



Sarah Carolides

HEALTH

Asparagus!

Sarah Carolides

<https://www.sarahcarolides.com>



Lemony Asparagus Spaghetti

2 servings

15 minutes

Ingredients

128 grams Whole Wheat Spaghetti
268 grams Asparagus
119 milliliters Water (reserved from cooking pasta)
1 Lemon (juiced, zested)
75 grams Parmigiano Reggiano (finely grated)
37 milliliters Extra Virgin Olive Oil
11 grams Basil Leaves
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the pasta according to the package directions, adding the asparagus to the last two minutes of cooking. Reserve pasta water and drain.
- 2 In a serving bowl, mix the lemon zest, lemon juice, parmesan, and oil.
- 3 Transfer the pasta and the asparagus to the bowl and stir, adding a little cooking water if necessary to coat the pasta.
- 4 Top with basil and season with salt and pepper. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup of cooked pasta and one cup of asparagus.

More Flavor: Add cooked protein of your choice.



Asparagus & Peas Cheese Ravioli

2 servings

15 minutes

Ingredients

170 grams Cheese Ravioli
119 milliliters Water (reserved from cooking pasta)
30 milliliters Extra Virgin Olive Oil
134 grams Asparagus (ends trimmed)
160 grams Frozen Peas (thawed)
3 grams Ginger (fresh, grated)
Sea Salt & Black Pepper (to taste)
14 grams Parmigiano Reggiano (shaved)
6 grams Chives (chopped, optional)

Directions

- 1 Cook the ravioli according to the package directions. Reserve pasta water and drain.
- 2 Preheat the oil in a skillet over medium heat. Add the asparagus and peas and sauté for three minutes. Add the ginger and a splash of the reserved cooking water. Continue cooking until the vegetables are tender, approximately two minutes. Season with salt and pepper.
- 3 Transfer the ravioli to the pan and stir, adding a little cooking water if necessary to coat the ravioli. Season with additional salt and pepper if needed.
- 4 To serve, garnish with parmesan cheese and chives, if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 1 1/2 cups.



Roasted Garlic & Asparagus Soup

4 servings
50 minutes

Ingredients

536 grams Asparagus (trimmed, cut in half)
10 Garlic (cloves, peeled and cut in half)
1/2 Yellow Onion (cut into thick slices)
1/4 head Cauliflower (cut into florets)
15 milliliters Extra Virgin Olive Oil
3 grams Sea Salt (divided)
594 milliliters Vegetable Broth
60 grams Baby Spinach

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Toss the asparagus, garlic, onion and cauliflower with the olive oil and arrange in an even layer on the baking sheet. Season the vegetables with half of the salt then bake for 35 to 40 minutes or until the vegetables have caramelized and the garlic is fork-tender. Flip everything halfway through to prevent burning.
- 3 When the vegetables are just about done, heat the vegetable broth in a pot on the stove to a simmer. Add the spinach to the broth and stir to allow it to wilt.
- 4 To make the soup, transfer the warmed broth and spinach, the roasted vegetables and the remaining salt to a blender. Blend until smooth and creamy, allowing space for the heat to escape. If the soup is too thick, add more broth until your desired consistency is reached.
- 5 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1 1/4 cups of soup.

More Flavor: Add fresh herbs or black pepper to the soup before blending.

Additional Toppings: Reserve a couple of spears of the roasted asparagus to chop and garnish the soup with.

No Spinach: Use kale instead.

No Blender: Use an immersion hand blender or food processor instead.



Chickpea Omelette with Asparagus

1 serving
15 minutes

Ingredients

46 grams Chickpea Flour
119 milliliters Water
9 grams Nutritional Yeast
750 milligrams Turmeric
750 milligrams Sea Salt
7 milliliters Extra Virgin Olive Oil
67 grams Asparagus (trimmed, chopped)
1 gram Fresh Dill (chopped)
1/2 Avocado
1 stalk Green Onion (chopped)

Directions

- 1 In a medium bowl, add the chickpea flour, water, nutritional yeast, turmeric and sea salt. Whisk well to combine. Set aside.
- 2 In a skillet over medium heat add the oil and the asparagus. Cook, turning occasionally until the asparagus is fork tender, but still crisp, about 5 to 6 minutes. Remove and set aside.
- 3 In the same skillet, add more oil if necessary. Over medium heat, pour the chickpea omelette mixture and move the pan around to ensure it covers the skillet evenly, in one layer. Let it cook for 3 to 4 minutes until golden brown on the bottom. Add the asparagus to the omelette, then fold in half over the filling.
- 4 Gently, remove the omelette from the skillet and place on a plate. Top with dill, sliced avocado and green onion. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to one omelette with all the toppings.

