

# Asparagus Inspirations

This popular veggie is packed with essential nutrients, including vitamins A, C, and K, as well as folate and several health-promoting antioxidants. Easy to jazz up and cook quickly but also tasty raw.

## SPEAR DIPPERS

Use uncooked asparagus to dig into your favorite veggie dip.

.....

## SAUTÉ AWAY

Cook over medium-high heat with a drop of olive oil for 3 minutes, then add a squeeze of lemon.

.....

## OMELET ANYONE?

Chop and add to eggy dishes for a boost of texture and several essential nutrients.

