tablespoons milk
6 hot baked potatoes , split

Directions

Heat the oil in a 10-inch skillet over medium heat. Add the asparagus, carrots, mushrooms and basil and cook until the vegetables are tender, stirring occasionally.

Stir the soup and milk in the skillet and cook until the mixture is hot and bubbling.

Spoon the soup mixture over the potatoes.

Smoked Salmon Tortellini with Bechamel Sauce

Ingredients

2 (9 ounce) packages cheese tortellini
1 1/4 cups milk
1/4 small onion
1 bay leaf
2 whole cloves
1 pinch ground nutmeg
1/4 cup butter
1 red bell pepper, chopped
1/2 pound fresh asparagus, trimmed and quartered
10 ounces fresh mushrooms, sliced
1 pound smoked salmon, chopped
2 tablespoons all-purpose flour

Directions

Bring a large pot of water to a boil, and cook the tortellini 7 to 8 minutes, or until al dente. Drain, and transfer to a large bowl.

In a saucepan over low heat, simmer the milk, onion, bay leaf, cloves, and nutmeg about 15 minutes. Remove from heat, and discard the onion, bay leaf, and cloves.

Melt 2 tablespoons butter in a large skillet over medium heat. Stir in the red bell pepper and asparagus, and cook about 3 minutes. Stir in the mushrooms, and continue cooking until tender. Mix in the smoked salmon, reduce heat to low, and cook until heated through.

Melt the remaining 2 tablespoons butter in a saucepan over medium heat, and slowly whisk in the flour until smooth. Thoroughly blend in the warmed milk. Stir into the skillet with the salmon mixture.

Spoon the salmon and sauce mixture into the bowl with the cooked pasta, and toss to coat.

Farfalle with Asparagus and Smoked Salmon

Ingredients

1 (8 ounce) package farfalle pasta
1/2 cup fresh steamed asparagus tips
1 ounce smoked salmon, chopped
1 lemon, juiced
1 tablespoon chopped pistachio nuts
1 teaspoon chopped fresh basil
1 tablespoon extra virgin olive oil
salt and pepper to taste

Directions

In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.

Steam the asparagus over boiling water and cook until tender but still firm. Drain, cool and chop.

In a large bowl, combine the pasta, asparagus, smoked salmon, lemon juice, pistachios, basil, olive oil, and salt and pepper. Mix well and refrigerate for 2 hours. Remove from refrigerator and serve at room temperature.

Strawberry Asparagus Salad

Ingredients

1/4 cup lemon juice
2 tablespoons vegetable oil
2 tablespoons honey
2 cups fresh asparagus, cut into
1-inch pieces
2 cups sliced fresh strawberries

Directions

In a small bowl, combine lemon juice, oil and honey; mix well. Cook asparagus in a small amount of water until crisp-tender, about 3-4 minutes; drain and cool. Arrange asparagus and strawberries on individual plates; drizzle with dressing.

Fettuccine Primavera

Ingredients

8 ounces uncooked fettuccine
1 cup julienned sweet red pepper
1 tablespoon canola oil
1/2 pound boneless skinless chicken breasts, cut into 1/4-inch strips
6 green onions, sliced
1/2 pound fresh asparagus, trimmed and cut into 1 inch pieces
3/4 cup chicken broth
1 1/2 teaspoons lemon juice
1/2 teaspoon salt
1/2 teaspoon dried thyme
1/2 teaspoon grated lemon peel
2/3 cup frozen peas, thawed
2 teaspoons cornstarch
1 tablespoon water
2 tablespoons reduced fat sour cream
1/4 cup shredded Parmesan cheese

Directions

Cook fettuccine according to package directions. Meanwhile, in a 12-in. nonstick skillet, saute red pepper in oil for 3 minutes or until crisp-tender. Stir in the chicken, onions, asparagus, broth, lemon juice, salt, thyme and lemon peel. Cook for 1 minute or until asparagus is crisp-tender.

Stir in peas; saute for 1 minute or until heated through. Combine cornstarch and water until smooth; stir into chicken mixture. Bring to a boil; cook and stir for 1-2 minutes or until thickened and chicken is no longer pink.

Remove from the heat; stir in sour cream. Transfer to a large bowl. Drain the fettuccine and add to chicken mixture. Sprinkle with Parmesan cheese and toss to coat.

Asparagus Quiche

Ingredients

1 pound fresh asparagus, trimmed and cut into 1/2 inch pieces
10 slices bacon
2 (8 inch) unbaked pie shells
1 egg white, lightly beaten
4 eggs
1 1/2 cups half-and-half cream
1/4 teaspoon ground nutmeg
salt and pepper to taste
2 cups shredded Swiss cheese

Directions

Preheat oven to 400 degrees F (200 degrees C). Place asparagus in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes. Drain and cool.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

Brush pie shells with beaten egg white. Sprinkle crumbled bacon and chopped asparagus into pie shells.

