

## Fun Food Feature of the Week!

### Asparagus

- Only four calories per medium spear and 20 calories per 1/2 cup serving.
- A good source of vitamin C, potassium and fiber (1-3 grams per serving).
- Has more folic acid than any other vegetable (one serving has more than half of what is needed in a day). Folic acid is needed for blood cell formation, growth, and the prevention of liver disease. It is also associated with a decreased risk for neural tube birth defects so increased amounts of folacin are recommended for pregnant women.
- According to the National Cancer Institute, asparagus is a good source of glutathione, one of the body's most potent cancer fighters.
- For more asparagus info., visit [www.asparagus.com](http://www.asparagus.com)



### Roasted Potatoes and Asparagus

- 1/2 cup Italian dressing (preferably light or reduced fat)
- 1/2 cup Dijon Mustard
- 2 pounds of small red potatoes, unpeeled, quartered (about 1-inch pieces)
- 2 cups cut fresh or frozen asparagus
- 2 cups of grape or cherry tomatoes, cut in half
- 1/2 cup sliced green onion



Preheat oven to 350°. Combine Italian dressing and Dijon mustard until blended. Toss 1/4 cup dressing mixture with potatoes in a medium bowl. Spray a 15x10x1 pan with nonstick spray. Arrange potatoes on pan. Bake for 20-25 minutes. Remove from oven; add asparagus to the pan. Continue to bake 10 to 15 minutes until potatoes are tender and asparagus is lightly browned.

Put potatoes and asparagus in a large bowl. Stir in tomatoes, onion, and remaining dressing mixture. Serve warm or at room temperature.

Makes 6 servings. (Exchanges: 1 vegetable, 1 starch)