



# ASK FOR ASPARAGUS

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## Ask for asparagus at home!

### Kid Approved Roasted Asparagus

- Rinse asparagus spears and trim the ends.
- Spread out on a foil-covered baking sheet.
- Drizzle with olive oil and sprinkle with salt, pepper, and minced garlic or garlic powder.
- Roast at 400°F for 10-15 minutes.
- Asparagus is ready when it is tender.

### Kids in the Kitchen! Kids can:

- Rinse asparagus under cool water.
- Snap off the woody ends.
- Break the asparagus into pieces.
- Sprinkle salt, pepper, and garlic.

Kids like to try food they help make.

It's a great way to encourage your child to eat fruits and vegetables.

*Make meals and memories together. It's a lesson kids will use for life.*



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