

ANNIE THE ASPARAGUS





It's October and we are scarily excited to introduce our new Superhero Vegetable of the month!

Can you guess who I am?

Who Am I?

- I am a long, bright green vegetable. I have a pointy head that feels a bit bumpy
- When you cook me, I am slightly crunchy with a sweet taste
- I am part of the Asparagus Family



- I grow super fast! I can grow up to 25cm (10 inches) a day
- I come in different colours such as green, purple and white!
- I am a fancy vegetable. Long ago, only King's and Queen's could eat me!
- I am one of the 1st veggies to grow in Spring
- If you let me grow for a while, I turn into a feathery plant with red berries!



Where Can You Find Me?

- I can grow in Ireland and all over the world
- I grow best in light, well-drained soil in an open, sunny site.
- I am available in shops all year round but I taste the best in Spring
- I last longer when stored in the fridge, stood up in a glass containing 1-2cm of water

Why You Should Eat Me?

First of all, I taste yummy but best of all I help you grow big and strong!

- I'm high in Folate which helps body cells grow
- I provide Vitamin C which boots your immune system and helps your wounds (any cuts and scrapes) heal
- I am very high in **Fibre**. This helps you digest food and keeps your tummy feeling good

Fun Ways to Eat Me

- You can sprinkle some Lemon Juice and Vegan Parmesan Cheese (Sons of Butchers/ Violife/Tesco Plant Chef *check exchanges*) on me
- You can cover me in Low Protein Egg Replacer, Low Protein Flour and Low Protein Breadcrumbs, bake me and turn me into crunchy vegetables
- You can add me into your dinners, salads and even smoothies

Turn over for some cool recipes!





LOW PROTEIN RECIPES

ASPARAGUS AND POTATO SALAD

<u>Ingredients: (serves 4)</u>

- 320g potatoes, cut into chunks (exchanges)
- 2 tablespoon extra virgin olive oil
- 2 cloves of garlic, minced
- 2 teaspoon dried rosemary
- 2 teaspoon dried thyme
- 250g fresh asparagus, trimmed, and cut into 2 cm pieces
- 1 red bell pepper, diced
- 1 teaspoon salt (optional)



Method:

- 1. Preheat oven to 200°C.
- 2.On a large rimmed baking sheet, toss the potatoes with ½ the olive oil, garlic, rosemary, thyme and ½ the salt. Cover with foil.
- 3. Bake for 20 minutes.
- 4. Mix the red pepper and asparagus with remaining oil and salt. Add to baking sheet, cover, and continue cooking 15 minutes,
- 5. Remove foil, and continue cooking for 10 minutes or until potatoes brown.
- 6. Season with pepper and serve (can be served hot or cold).



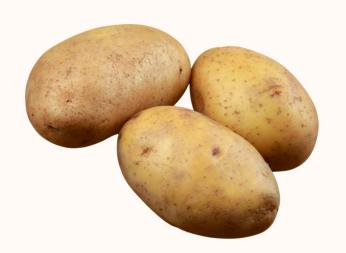
Nutritional Information

Serving Size: 1/4 recipe
Exchanges: 1 exchange for PKU, HCU and MSUD

1 1/2 exchanges for other conditions



(Entire recipe serves 4)





LOW PROTEIN RECIPES

Vegan Parmesan Asparagus

Serves 2

Ingredients:

- 10 spears of asparagus
- 50g low protein flour mix
- 2 teaspoon of low protein egg replacer (with 40ml water) =1 egg*
- 25g Vegan Parmesan (25 g = Son of a Butcher's Parmesham = 1.3g Protein/Violife Parmesan= 0.4g Protein, Vemondo Italian Style Vegan Cheese = 0.1g Protein)
- 25g low protein breadcrumbs
- 4 tablespoon of olive oil
- 1/2 Lemon

Method:

- 1. Heat the oven to 200°C
- 2. Mix the Egg Replacer with water in a shallow dish and leave to the side
- 3.Combine the Low Protein Breadcrumbs with the Vegan Parmesan cheese in a second shallow dish
- 4. Add the Low Protein Flour to a third shallow dish and cut off the ends of each asparagus stalk
- 5. Dip the asparagus in the flour, then the egg replacer and then the cheesy breadcrumbs and put on a plate
- 6. Drizzle oil over a baking tray and heat in the oven. Once hot, carefully lay the asparagus spears in it.
- 7. Roast for 20 minutes, turning halfway through, until the breadcrumbs have browned

