ANNIE THE ASPARAGUS

OCTOBER

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



Did You Know?

- 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



Ingredients: (serves 4)

- 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

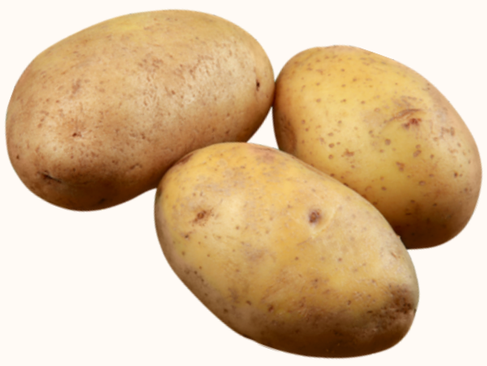
Serving Size: 1/4 recipe

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