



# UC DAVIS HEALTH

## Ingredients

- 1.5 lb thin asparagus, cut into 1" pieces
- 1 Tbsp olive oil
- 1/2 Tbsp garlic, minced
- 1 Tbsp ginger, grated
- 1/4 serrano chili, thinly sliced
- 1/4 cup water
- 1/2 cup cilantro, chopped
- 1/4 cup basil, chopped
- 1 Tbsp mint, chopped
- kosher salt to taste

Serves 6

1/2-cup servings

Recipe courtesy of Chef James Ablett

## Directions

1. Heat oil in a skillet over medium heat. Add asparagus pieces and toss, moving rapidly to allow even cooking until asparagus turns bright green and is cooked halfway through.
2. Stir in garlic, ginger and serrano chili. Toss, working quickly to keep from burning. Add water to deglaze the pan and allow to steam off.
3. Fold in herbs and add salt to taste.
4. Remove from heat. Taste and adjust seasoning if necessary.

## SPICY ASPARAGUS with HERBS



The asparagus featured on the spring menu at the UC DMC Pavilion Café is sourced from Durst Organic Growers in Esparto, CA, located 45 miles from the UC Davis Medical Center. Flip this card over for more information.

The Dietary Guidelines for Americans, 2020-2025 recommends:

 Eating a healthy diet made up of a **variety** of vegetables.

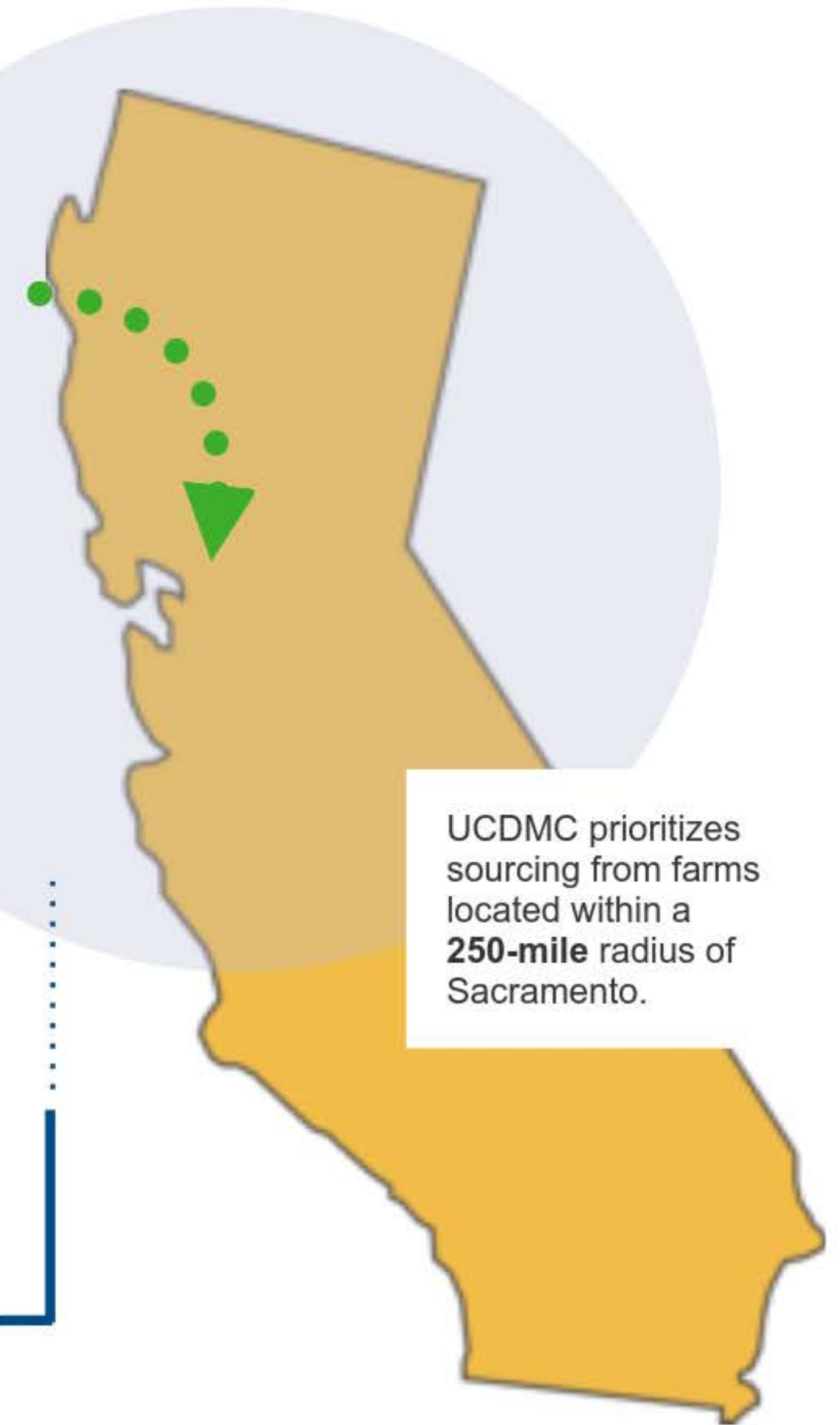
**3** Aiming for **3 cups a day** of vegetables such as asparagus.



**Durst Organic Growers**  
Esparto, CA

45 miles from UCDCMC

The Durst family has been farming in Yolo County since the close of the 19th century. In 1988, Fred and Deborah Durst committed to growing organic market produce; they planted their first crop of organic asparagus in 1997. Durst Organic Growers specializes in heirloom and cherry tomatoes, asparagus, squash and melons.



UCDCMC prioritizes sourcing from farms located within a **250-mile** radius of Sacramento.

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