More Flavor: Add chili flakes or black pepper.

Additional Toppings: Top with goat cheese or feta.



Lemon & Dill Baked Sole

4 servings

15 minutes

Ingredients

30 milliliters Extra Virgin Olive Oil
1 Lemon (divided)
1 gram Fresh Dill (chopped)
Sea Salt & Black Pepper (to taste)
454 grams Sole Fillet (boneless)
804 grams Asparagus (woody ends trimmed)

Directions

- 1 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper or a silicone mat.
- 2 In a bowl, combine the olive oil, juice of half the lemon, dill, salt, and pepper.
- 3 Arrange the sole fillets and asparagus onto the baking sheet and coat evenly in the lemon-dill mixture. Top with the remaining lemon cut into slices. Bake for 10 to 15 minutes or until the fish is opaque and the asparagus is tender. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in airtight container up to two days.

Serving Size: One serving equals approximately 113 grams (4 ounces) of sole and 1 1/2 cups of asparagus.

More Flavor: Add garlic and red pepper flakes.



Asparagus, Soba & Tempeh

4 servings
15 minutes

Ingredients

200 grams Buckwheat Soba Noodles (dry, uncooked)
201 grams Asparagus (trimmed, cut into bite sized pieces)
54 grams Miso Paste
30 milliliters Rice Vinegar
2 grams Ginger (fresh, minced)
44 milliliters Water
340 grams Tempeh (cut into strips)
6 grams Sesame Seeds

Directions

- 1 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the asparagus. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the miso paste, rice vinegar, ginger, and water in a bowl.
- 3 In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
- 4 Divide the soba noodles into bowls and top with the tempeh, asparagus, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Additional Toppings: Add sliced green onions or red pepper flakes.



Potato & Asparagus Soup

2 servings
30 minutes

Ingredients

5 grams Butter
201 grams Asparagus (trimmed, cut into bite-sized pieces)
1 Yellow Potato (medium, chopped)
1/2 Yellow Onion (medium, chopped)
2 grams Curry Powder
Sea Salt & Black Pepper (to taste)
480 milliliters Vegetable Broth, Low Sodium
3 grams Chives (chopped, for garnish)
1/2 Lime (cut into wedges)

Directions

- 1 Melt the butter in a pot over medium heat. Once melted, add the asparagus and sauté for about two minutes. Take out a few of them for garnish, if using, and set them aside.
- 2 Add the potato, onion, curry powder, salt, pepper, and broth to the pot. Bring it to a boil, then turn the heat down to a simmer. Cover the pot and cook for 20 minutes or until the potatoes are soft.
- 3 Using an immersion blender or blender, blend the soup until smooth. Divide between serving bowls, top with chives and sautéed asparagus. Serve with lime wedges. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add fresh dill and leeks.

Additional Toppings: Chili flakes and/or shaved parmesan.



Saffron Salmon Kabobs & Asparagus

2 servings
20 minutes

Ingredients

- 175 milligrams Saffron (ground)
- 283 grams Salmon Fillet (skinless, cut into cubes)
- 1 Zucchini (small, sliced length-wise)
- 1 Lime (juiced, divided)
- 3 grams Sea Salt (divided)
- 4 Barbecue Skewers
- 22 milliliters Extra Virgin Olive Oil (divided)
- 268 grams Asparagus (trimmed)
- 4 grams Cilantro (leaves only, chopped)
- 2 grams Mint Leaves (chopped)
- 1 Garlic (cloves, minced)

Directions

- 1 Add the ground saffron to a medium bowl. Add a splash of boiling water and let the saffron bloom for two minutes.
- 2 Add the salmon cubes, zucchini, 1/2 of the lime juice, and 1/2 of the salt to the bowl with the bloomed saffron. Mix well. Thread the salmon and zucchini onto the skewers.
- 3 Heat 1/3 of the oil in a cast-iron skillet over medium heat. Add the skewers to the skillet and cook for four to six minutes per side until cooked through. In the same skillet beside the skewers, cook the asparagus until charred, around eight to 10 minutes.
- 4 Meanwhile, add the cilantro, mint, garlic, remaining lime juice, remaining salt, and remaining oil to a bowl. Stir to combine.
- 5 Divide the skewers and asparagus evenly between plates. Spoon the herb mixture on top and enjoy!

