

Recipe Name: Asparagus Sautéed with Garlic**Recipe Category:** Vegetable**Portion Size:** ½ cup asparagus **Yields:** 8 servings

Ingredients	Notes:
1 tablespoon olive oil	
4 cup bunch fresh asparagus,	Washed and trimmed. Remove any tough stems.
3 cloves garlic	Washed, peeled and minced

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Melt the oil in a large skillet over medium-high heat.	
2	Add the garlic and asparagus spears.	
3	Cook for 10 minutes, stirring occasionally, or until asparagus is tender.	Cook until internal temperature reaches 135°F.

Variations: May be boiled, braised, char/grilled, microwave, roasted, steamed or stir fried.

Asparagus with Lemon: Drizzle with olive oil, 2 cloves garlic, 2 tablespoons Parmesan cheese and bake 425°F for 12-15 minutes

Asparagus with Asian Sauce: Drizzle with olive oil, 2 cloves garlic, 2 tablespoons Hoisin sauce and bake 425°F for 12-15 minutes. Sprinkle with sesame seeds just before serving.

Asparagus with Grape Tomatoes and Pine Nuts: Reduce asparagus to 2 cups. Drizzle with olive oil, 2 cloves garlic, 2 tablespoons 2 cups grape tomatoes (halved) and stir fry for 5-7 minutes. Top with 2 tablespoons Pine nuts. Stir fry 1 more minute.

Asparagus with Sliced Almonds and Parmesan Cheese: Drizzle with olive oil, 2 cloves garlic, 2 tablespoons Parmesan cheese and bake 425°F for 12-15 minutes. Remove from oven and top with 2 tablespoons sliced almonds. Bake 1 more minute.

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41° F or colder or using time alone (less than four hours).

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size after cooking. Moisten with broth as needed after cutting.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4” particle size after cooking. Moisten with broth as needed after chopping.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch after cooking. Moisten with broth as needed after processing.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add milk or sauce to puree. Do not add to much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding.

Therapeutic Modified Diets:

Lowfat: No changes needed

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: Omit garlic, no lemon juice

Liberal House Renal: No Parmesan cheese, Hoisin Sauce, Almonds, Pine nuts

No Added Salt: No Hoisin Sauce

2 Gram Sodium: No Parmesan cheese, Hoisin Sauce

Gluten Free: No changes needed. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X	X				X	

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free