

What's  
cooking?

## AWAITING ASPARAGUS

PIXABAY

Asparagus is an excellent source of vitamin K, folate, copper, selenium, vitamin B2, vitamin C, and vitamin E. It is a very good source of dietary fiber, manganese, phosphorus, niacin, potassium, choline, vitamin A, zinc, iron, protein, vitamin B6 and pantothenic acid. And it's delicious. Gardening season for asparagus in Wisconsin runs April through June. Did you know that you also can pick wild asparagus on a state wildlife area? Edible fruits, edible nuts, wild mushrooms, wild asparagus and watercress may be removed by hand without a permit for the purpose of personal consumption by the collector. To find a state wildlife area near you, visit [dnr.wi.gov](http://dnr.wi.gov) and search "state wildlife area."

### ASPARAGUS WITH LEMON MUSTARD VINAIGRETTE

- 1 ½ pounds fresh asparagus, washed and trimmed
- 1 small red onion, thinly sliced
- 2 teaspoons lemon and pepper seasoning
- 1 tablespoon country-style Dijon mustard
- ½ teaspoon sugar
- ¼ cup olive or vegetable oil

Steam or boil the asparagus for 7 to 10 minutes, or until tender. Rinse with cold water. Place the asparagus on large platter and top with the red onion. Combine the remaining ingredients; drizzle over the asparagus and serve. Serves 6; 120 calories and 9 grams fat.

*This recipe is from Sherry Tanumihardjo of UW-Extension and Jennifer Keeley, Bureau of Aging and Long Term Care Resources.*

#### **WE REGRET THE ERROR.**

*The February issue cited an incorrect date for the MacKenzie Center Maple Syrup Festival. The festival is Saturday, April 2.*