

Flavors of Rochester at the Market

Celebrating the Cuisines and Cultures of our Community

*A sampling series brought to you by the Rochester Public Market,
Friends of the Rochester Public Market, Democrat and Chronicle, and Summit Federal Credit Union
Saturdays, May through September 10 a.m. to 12 p.m.*

www.cityofrochester.gov/marketflavors; roc.democratandchronicle.com/section/flavors

Guest Chef for May 23, 2015: **Margaret O'Neill**

RECIPE: Market Asparagus Salad

How anxiously we await the first of the asparagus crop at the Market! Seeing those tender green stalks is a sure sign that spring has arrived! Local asparagus is harvested for just 8 – 10 weeks, so enjoy it while it's available. Select stems that are firm and crisp, with tightly closed heads. Plan to use fresh asparagus within several days, refrigerating it and rinsing under cold water just before use. We are most familiar with green asparagus, but look for purple and white varieties as well. And that age old question – thick or thin stems? Both are tender and delicious, so pick which ever you prefer.

Asparagus cooks quickly – and can be steamed, sautéed, roasted or grilled. It's low in calories – just 20 calories per serving. And asparagus is loaded with fiber, antioxidants and vitamins including vitamin K. This recipe combines asparagus and tomatoes with a light dressing – an easy way to enjoy one of the first local Market offerings of spring.

Ingredients

1 ½ lb asparagus (about 40 spears)
1 cup cherry tomatoes, halved
1 T. balsamic vinegar
2 t. orange juice
1 t. minced garlic
2 T parmesan cheese, shredded
Dash each of salt and pepper

Directions

1. Break off the woody stem from the bottom of each asparagus spear. Cut spears into bite size pieces. Cook in salted boiling water until barely tender, about 4 – 6 minutes. Drain and immediately plunge into ice water to stop the cooking.
2. In a small bowl stir together vinegar, orange juice and garlic.
3. Combine asparagus and tomatoes. Toss with dressing. Season with salt and pepper to taste. Sprinkle with parmesan cheese. Serves 4

Sponsorship for Margaret's monthly tastings provided by The Summit Federal Credit Union.