



NUTRITION NEWSLETTER

# COMPLETE HEALTH

*of Lawrenceville*

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## ROASTED ASPARAGUS WITH LEMON VINAIGRETTE

### Ingredients

- 3/4 pound fresh asparagus - woody stems removed
- 3 tablespoons EVOO
- 1/2 t Dijon Mustard
- 1/2 Lemon, juiced
- Kosher Salt
- Freshly Ground Pepper

### Instructions

- Preheat the oven to 400 degrees F
- In a bowl toss the asparagus in 2 tablespoons of olive oil and liberally season with salt and pepper. Roast in a single layer for 10 minutes until tender
- Assemble the vinaigrette by whisking mustard, lemon juice and remaining tablespoon of olive oil
- Once Asparagus is roasted, toss in the vinaigrette to coat well. Serve cold or warm!

## SUPER FOOD - ASPARAGUS

When was the last time that you ate asparagus? Not only can it be prepared in a variety of delicious ways, this super vegetable has numerous health benefits!

- Great Source of Vitamin A, C and K
- High in Fiber to keep you full and heal your gut
- Great Source of Folate which can support a healthy pregnancy!
- Good Source of potassium which can help improve blood pressure

Consider adding a portion of asparagus to your next plate to give your body this amazing benefits!



## EATING IN SEASON

Eating foods that are in season doesn't only taste better, but it provides your body with better nutrition!

When produce is in season and grown locally, it takes less time to be shipped and arrive in our grocery stores and kitchens. This means that produce can remain on the parent plant longer before they are harvested. Studies have repeatedly shown that when fruits and vegetables are able to ripen naturally, they have higher amounts of vitamins and minerals. This also means that less energy is used to transport food from other climates. Eating local and in-season produce is simply the better choice for your body and the planet.

With the start of spring comes a whole new season of fresh fruits and vegetables. Look for the following produce in your grocery store and farmer's market!



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