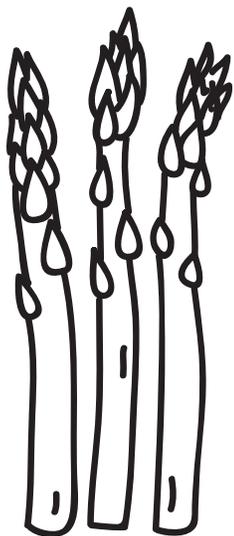


National Asparagus Day

National Asparagus Day is celebrated on May 24th. Asparagus is a delicious spring vegetable and is full of nutrients like fiber, folate, and vitamins A, C, and E.



Did You Know?

- Asparagus is an ancient vegetable dating back to 3000 B.C.
- The ancient Greeks and Romans used asparagus as an offering for the gods
- Asparagus can take three years to go from seed to sprout, so it requires patience to grow!
- Harvesting asparagus is difficult because every spear has to be handpicked

Celebrate National Asparagus Day by making your own crispy Italian asparagus sticks!

Ingredients:

1/4 cup flour

1 Bunch Asparagus, cleaned and stems removed
(if you snap the asparagus down towards the bottom, they will naturally break at the woody part at the bottom)

1 cup Italian seasoned breadcrumbs

2 eggs, beaten

cooking oil spray

1 cup tomato sauce for dipping

Italian Asparagus Sticks Recipe

Directions:

1. Preheat oven to 450 degrees and coat a large baking sheet with cooking spray.
2. Fill one bowl with Italian breadcrumbs
3. Whisk the egg in a separate bowl.
4. Place the flour in another bowl.
5. Make an assembly line with the bowls. Dip the asparagus first into the flour, then the egg and finally into the bread crumbs, coating evenly and repeating with all the sticks.
6. Place all of the coated sticks on the baking sheet/rack. Arrange so they're not touching, spray lightly with cooking oil and bake for 30-35 minutes or until the bread crumbs are golden. Serve with tomato sauce on the side!

