

## spring asparagus

ounce ham
pound asparagus

1 teaspoon olive oil ½ cup water

step 1 Chop ham into small pieces and fry in a large skillet about 2 minutes. Remove ham from skillet.

**step 2** Heat oil in large skillet. Add asparagus and stir together. Add water and cover.

step 3 Steam asparagus for about 4 to 5 minutes. Top with cooked ham.

## nutrition nutrition education that matters

© Nutrition Matters, Inc. All Rights Reserved. This tipsheet can be reproduced for educational purposes.



## spring asparagus

ounce ham
pound asparagus

1 teaspoon olive oil ½ cup water

step 1 Chop ham into small pieces and fry in a large skillet about 2 minutes. Remove ham from skillet.

**step 2** Heat oil in large skillet. Add asparagus and stir together. Add water and cover.

**step 3** Steam asparagus for about 4 to 5 minutes. Top with cooked ham.



© Nutrition Matters, Inc. All Rights Reserved. This tipsheet can be reproduced for educational purposes.