



Asparagus

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Boiled Eggs with Mayo & Asparagus

3 ingredients · 15 minutes · 1 serving



Directions

1. Place the eggs in a saucepan. Cover with water and bring to a boil.
2. Once the eggs have come to a boil, turn off the heat and let the pot sit with the lid on for 10 to 12 minutes. Next, move the eggs into ice water to prevent them from overcooking.
3. Meanwhile, set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus.
4. Peel the eggs and serve them with the asparagus and mayonnaise. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. If the eggs are unpeeled, they will last up to seven days.

More Flavor

Mix your choice of herbs, spices or hot sauce into the mayonnaise.

Additional Toppings

Add fresh herbs, cucumbers, cherry tomatoes, bell peppers or nuts.

Ingredients

2 Egg

1 cup Asparagus (woody ends trimmed, chopped in half)

1 tbsp Mayonnaise

Steamed Asparagus

1 ingredient · 10 minutes · 4 servings



Directions

1. Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 5 days.

Serving Size

One serving is equal to approximately one cup of cooked asparagus.

Ingredients

4 cups Asparagus (woody ends trimmed, chopped in half)

Shrimp Asparagus Pesto Pasta

7 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 400°F (204°C).
2. Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink.
3. While the shrimp and asparagus bake, bring a medium saucepan full of water to a boil. Add the chickpea pasta and cook according to the directions on the package. Drain and rinse the pasta and return it to the pot. Stir in pesto and mix well to combine.
4. Remove shells from shrimp. Mix the shrimp and asparagus into the pasta and divide between bowls. Enjoy!

Notes

Leftovers

Keeps well in the fridge for 2 to 3 days. Enjoy cold or reheated.

No Asparagus

Use green beans or zucchini instead.

Vegan

Swap out the shrimp for tofu.

More Greens

Top with microgreens.

Ingredients

- 3 cups** Asparagus (chopped into 1 inch pieces)
- 12 ozs** Shrimp (uncooked, shells on)
- 2 tbsps** Extra Virgin Olive Oil
- 1/8 tsp** Sea Salt (or more to taste)
- 1** Lemon (sliced into rounds)
- 4 ozs** Chickpea Pasta
- 2 tbsps** Pesto

Crispy Asparagus with Coconut

8 ingredients · 15 minutes · 2 servings



Directions

1. Heat a cast iron pan over medium-high heat and add the avocado oil. Add the asparagus and cook, tossing around as needed until charred, around 8 to 10 minutes. Remove from the heat and set aside on a plate.
2. In a small bowl, whisk together the coconut aminos, lime juice, sesame oil and chili flakes. Pour over the asparagus and top with coconut flakes and cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Likes it Sweeter

Add raw honey to the dressing.

Additional Toppings

Chopped peanuts, cashews or sunflower seeds.

No Coconut Aminos

Use tamari or soy sauce instead.

More Flavor

Use toasted sesame oil.

Ingredients

- 1/2 tsp Avocado Oil
- 1 cup Asparagus (trimmed)
- 1 tbsp Coconut Aminos
- 1 tsp Lime Juice
- 1/2 tsp Sesame Oil
- 1/4 tsp Chili Flakes
- 2 tbsps Unsweetened Coconut Flakes
- 1/4 cup Cilantro (finely chopped)

Cedar Planked Salmon with Grilled Asparagus

12 ingredients · 30 minutes · 2 servings



Directions

1. Ensure your cedar plank has been soaked for at least 4 hours and review the safety notes below.
2. Toss asparagus in olive oil, salt and pepper to taste and set aside.
3. In a bowl, mix together maple syrup, garlic powder, onion powder, paprika, salt and pepper. Place salmon fillets in the bowl and coat evenly with the marinade.
4. Preheat grill on high heat. Grill asparagus for 2 to 3 minutes until tender. Set aside.
5. Reduce to medium heat and place soaked plank on grill for about 3 minutes or until it begins to crackle and smoke.
6. Flip the plank over and place salmon fillets on top, then layer the lemon slices on top of the salmon. Place the ends of the lemon on the plank as well, cut side down. Reduce heat to low, close lid and cook until salmon flakes easily, about 15 to 20 minutes. Baste with leftover marinade at halfway mark.
7. Divide asparagus onto plates. Squeeze lemon over salmon, serve and enjoy!

Notes

Safety First

Never leave your barbecue unattended. Do not let your barbecue go above 350°F (177°C) as the plank may catch fire. Have a spray bottle of water on hand in case of flare-ups.

No Asparagus

Replace with Pineapple Salsa (from Fish Tacos recipe) or any other grilled veggies.

Likes it Spicy

Add chili powder or red pepper flakes to the marinade.

No BBQ

Soak plank at least 4 hrs and brush with oil. Preheat oven to 350°F (177°C) and bake salmon on the plank until it flakes easily, about 15 to 20 minutes.

Prep Ahead

Soak the plank ahead of time and store in the freezer until ready to use.

Ingredients

- 1 Cedar Plank
- 3 cups Asparagus (woody ends snapped off)
- 1 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Maple Syrup
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 10 ozs Salmon Fillet
- 1 Lemon (sliced into rounds)

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More Carbs

Serve with quinoa, potatoes or brown rice.

Keep it Simple

Omit the marinade and season the salmon with olive oil, salt and pepper.