



May 2002 Recipe – Baked Asparagus with Parmesan Cheese

1 pound asparagus, trimmed
1 teaspoon olive oil
1 tablespoon freshly grated Parmesan cheese
1 1/2 tablespoons fresh bread crumbs

Preheat the oven to 450 degrees. In a medium baking dish, toss the asparagus with the oil and arrange in an even layer. Sprinkle with the Parmesan and bread crumbs. Bake for 20 minutes or until the asparagus is tender.

Makes 4 servings

Per serving: 58 calories, 1.7 grams fat, 7 grams carbohydrate, 51 mg sodium, 1 mg cholesterol, 2.5 grams dietary fiber

This recipe is from our new “Cookbook of the Quarter”, *5 a day: the better health cookbook*, available at Barnes & Noble discounted 20% April through June.

Asparagus is one of our greatest cancer fighters. It can also help strengthen blood vessels. Asparagus is a spring vegetable, in season now. What a delicious way to celebrate spring and help meet your 5 A Day.

Your Partners in Health,
Candace and Lucy