Asparagus

Fun Facts
- Asparagus seeds take three years to sprout and can be cropped every spring for 15 years
- Although most asparagus are green, they can also be found as white or purple.

Benefits
- Rich in folate which is good for brain health
- High in vitamin K which promotes strong bones

How to select and store
- Tips of asparagus shoots should be firmly closed and have a dark greens or purplish hue.
- Has a short shelf life - may be kept longer in the refrigerator by wrapping the stems with a wet kitchen towel and kept in a bag.
- Break the ends off of asparagus instead of cutting them. Break them where the vegetable naturally gives (this will ensure that you are keeping only the ripest part and leaving off the “woody” ends)

Recipe
CITRUS GRILLED ASPARAGUS
Serves: 4

Ingredients:
- 1 pound – asparagus
- 1 tablespoon – coconut oil
- 1 medium – lemon
- 1 medium – orange
- 1/8 teaspoon – salt
- 1/8 teaspoon – black pepper, ground

Directions:
1. Rinse asparagus well and snap the ends off.
2. Place on tin foil or a grilling pan.
3. Brush coconut oil onto the asparagus.
4. Squeeze the juice of the lemon and orange onto the asparagus.
5. Zest the lemon and orange and sprinkle on top.
7. For thick asparagus, grill for 10-12 minutes. For thin asparagus, grill for 5-8 minutes.
Strawberries

Fun Facts
- On average, a strawberry has 200 seeds.
- Strawberries are the only fruit with seeds on the outside of the fruit.

Benefits
- One of the top 10 fruits and vegetables in antioxidant content.
- The fiber and potassium content in strawberries keeps the heart healthy.
- One cup of strawberries contains 160% of the daily recommended quantity of vitamin C

How to select and store
- Pick bright colored strawberries free from bruises and moisture.
- Do not wash the berries or pit them until just before eating.

Recipe
Healthy Strawberry Waffles
- Serves: 8 (1/2 waffle per serving)
- Prep time: 10 minutes
- Cook time: 4 minutes

Ingredients:
- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1 ½ tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 2 cups strawberries
- 4 medium eggs
- 2 Tbsp honey

Directions:
1. Combine flours, baking powder, baking soda and salt.
2. In a blender, add strawberries (with stems removed), eggs and honey. Blend until smooth, then add to dry ingredients and whisk together.
3. Add the batter to a preheated waffle iron. Cook for about 3 minutes, or until cooked through.
4. Serve with fresh berries and a dollop of whipped cream!