In a bowl, beat together eggs, cream, nutmeg, salt and pepper. Sprinkle Swiss cheese over bacon and asparagus. Pour egg mixture on top of cheese.

Bake uncovered in preheated oven until firm, about 35 to 40 minutes. Let cool to room temperature before serving.

Asparagus Oreganato

Ingredients

1 pound fresh asparagus, trimmed
2 cups seasoned bread crumbs
salt and pepper to taste
garlic powder to taste
1/2 cup grated Parmesan cheese
4 tablespoons butter, sliced

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place asparagus in a 9x13 inch baking dish, and cover with bread crumbs, salt, pepper, garlic powder and Parmesan cheese. Lay slices of butter on top.

Bake, covered, for 30 minutes. Remove cover, and bake 5 minutes more, or until browned on top.

Fried Asparagus

Ingredients

1 bunch fresh asparagus, trimmed and cut into 1 inch pieces
1/2 cup canola oil for frying
1 egg
1 cup coarsely crushed buttery round crackers

Directions

Bring about 2 inches of water to boil in a saucepan. Add the asparagus, and cook for about 3 minutes. Drain, and pat dry.

Heat enough oil to cover the bottom of a large heavy skillet over medium to medium-high heat. Whisk the egg in a small bowl, and place the cracker crumbs in a separate bowl.

Dip the asparagus pieces into the egg, and then coat with cracker crumbs. Fry in the hot oil until golden. Turn frequently for even cooking. If they are browning too quickly, reduce the heat a little. Drain on a paper towel-lined plate before serving.

Lemon Asparagus

Ingredients

1 pound fresh asparagus, cut into 1-inch pieces
2 tablespoons water
2 tablespoons butter or margarine, melted
1 teaspoon lemon juice
1 pinch dried tarragon
salt and pepper to taste

Directions

Place asparagus and water in a 1-1/2-qt. microwave-safe bowl. Cover and microwave on high for 7-8 minutes or until crisp-tender; drain. Add butter, lemon juice and tarragon; toss to coat. Sprinkle with salt and pepper.

French Shrimp Salad

Ingredients

1 pound fresh asparagus
3/4 pound cooked shrimp -
peeled and deveined
1/3 cup mayonnaise
1 tablespoon lemon juice
6 artichoke hearts, drained
1 cup French dressing
2 hard-cooked eggs, chopped
6 sprigs fresh parsley

Directions

Cook the asparagus in boiling salted water until tender. Remove and cool under cold water. Reserve six stalks and cut remaining asparagus into 1 inch pieces.

Cook and clean shrimp. Again reserve the best six and dice the remainder. In a bowl, combine shrimp and asparagus, mix gently with mayonnaise and lemon juice.

In a separate bowl, marinate the artichoke hearts in 1 cup French dressing.

Place shrimp and asparagus in an attractive shallow bowl. Garnish with sieved egg and arrange reserved asparagus on top to resemble the spokes of a wheel.

Drain the artichoke bottoms and garnish each with a dollop of mayonnaise, 1 whole shrimp and 1 parsley sprig. Arrange them around the salad.

Creamy Veggie Vermicelli

Ingredients

2 cups broccoli florets
2 cups fresh asparagus, cut into 1-inch pieces
1/4 cup butter or margarine
8 ounces uncooked vermicelli pasta
2 (3 ounce) packages cream cheese, cubed
1 cup milk
3/4 cup grated Parmesan cheese
1/4 teaspoon salt
1/4 teaspoon pepper
1 tablespoon grated lemon peel

Directions

In a large skillet, saute the broccoli and asparagus in butter for 8-10 minutes or until crisp-tender. Meanwhile, cook vermicelli according to package directions.

In a saucepan, cook and stir the cream cheese and milk over medium heat until smooth and blended. Add Parmesan cheese, salt and pepper; cook 2 minutes longer or until blended. Remove from the heat.

Stir lemon peel into the vegetables. Drain vermicelli; place in a serving bowl. Add vegetables and cheese sauce; toss to coat. Serve immediately.

Asparagus Guacamole

Ingredients

24 spears fresh asparagus,
trimmed and coarsely chopped
1/2 cup salsa
1 tablespoon chopped cilantro
2 cloves garlic
4 green onions, sliced

Directions

Place the asparagus in a pot with enough water to cover. Bring to a boil, and cook 5 minutes, until tender but firm. Drain, and rinse with cold water.