Notes

Leftovers: Refrigerate the asparagus and skewers in separate containers for up to three days.

Serving Size: One serving is equal to two 10-inch skewers and approximately one cup of asparagus.

More Flavor: Add red onion to the skewers.

Alternative Cooking Methods: Grill or bake the skewers and asparagus. Be sure to soak the wooden skewers in water for at least 30 minutes before grilling or baking.



Prosciutto Asparagus & Soft Boiled Egg

1 serving
15 minutes

Ingredients

101 grams Asparagus (woody ends trimmed)
28 grams Prosciutto (thinly sliced strips)
2 grams Sea Salt (divided)
1 Egg
50 grams Sourdough Bread (toasted)

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2 Wrap three or four asparagus spears with prosciutto. Repeat until the asparagus and prosciutto are used up. Sprinkle the asparagus with half of the salt. Bake in the oven for 10 minutes, flipping halfway.
- 3 Meanwhile, bring a medium-sized pot of water to a boil and add the egg(s). Boil for six to seven minutes then immediately remove and place in icy water.
- 4 Once the egg(s) have cooled, peel and sprinkle it with the remaining salt. Serve it with bread and roasted asparagus. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Boil the eggs in advance and keep them in their shell until ready to enjoy.

More Flavor: Serve with mixed green salad.

Additional Toppings: Add chili flakes.

Gluten-Free: Use gluten-free bread instead.



Asparagus Avocado Toast

1 serving
10 minutes

Ingredients

1 milliliter Extra Virgin Olive Oil
101 grams Asparagus (chopped,
woody ends trimmed)
1/2 Avocado (medium)
1/4 Lime (juiced)
Sea Salt & Black Pepper (to taste)
50 grams Sourdough Bread (toasted)
9 grams Feta Cheese (crumbled)
600 milligrams Chili Flakes (optional)

Directions

- 1 Warm the oil in a pan over medium heat. Add the asparagus and sauté for four to five minutes or until the asparagus is fork tender.
- 2 In a bowl, add the avocado and lime juice. Mash the avocado with a fork and season with salt and pepper.
- 3 Spread the avocado on top of the toast. Top with sautéed asparagus, feta cheese, and chili flakes, if using. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Make it Vegan: Omit feta cheese or use plant-based cheese instead.

Additional Toppings: Cilantro or parsley.

No Feta Cheese: Omit or use nutritional yeast or parmesan instead.

Gluten-Free: Use gluten-free bread instead.



Parmesan Asparagus & Poached Eggs

2 servings

15 minutes

Ingredients

268 grams Asparagus (ends trimmed)
2 Egg (large)
30 milliliters Balsamic Vinaigrette
28 grams Parmigiano Reggiano (shaved)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Bring a pot of water to a boil. Add the asparagus and cook for two minutes to blanche. Remove the asparagus from the boiling water with tongs and set aside.
- 2 Reduce to a simmer. One at a time, break the eggs into a small dish and gently slip each egg into the water. Cook for three minutes for a soft egg, then use a slotted spoon to carefully remove the poached egg onto a paper towel-lined plate to soak up the excess liquid.
- 3 Divide the asparagus and eggs onto plates. Drizzle with vinaigrette and top with parmesan cheese. Season to taste and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately one cup of asparagus and one egg.

More Flavor: Serve with a toast.

Dairy-Free: Omit the parmesan cheese.



Salmon, Asparagus & Capers

2 servings

25 minutes

Ingredients

340 grams Salmon Fillet (skinless)
Sea Salt & Black Pepper (to taste)
268 grams Asparagus (ends trimmed)
26 grams Capers (rinsed)
4 stalks Green Onion (thinly sliced)
30 milliliters Extra Virgin Olive Oil
3 grams Lemon Zest

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Season the salmon with salt and pepper. Set aside.
- 3 Toss the asparagus, capers, and green onions with the oil in a large bowl. Season with the lemon zest, salt, and pepper.
- 4 Remove the asparagus from the bowl and lay in a baking dish. Lay the salmon on top and top with the capers' mixture.
- 5 Bake for 12 to 15 minutes or until the salmon is cooked through. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately six ounces of salmon and one cup of asparagus.

More Flavor: Serve with quinoa, farro, millet, or rice.



