

Roasted Asparagus with Feta Cheese

Patricia Cooper

¼ cup olive oil	Kosher salt, to taste
4 garlic cloves, minced	Fresh ground black pepper, to taste
1 tsp. lemon zest	
½ tsp. dried oregano	4 oz. crumbled Feta cheese
¼ tsp. red pepper flakes	2 Tbsp. chopped fresh parsley
2 lbs. fresh crisp asparagus	Juice of 1 to 2 lemons, to taste

Preheat oven to 400°. Heat olive oil, minced garlic, lemon zest, oregano, and red pepper flakes in a small pan over low heat until garlic becomes golden. Remove from heat and allow to cool.

Bend asparagus gently until it breaks at a natural point and discard ends. Toss asparagus pieces with olive oil mixture and place in a single layer on a baking sheet. Season with salt and pepper, then with crumbled Feta cheese. Roast at 400° for 12 minutes or until tender.

Sprinkle with chopped parsley and drizzle with lemon juice.

Stir-Fried Asparagus with Garlic

Stacy Lundy

2 lbs. asparagus	2 Tbsp. canola or olive oil
8 cloves garlic, minced	3 Tbsp. soy sauce

Snap off ends of asparagus. Sauté asparagus and garlic in hot oil in large skillet over medium-high heat for 3 to 5 minutes, or until crisp-tender. Add soy sauce and reduce heat to medium-low and cover. Cook for 5 minutes or until tender.