Place the asparagus, salsa, cilantro, garlic, and green onions in a food processor or blender, and process to desired consistency. Refrigerate 1 hour, or until chilled, before serving.

Spring Vegetable Bundles

Ingredients

4 green onions
1 cup water
1 pound thin asparagus spears,
trimmed
1 medium sweet red pepper,
julienned
1 medium sweet yellow pepper,
julienned
2 medium carrots, julienned
12 thyme sprigs
1 1/3 cups white wine
3 tablespoons butter

Directions

Trim both ends of onions; cut the green tops into 7-in. lengths. In a saucepan, bring water to a boil. Add onion tops; boil for 1 minute or until softened. Drain and immediately place onion tops in ice water. Drain and pat dry. Chop white portions of onions and set aside.

Divide asparagus, peppers and carrots into 12 bundles. Top each with a thyme sprig. Tie each bundle with a blanched onion top.

In a large skillet, place wine or both, chopped onions and vegetable bundles. Bring to a boil. Cook, uncovered, for 5-7 minutes or until vegetables are tender and liquid is reduced by two-thirds. Carefully remove bundles with a slotted spoon to a serving plate. Add butter to skillet, cook and stir until melted. Spoon over bundles.

Asparagus, Orange and Endive Salad

Ingredients

2 1/2 cups diagonally sliced asparagus
2 cups rinsed, dried and torn endive leaves
2 large oranges, sliced into rounds
1 red onion, thinly sliced
1/3 cup raspberry vinegar
2 tablespoons canola oil
1 tablespoon orange juice
1 tablespoon white sugar
salt and pepper to taste

Directions

To a large pot of boiling water, add the asparagus. Blanch for 1 minute; drain, and plunge asparagus into a bowl of cold water. Drain again and dry.

In a large bowl, combine the asparagus, endive, oranges, and red onion.

Whisk together the raspberry vinegar, canola oil, orange juice, sugar and salt and pepper. Add dressing to the asparagus endive mixture; toss well and serve.

Roasted Asparagus with Shallots

Ingredients

2 bunches fresh asparagus spears, trimmed
4 medium shallots, thinly sliced
4 tablespoons extra-virgin olive oil
3 tablespoons red wine vinegar, divided
salt and pepper to taste

Directions

Preheat the oven to 400 degrees F (200 degrees C).

Place the asparagus and shallots in a large bowl, and pour the olive oil and 2 tablespoons of the vinegar over them. Season with salt and pepper, and toss to coat evenly. Spread the asparagus spears out in a single layer on a baking sheet.

Bake for 20 minutes in the preheated oven, or until tender and bright green. Shake the pan about half way through to roll the spears over so they cook evenly. Remove from the oven, and drizzle the remaining vinegar over the asparagus. Toss lightly to coat, and serve immediately.

Pesto Shrimp Pasta

Ingredients

8 ounces uncooked spaghetti
1 cup loosely packed fresh basil leaves
1/4 cup lemon juice
2 garlic cloves, peeled
3 tablespoons olive oil, divided
1/2 teaspoon salt
1 pound fresh asparagus, trimmed and cut into 2 inch pieces
3/4 pound uncooked medium shrimp, peeled and deveined
1/8 teaspoon crushed red pepper flakes

Directions

Cook spaghetti according to package directions. Meanwhile, in a blender or food processor, combine the basil, lemon juice, garlic, 1 tablespoon oil and salt; cover and process until smooth.

In a large skillet, saute the asparagus in remaining oil until crisp-tender. Add the shrimp and pepper flakes. Cook and stir until shrimp turn pink. Drain the spaghetti; place in a large bowl. Add basil mixture; toss to coat. Add shrimp mixture and mix well.

Chicken Teriyaki with Asparagus

Ingredients

3/4 cup honey teriyaki sauce
1/4 cup white wine
4 skinless, boneless chicken
breast halves
16 spears fresh asparagus
4 slices Swiss cheese

Directions

In a large bowl, mix the honey teriyaki sauce and wine. Place chicken in the bowl, and coat with the marinade. Cover, and marinate in the refrigerator at least 1 hour (it is best if you can marinate overnight).

Preheat oven to 375 degrees F (190 degrees C).

Discard marinade, and arrange chicken breasts in a baking dish. Bake 15 minutes in the preheated oven, until almost done.

Place the asparagus in a pot fitted with a steamer basket over 1 inch of boiling water, and steam 5 minutes, until tender.

Place 4 asparagus spears on each chicken breast, and top each breast with a slice of Swiss cheese. Return to oven, and continue baking 10 minutes, or until cheese is melted and chicken juices run clear.