

Asparagus FROM GARDEN TO TABLE

Whole ingredients
Simple solutions



Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario



ON THE BBQ

lightly coat in olive oil, place on the top grill on medium temperature, slow roast til brown

OVEN ROASTED ASPARAGUS

drizzle lightly with olive oil, season with salt and pepper.
roast in a 350C oven for 15 min. or until brown, top with lemon zest and a sprinkle of parmesan cheese

CHICKEN AND ASPARAGUS STIR FRY

create a chicken stir fry and add chopped asparagus at the last stage of cooking



SERVICES FOR YOUNG MOTHERS