

8 Mouth-Watering Asparagus Recipes

Summary: Enjoy one or more of these delicious recipes featuring asparagus.

Spring is the perfect time to add some asparagus into your weekly meal plan, especially when you can find it at your local farmers market. Not only is it full of great things like fiber, folate, and Vitamins A, C, E and K, but it's a herbaceous plant - like kale and Brussels sprouts - making it a rich source of glutathione, which is a detoxifying compound that helps break down free radicals and carcinogens. Additionally, it's packed with antioxidants; it contains folate, which boosts brain function when paired with Vitamin B12; and it's a natural diuretic that helps rid the body of excess salts.

Not convinced yet? Check out these delicious recipes and you'll certainly be tempted to grab some asparagus next time you're out shopping.



[Shrimp and Asparagus Stir Fry from Home Cooking Memories](#)



[Balsamic Parmesan Roasted Asparagus and Tomatoes from Jo Cooks](#)



Salmon and Asparagus in Foil from Cooking Classy



Baked Asparagus Fries from Damn Delicious



Light and Creamy Asparagus Soup from Recipe Runner



Crispy Bacon Wrapped Asparagus from Wholesome Yum



Shrimp and Asparagus Saffron Risotto from Erren's Kitchen



