



CAMPUS KITCHEN
AT THE UNIVERSITY OF KENTUCKY

LOCALLY CHOPPED APRIL 2025

Get Into Your Vegetable SPEAR-IT

FEATURING ASPARAGUS

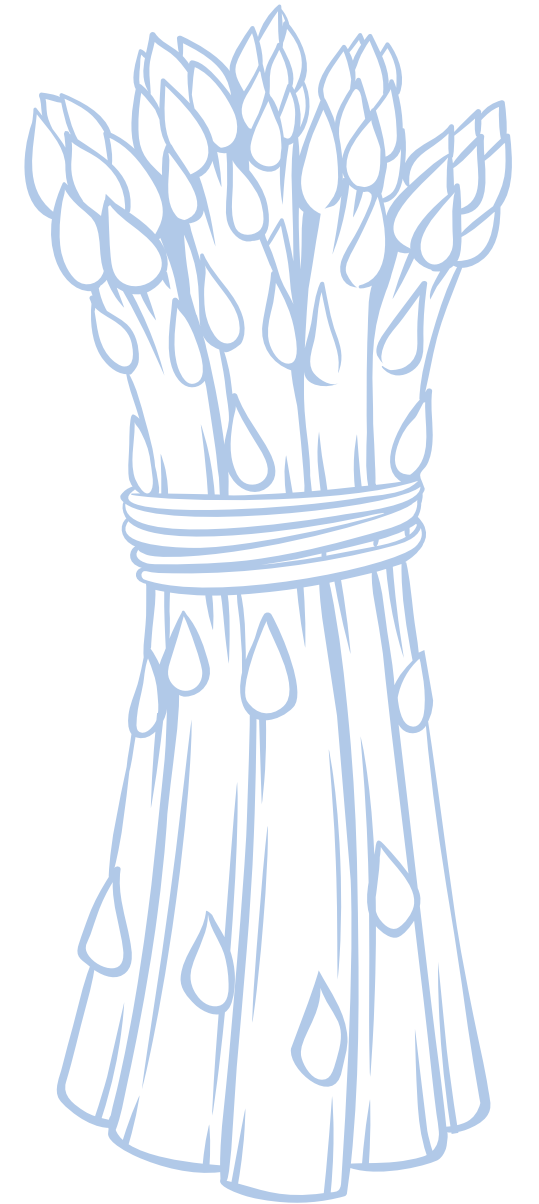


Asparagus

Asparagus is a spring vegetable known for its long, green spears with a tender tip. It originated in the Mediterranean region over 2,000 years ago and has been prized for its delicate flavor and health benefits. Today, it's grown worldwide, with top producers including the United States, China, and Peru.

Asparagus is low in calories but rich in nutrients like vitamin K, vitamin C, folate, and fiber. It's also a natural diuretic and contains antioxidants that support overall health.

Fun fact: asparagus can grow up to 7 inches in one day in ideal conditions! Another unique trait is that it can cause a distinct smell in urine due to a compound called asparagusic acid, which is harmless and completely normal.



Roasted Asparagus

Materials: cutting board, knife, baking sheet

Ingredients: 1 bunch of asparagus, 4 tbsp of olive oil, salt, pepper

Instructions:

1. Preheat oven to 425 degrees.
2. Wash the asparagus and cut off the woody ends.
3. Toss the asparagus, olive oil, salt, and pepper until asparagus is evenly coated. Arrange in a single layer on the baking sheet.
4. Bake for 10 minutes.
5. Optional: Add some minced garlic for added flavor!



One Pan Chicken and Asparagus

Materials: small, bowl, whisk/spoon, cooking pan, cutting board, knife, spatula

Ingredients: 4 tbsp balsamic vinegar, 4 tbsp olive oil, 1 tbsp honey, 1 tbsp mustard, 2 cloves garlic/ 2 tbsp of granulated garlic, ½ lb of chicken breasts, ½ bunch of asparagus, ¼ pt of cherry tomatoes

Instructions:

1. Mix balsamic vinegar, honey, mustard, garlic, and 2 tbsp of olive oil.
2. Wash and chop the cherry tomatoes in half and the woody ends off the asparagus.
3. Heat a pan over medium heat and add olive oil, cook the chicken seasoning with salt and pepper and sear for 3 minutes each side, take chicken out of pan.
4. Add asparagus and tomatoes and season with salt and pepper and cook for 5 minutes.
5. Add back in chicken and pour in the sauce to cover the chicken and veggies slightly. Cook the chicken until well done.
6. Optional: Try this recipe baked by preheating the oven to 425, baking the chicken for 10 minutes, and then adding the veggies and sauce for another 10 minutes!



Lentil Salad

Materials: pot, large bowl, small bowl, spoon, cutting board, knife

Ingredients: ¼ cup olive oil, 1 tbsp lemon juice, 2 tsp mustard, 1 tsp honey, ¼ bunch of asparagus, ¼ cup radishes, ¼ cup tomatoes, ½ cup lentils, ¼ cup of cashews, olives/capers/pickles

Instructions:

1. Mix olive oil, lemon juice, honey, mustard, and add salt and pepper to taste.
2. Bring a pot of salted water to a boil and rinse lentils and cook until lentils are tender. More specific instructions on packaging. Drain lentils and let cool.
3. Wash and trim asparagus into 1 inch pieces. Wash and cut radishes into bite-size pieces.
4. Bring a pot of salted water to a boil and blanch asparagus for 3 minutes. Drain water and let asparagus cool down.
5. Mix all the ingredients together and top with pickled ingredients (olives, capers, pickles) to taste and drizzle with dressing.



Notes on Working with Asparagus

Storing Asparagus: The best way to store fresh asparagus is by wrapping a bunch in a damp paper towel and storing it in a zip-lock plastic bag in the refrigerator. This will keep fresh for up to 2 weeks.

Meal Prep: Cut off the woody end of the stems where the asparagus becomes softer naturally. Blanches and air-dried asparagus can be frozen in a single layer for 4-6 months.

How to Store Cooked Asparagus: Roasted asparagus can be stored in an airtight container in the refrigerator for up to 3-5 days. This is the same with boiled or blanched asparagus.





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Campus Kitchen at UK is a student-led service organization in the **Department of Dietetics and Human Nutrition in the Martin-Gatton College of Agriculture, Food, and Environment**. We were founded in 2014 with the focus of minimizing food waste, improving food security, and bringing awareness to food sustainability in the UK and Lexington communities!

Join us for **Farm-to-Fork** every Wednesday from 11AM- 1PM during the regular school year in Funkhouser 207 or Ag. North N24, where students can get a free, well-balanced meal made by us. Or volunteer with us to recover, cook, or deliver food!

Locally Chopped is a new initiative at CKUK happening once a month during Farm-to-Fork at Funkhouser 207 where we show you how to prepare two different dishes of a local, seasonal ingredient. AND you get to take home some of that ingredient with you! WITH recipes made with college students in mind!

Follow us on Instagram @ckkentucky and we hope to see you soon!

