



Dietitian's Dish

Asparagus - A Simple Addition!

Adding asparagus to a meal or snack is a simple way to boost your intake of fiber, folate, and Vitamins A, C, E and K. It's available fresh, frozen, and canned for convenience. When selecting fresh asparagus, choose odorless stalks that are not wilted or limp, with dry, tight tips. Refrigerate asparagus for up to four days by wrapping the ends of the stalks in wet paper towel and placing them into a plastic bag. Reserve the woody stalk ends to make asparagus soup. Just freeze until ready to use. Asparagus tastes great added to salads or stir-fry, or simply steamed, roasted or grilled as a side dish.

Vegetable-Stuffed Pork Tenderloin

Ingredients:

- 2 Tbsp. olive oil
- 1/4 cup carrots
- 1/4 cup chopped leeks
- 1 garlic clove, minced
- 1/4 cup chopped asparagus
- 1/4 cup chopped cremini mushrooms
- 1 cup loosely packed baby spinach
- 2 Tbsp. seasoned breadcrumbs
- 1/2 tsp. chopped fresh thyme
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 1 pork tenderloin (about 1-1/4 pounds)



Directions:

1. Preheat oven to 375°. In large skillet, heat 1 Tbsp. of oil over medium heat. Add carrots and leeks; cook for 2 minutes, stirring occasionally. Add garlic; cook 30 seconds, stirring occasionally. Add asparagus and mushrooms; cook 3 minutes or until mushrooms release their moisture, stirring occasionally. Stir in spinach; cook 2 minutes or until spinach is wilted. Remove from heat; stir in breadcrumbs, thyme, and 1/8 tsp. each salt and pepper. Makes about 1/2 cup filling.
2. To butterfly pork, cut pork lengthwise down center, leaving 1/2 inch uncut. Lay pork flat between plastic wrap on cutting board; pound to 1/2-inch thick with flat end of meat mallet. Remove plastic wrap; place filling lengthwise down center of pork in 2-inch row. From the long side, tightly roll pork around filling; secure with 3 wooden skewers.
3. Sprinkle pork with the remaining 1/8 tsp. each salt and pepper. In large skillet, heat remaining 1 Tbsp. of oil over medium-high heat; add pork and cook 4 minutes or until browned, turning once. Transfer pork to rimmed baking pan; roast 30 minutes or until internal temperature reaches 145°. Let pork stand 10 minutes before slicing.

Lemon Dill Salmon Pasta with Asparagus

Ingredients:

- 1 lb. asparagus rough ends trimmed, cut into 1-inch pieces
- 2 Tbsp. plus 1 tsp. olive oil, divided
- 8 oz. rotini pasta cooked according to package directions
- 1 can (6 oz.) boneless, skinless salmon
- 1 lemon, juiced
- 2 Tbsp. fresh dill chopped
- 1/2 tsp. garlic powder
- 1/4 cup shredded Parmesan cheese



Directions:

1. Preheat oven to 400°F.
2. Place asparagus on a baking sheet. Drizzle with 1 tsp. olive oil and season with salt and pepper. Bake for 10 minutes, or until tender.
3. Combine cooked pasta, asparagus, salmon, lemon juice, 2 Tbsp. olive oil, dill, and garlic powder in a large bowl. Stir to coat well. Sprinkle with cheese before serving.

Recipe and image courtesy of HealthyFamilyProject.com.