

Press Release

FOR MORE INFORMATION: regarding this press release and/or an interview with client for further details:

Contact: Priscilla Lleras-Bush
Email: priscillaprestige@outlook.com
Phone: 817-793-3133

FOOTBALL KICK-OFF **Peruvian Steamed Asparagus with Dill Dip** **PERUVIAN ASPARAGUS IMPORTER'S ASSOCIATION**

FOR IMMEDIATE RELEASE: September 7, 2022. The Peruvian Asparagus Importers Association (PAIA) is an association of U.S. importers that represent over 90% of the fresh asparagus that is imported and consumed within the United States. PAIA is the entity that assists in the trade totality efforts of supplying U.S. consumers with the best quality product. To find our more information about PAIA, please see their website at: peruvianasparagusimportersassociation.com.

Peruvian asparagus a fresh, nutritious, and delicious vegetable and makes the perfect football snack for friends and families. Who knew that fresh vegetables with a tasty dip can be easy to prepare and healthy to eat?

Today's recipe comes from Crystal Valley Foods Specialty Produce is headquartered in Miami, Florida. Crystal Valley Foods has been committed to quality produce since day one. Crystal Valley Foods was founded in 1994 by Jay Rodriguez, President/CEO, who was dedicated to offering fruits and vegetables to foodservice distributors and grocers all over the country. During their early years, they focused on importing and distributing specialty products from Peru and Guatemala, while growing their core products: asparagus, French beans, baby vegetables and snow peas. Crystal Valley Foods is committed to developing solid partnerships, by investing in land and packing houses to ensure consistent, high-quality produce for our customers. Crystal Valley Foods has become a vertically integrated specialty importer in the industry.

Start your Football Season Kick off with Crystal Valley Foods steamed asparagus and dill dip recipe. This delicious appetizer dish featuring a healthy vegetable with a dip that is sure not disappoint and will leave your family and guests wanting more.

Crystal Valley Foods Steamed Asparagus with Dill Dip

Prep Time: 10 min

Servings: 4



Ingredients:

- Fresh Crystal Valley asparagus and assorted veggies

Ingredients For Dip:

- ½ Cup Low-fat Mayonnaise
- 1 Cup Plain Non-Fat Greek Yogurt
- ¼ Cup Fresh Dill, Chopped
- ½ Tsp. Salt
- ½ Tsp. Garlic Powder
- 1/8 Tsp. Onion Powder teaspoon onion powder
- 1 Tsp. Dried Parsley Flakes

Directions:

- 1) Prepare asparagus for dipping. In a large saucepan, bring 2 cups of water with salt to a boil. Add asparagus. Cover; cook 2 minutes. Remove asparagus from water and immediately dip into ice water until cold. Drain. **TIP:** You can also use convenient Crystal Valley fresh asparagus in a microwaveable bag. Just pierce the bag, pop into the microwave for 2 minutes (do not cook the full time as instructed on the bag) and immediately plunge into ice water.
- 2) Clean and prep the other vegetables and arrange on a plate.
- 3) Mix ingredients mayonnaise, Greek yogurt, dill, salt, garlic powder, onion powder, and parley together.
- 4) Get to dippin'!

For more information about PAIA <https://peruvianasparagusimportersassociation.com/>
For more information about Crystal Valley Foods Inc. <https://www.crystalvalleyfoods.com/>



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