

Tasty And Easy Asparagus Recipes For Nursing Moms



Roasted Asparagus



1. Trim the asparagus and add it to a large grilling pan over medium flame.
2. Put olive oil in the pan and coat the asparagus in it.
3. Sprinkle black pepper and salt on the asparagus and turn off the flame.
4. Place the asparagus in a microwave-safe bowl in a preheated oven.
5. Cook at 450°F for 5 minutes and serve warm.

White Asparagus Soup

1. In a saucepan, combine half a cup of water and sugar and bring to a boil. Cut off tips from asparagus and add them to boiling water. Cook till they are deep and tender.
2. Slice the asparagus stems thinly. Cook and stir asparagus stems in melted butter. Add milk, cream, and mace and let it simmer over medium-high.
3. Transfer this mixture to a blender. Strain the mixture. Transfer the soup into bowls and sprinkle it with chopped hazelnuts and asparagus strips.



Warm Asparagus Salad



1. Boil a large pot of salted water. Fill ice water in a large bowl.
2. Cook the asparagus in boiling water until it's just tender. Transfer it to the ice water.
3. In a saucepan, heat oil and add garlic and walnuts. Pour the mixture over the asparagus and mix nicely.
4. Season with salt and pepper. Serve it on a platter with parmesan on top.