Asparagus & Pea Frittata

8 servings
30 minutes

Ingredients

10 Egg (large)
123 grams Plain Cow's Yogurt, Whole Milk
Sea Salt & Black Pepper (to taste)
30 milliliters Extra Virgin Olive Oil
160 grams Red Onion (chopped)
268 grams Asparagus (ends trimmed and cut into 1/2-inch pieces)
160 grams Frozen Peas (thawed)
30 grams Baby Spinach
28 grams Goat Cheese
12 grams Chives (chopped, optional)

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 In a large bowl, whisk the eggs and the yogurt together and season with salt and pepper. Set aside.
- 3 Heat the oil in an oven-safe skillet over medium heat. Add the onions and sauté for three to four minutes, or until softened.
- 4 Add the asparagus and sauté another one to two minutes. Add the peas and baby spinach, and sauté another one to two minutes, or until the spinach is wilted. Season with salt and pepper.
- 5 Pour the egg mixture over the vegetables and top with small dollops of cheese.
- 6 Transfer the skillet to the oven and cook for 15 to 20 minutes, or until the eggs are set.
- 7 Let sit for five minutes before cutting into wedges. Sprinkle with chives, if desired, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: A 12-inch skillet was used to make eight servings. One serving is one slice of frittata.



Salsa Lettuce Burger with Grilled Asparagus & Goat Cheese

2 servings
20 minutes

Ingredients

227 grams Extra Lean Ground Beef
2 grams Garlic Powder
Sea Salt & Black Pepper (to taste)
5 milliliters Extra Virgin Olive Oil
268 grams Asparagus (trimmed)
1/4 head Boston Lettuce (rinsed with the leaves separated)
33 grams Salsa
75 grams Cherry Tomatoes (halved)
14 grams Goat Cheese (crumbled)

Directions

- 1 Preheat the grill to 400°F (205°C).
- 2 Mix the beef, garlic powder, salt, and pepper in a bowl. Divide the mixture evenly into patties, making one patty per serving.
- 3 Add oil to the asparagus and toss with salt to taste.
- 4 Grill the burgers for five minutes on each side or until cooked through. In the remaining five minutes of cooking, add the asparagus to the grill and cook.
- 5 Serve the burgers on the lettuce leaves and top with salsa. Divide the asparagus between servings and top with the tomatoes and goat cheese. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days. Keep the burgers separate from the lettuce leaves until ready to serve.

Serving Size: One serving is one burger patty and 1 1/4 cups of asparagus and tomato salad.

More Flavor: Add onion powder to the burger mixture. Drizzle the asparagus and tomatoes with balsamic dressing.

Additional Toppings: Shredded cheese, pickles, mustard and/or mayonnaise.

Dairy-Free: Omit the goat cheese or use a dairy-free cheese.



Broad Beans & Asparagus on Whipped Ricotta

4 servings
20 minutes

Ingredients

109 grams Frozen Broad Beans
160 grams Frozen Peas
268 grams Asparagus (shaved)
1 Lemon (juiced, zested, divided)
7 milliliters Extra Virgin Olive Oil
1 gram Chili Flakes
Sea Salt & Black Pepper (to taste)
248 grams Ricotta Cheese
3 grams Mint Leaves

Directions

- 1 Bring a pot of water to a boil. Add the broad beans and peas to the pot and boil for about five minutes or until soft. Strain and run cold water over the top to stop the cooking process.
- 2 In a bowl, add the cooked broad beans, peas, asparagus, half of the lemon juice and zest, oil, and chili flakes. Toss everything together, season with salt and pepper, and set aside.
- 3 In a food processor, add the ricotta, remaining lemon juice and zest, salt, and pepper. Blend until smooth.
- 4 Spread the whipped ricotta onto a serving plate. Top with broad beans mixture and garnish with mint leaves. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

No Mint Leaves: Omit or use green onion or dill instead.

How to Serve: Serve as it is or with toasted bread.



Air Fryer Lemon Parmesan Asparagus

2 servings

10 minutes

Ingredients

268 grams Asparagus (trimmed)
3 milliliters Avocado Oil
Sea Salt & Black Pepper (to taste)
11 grams Parmigiano Reggiano (finely
grated)
500 milligrams Lemon Zest

Directions

- 1 Preheat the air fryer to 400°F (205°C).
- 2 In a bowl, combine the asparagus, oil, salt, and pepper. Toss to coat.
- 3 Place the asparagus in the air fryer basket. Arrange in an even layer and bake for six to seven minutes or until fork tender and cooked through.
- 4 Transfer the asparagus to a plate and top with parmesan and lemon zest. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup of asparagus.

Make it Vegan: Omit the parmesan and use nutritional yeast instead.

More Flavor: Add chili flakes.