



ELITE
PERSONAL TRAINING & FITNESS SOLUTIONS

HEALTH TOPIC OF THE WEEK

10/23 - Asparagus

Introduction

This week's health topic is on asparagus. I'm a little late to the party since May was National Asparagus Month but it's never too late to focus on this nutritious spear-shaped vegetable.

Asparagus is extremely versatile. It pairs nicely with fish, beef, shrimp, veal, chicken, and pasta, but it's also great by itself. It can be prepared for breakfast in frittatas, or in appetizers, soups, salads, wraps or entrées.

Benefits

Asparagus has many nutrients but few calories. In fact, just ½ cup contains only 20 cal. It is a fibrous vegetable that supports a healthy gut.

Asparagus provides several health benefits. Just a half cup of asparagus contains 2 g of fiber which is nearly 8% of your daily needs. It also helps to lower blood pressure. With its rich source of antioxidants, asparagus protects against certain cancers. Asparagus has impressive amounts of folate, which supports a healthy pregnancy. It's also contains vitamins A, B6, C and K.

Asparagus Pee

You may have noticed that after eating asparagus, your urine has a somewhat unpleasant scent. This happens due to the metabolism of acid in asparagus and is referred to as asparagus pee.

When asparagus is digested, asparagusic acid gets broken down into sulfur containing byproducts. When you pee, the sulfur byproducts evaporate almost immediately, causing you to smell that unpleasant scent.

Asparagus is tasty and nutritious.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

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Some people notice the rotten-like smell as early as 15-30 minutes after eating asparagus, and studies have determined that within 25 minutes, half of the asparagusic acid consumed has already been absorbed. The fast absorption rate suggests that the effect of asparagus on urine smell can appear as quickly as 20 minutes and can last for more than a few hours.

Choosing and cooking

When choosing asparagus for recipes, be sure to choose the right size for the dish. While the larger stalks are good for grilling, steaming and roasting, the smaller, skinnier stalks are better for pasta dishes, risotto and similar recipes.

Fiery Grilled Asparagus

Servings: 4

Ingredients

- 1 lb. asparagus
- 1 tbsp. crushed red pepper flakes
- 2 tbsp. olive oil
- 2 tsp. rice wine vinegar
- 1 tbsp. sesame seeds, toasted
- 1 tsp. sugar



Directions

1. Coat clean grill rack with nonstick cooking spray. Preheat grill to medium (300° F to 350° F).
2. Trim and discard tough ends of asparagus.
3. Combine asparagus, olive oil, red pepper flakes, vinegar, sugar, and salt and pepper to taste in large shallow dish. Marinate for 15 minutes.
4. Grill 5 to 6 minutes, turning once. Arrange grilled asparagus on platter and sprinkle with toasted sesame seeds.

Nutrition information per serving: 71 Calories, 5g Total Fat, 1g Saturated Fat, 7mg Sodium, 5g Total Carbohydrates, 3g Fiber. Recipe source: TryFoods International

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Pesto Chicken Pasta

This one-dish meal makes dinnertime easy.

Makes: 6 servings

Ingredients

- 8 ounces uncooked whole wheat bow tie pasta
- 2 cups cut-up asparagus
- 3 cups (12 ounces) cubed, cooked chicken
- 1 cup halved cherry tomatoes ⅓ cup chopped red onion
- 1 (2.25-ounce) can sliced ripe olives, well drained
- ¾ cup prepared pesto sauce
- 3 tbsp. freshly shredded or grated Romano cheese

Directions

1. Cook pasta according to package directions. Rinse and drain.
2. Steam or microwave asparagus until tender crisp. Drain. Combine cooked pasta and asparagus in a large bowl. Stir in chicken, tomatoes, onion and olives. Gently toss with pesto sauce. Serve warm, garnished with cheese. Refrigerate leftovers; they make a great lunch.

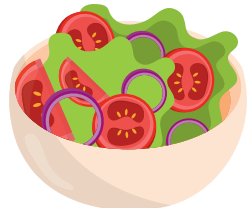
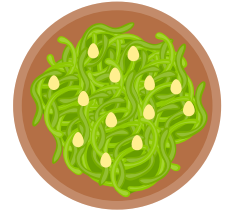
Recipe courtesy of Michigan Asparagus Advisory Board.

Grilled Asparagus, Tomato & Blue Cheese Salad

Serves 4

Ingredients

- 1lb. asparagus
- 1 cup grape tomatoes
- 2 tbsp. Meijer Extra Virgin Olive Oil, divided
- ¼ cup Meijer Organics Crumbled Blue Cheese
- ¼ cup thinly sliced red onion
- 1 garlic clove, minced
- 1 tbsp. balsamic vinegar
- 1 tbsp. finely chopped fresh basil



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Directions

1. Preheat grill to medium (300-350° F).
2. Thread asparagus onto 2 or 3 parallel skewers to hold them together during grilling. Thread tomatoes onto 2 skewers. Brush vegetables with 1 tbsp. oil, and season with salt and pepper to taste.
3. Place skewers on grill. Grill 5 minutes, turning occasionally. Remove skewers from grill and remove vegetables from skewers. Cut asparagus into 2-inch pieces.
4. In a medium bowl combine asparagus, tomatoes, blue cheese, onion and garlic; toss to combine. Drizzle with remaining 1 tbsp. oil plus vinegar, toss.
5. Season with salt and pepper to taste; sprinkle with basil and serve.

Recipe courtesy of the Meijer May/June Healthy Living Naturally Booklet.

One of the easiest ways to make asparagus is simply to roast it with a sprinkle of olive oil, mixed with a little minced garlic in the oven at 400 degrees for approximately 10 minutes. So simple and so delicious.

Interested in healthy eating? Elite is available for consultations that are tailored to your taste buds as well as to your specific nutritional needs. Give us a call.



References

https://www.healthline.com/nutrition/asparagus-benefits#TOC_TITLE_HDR_6

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