



# FarmFresh

## Recipes

May 2016



### Available Now... Asparagus

One serving of asparagus is low in calories and very low in sodium.



#### Tips & Nutrition

Asparagus is an excellent source of folic acid and is a fairly significant source of vitamin C, thiamin, and vitamin B6.

Refrigerate asparagus for up to four days by wrapping the ends of stalks in wet paper towel and placing in a plastic bag.



### Fresh Inspirations...

#### Cast Iron Asparagus with Pecans and Brown Sugar

##### Ingredients

- 12 oz. Applewood Thick Cut Bacon, cut into random-sized pieces
- 2 Shallots, peeled, cut in half and cut into strips (julienne)
- 2 cloves Fresh Garlic, minced fine
- 2 bunches Asparagus, cut off woody ends and leave as spears
- 3/4 Cup Dark Brown Sugar
- 3/4 Cup Pecan Pieces, toasted
- Kosher Salt to taste
- Black Ground Pepper to taste
- Red Crushed Pepper to taste

##### Directions

Heat a large cast iron skillet on high heat for 5 minutes; add the bacon and sauté for 5 minutes or until bacon starts to brown. Drain most of the fat off the bacon and place the pan back on the heat. Add the garlic and shallots and cook until the shallots start to caramelize. Add the Asparagus and sauté until half cooked. Add the brown sugar and allow to melt, then add the toasted pecans and stir. Turn heat down to medium. Allow the asparagus to become glazed with the sugar, about 4-5 minutes. Turn off the heat when glazed and season to taste. Remove the asparagus and place into serving dish then top with bacon, shallot, sugar and pecan mix.

Enjoy with a glass of Colorado wine such as a 2012 Pinot Noir from Alfred Eames Cellars in Paonia, Colorado.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

Next Month... Colorado Chard