

ASPARAGUS FOOD RECIPES FOR PREGNANT WOMEN



Asparagus Salad

Ingredients

Chopped asparagus spears (cooked tender-crisp), spring mix, sliced olives, halved baby tomatoes, toasted pine nuts, and almonds.

Procedure

Mix the ingredients together in a bowl and season with a simple dressing made from balsamic vinegar, virgin olive oil, and freshly ground salt and pepper.



Asparagus Broccoli Soup

Ingredients

Olive oil, shallots, broccoli (chopped), asparagus (trimmed and chopped), vegetable or chicken broth (fresh and unseasoned), and freshly ground salt and pepper

Procedure

Sauté shallots and vegetables in olive oil, add seasonings and broth. Heat to a boil, simmer with a lid on, and turn off for 10 minutes. Use an immersion blender to blend the soup and serve warm.



Roasted Asparagus

Ingredients

Asparagus (trimmed), olive oil, lemon juice, butter, and salt.

Procedure

Place asparagus on a baking sheet and coat it with olive oil and salt. Bake in a preheated (400°F) oven for 10 to 15 minutes. Garnish with lemon juice and butter, and serve with hollandaise sauce or mayonnaise.



Asparagus Egg-Frittata

Ingredients

Asparagus (trimmed), eggs, tomato, onion, olive oil, and seasonings

Procedure

Sauté asparagus and onions in olive oil until soft and golden. Add it to beaten eggs and season with freshly ground pepper and salt. In a pan, heat some oil, pour the asparagus egg mix, and cover it with a lid. Leave it to cook on either side for four to five minutes. Once done, tuck the ends under, cut, and serve it warm with a cheese dip.

