Greenmarket Kids Recipe Series

ASPARAGUS WITH GARLIC SCAPE DRESSING

DID YOU KNOW: Asparagus and garlic are related? They’re both in the lily family (or allium in Latin) along with onions and leeks. Asparagus is one of the very first vegetables the farmers harvest in the spring. Asparagus is packed with nutrients too. It has fiber and lots of B vitamins and antioxidants that give us lots of energy and prevent us from getting sick. Curly green Garlic Scapes are the flower shoots of the garlic plant and you can find them at farmers markets in the spring (but never at grocery stores). They have a great fresh garlicky taste.

Serves 2 to 4

Ingredients:
1 lb asparagus*  
4 garlic scapes* (you may substitute chives)  
2 tablespoons white wine vinegar  
1 teaspoon dijon mustard  
1/4 cup olive oil  
Water as needed  
1/2 teaspoon salt  
1/4 teaspoon pepper

Equipment:
sharp knife and cutting board  
large pot  
serving plate  
rubber spatula  
large metal bowl  
whisk

* Ingredients available seasonally at your neighborhood Greenmarket

Instructions:
1. With an adult’s help, fill a large pot with water and place on the stove over high heat and bring to a boil.
2. Take each asparagus stalk and bend it until it breaks. Throw away or compost the woody bottom end. Then, with an adult’s help use the sharp knife to cut the garlic scapes into small pieces.
3. Add the asparagus to the boiling water and cook until tender and bright green (about 3-5 minutes depending on the thickness of the asparagus). Remove the asparagus from the water and allow it to cool on a plate in the refrigerator.
4. Add the garlic scapes, vinegar, mustard, oil, salt and pepper to the large metal bowl. Using the whisk, stir rapidly until the dressing thickens a little and the oil and vinegar are well-combined.
5. Drizzle the dressing onto the plate of cooled asparagus.