

# Balsamic Asparagus & Carrots

## Ingredients:

Asparagus (¼ – ½ bunch for single serving)  
Carrots, 3-5 medium-small carrots  
1 clove garlic, minced  
2-4 tbsp balsamic vinegar  
1-2 tbsp olive oil  
Sea salt

## Directions:

Crush and mince your garlic clove and set aside. Prepare your asparagus\* and cut them into 1-2 inch bite-sized pieces. Peel your carrots with a vegetable peeler and slice at an angle into half inch pieces. (Angled cuts increase the surface area of the carrot and are better for cooking).

Heat 1-2 tbsp olive oil in a frying pan on medium heat. Add carrots to the pan and stir to coat with oil. Add asparagus to the pan and stir again. Sprinkle sea salt onto the vegetables and allow them to cook until asparagus is bright green and starting to sweat, about 2-3 minutes. Stir occasionally.

Clear a space in the center of the pan and add garlic in a single layer. Allow to cook until fragrant, about 30 seconds. Stir to mix garlic with the vegetables. Drizzle on balsamic vinegar and stir. Continue to cook, stirring occasionally until the carrots are tender and a thin balsamic glaze begins to form on the vegetables. Remove from the pan and serve immediately.

\*The trick to keeping asparagus tender and not fibrous is to snap off the bottom of the spears with your hands. The asparagus will naturally break where the fibers are thinnest and most tender. After washing, grip each asparagus spear near the middle with one hand and use the other hand to snap off the bottom. So simple!



This recipe is excellent by itself, but can be made more substantial by adding lentils, beans, tofu or canned salmon. It can serve as an appetizer and is a great side dish for fish or poultry. This recipe can also be served over grains such as brown rice, whole wheat pasta, or quinoa.



Asparagus spears are a good source of antioxidants that help prevent free radicals from causing damage in the body. Consuming adequate antioxidants from vegetables may decrease the risk of some cancers and heart disease. Asparagus is most available and flavorful in the spring. ([www.nutrition-and-you.com](http://www.nutrition-and-you.com))



Carrots are an excellent source of beta-carotene, which is converted to vitamin A in the body. Vitamin A is necessary for proper functioning of the eyes and the immune system. Carrots are generally available during all seasons. ([www.nutrition-and-you.com](http://www.nutrition-and-you.com))

## NUTRITIONAL FACTS

🌿 Serving Size: 1 cup  
🌿 Servings per Recipe: 4  
🌿 Total Calories: 226  
🌿 Total Fat: 17.4g\*  
🌿 Total Carbohydrate: 15.5g  
🌿 Sodium: 607.3mg\*\*  
🌿 Dietary Fiber: 4g  
🌿 Protein: 2.9g  
🌿 Calcium: 53mg  
🌿 Iron: 1.4mg  
🌿 Vitamin A: 13,595 RAE  
🌿 Vitamin C: 9.7mg

\*To lower the fat content, reduce the amount of olive oil used. This modification will also lower the total calories.

\*\*To lower the salt content, you can substitute Mrs. Dash (or spice of your choice) for salt.

🍅 **Recipe Courtesy of Summer Tomato**  
(<http://summertomato.com/quick-fix-balsmic-asparagus-and-carrots/>)

🍅 **This handout was prepared by UNM students in NUTR 322: Management in Dietetics II**