



## *Buttered Steamed Asparagus And Bean Sprouts*

16 to 20 asparagus spears  
2 tablespoons green onions  
3/4 cup fresh bean sprouts  
1/4 cup sliced almonds  
1/3 cup butter  
1/4 teaspoon salt  
1/4 teaspoon garlic powder  
1/4 teaspoon ginger

- 1. Place asparagus and green onion into a colander. Run cold water over them while rubbing each asparagus spear and onion. Be sure to wash the bean sprouts separately from the asparagus and green onion. Wash your hands with soap and water after handling the produce. Using the produce cutting board slice the asparagus into 2 inch pieces and cut the green onions into 1/4 inch pieces.**
2. In a 10 inch skillet over medium heat, toast almonds for 5 to 8 minutes, stirring frequently.
3. Add butter, asparagus, green onions, salt, garlic powder, and ginger to the almonds and stir. Cover and cook over medium heat for 10 minutes or until asparagus is tender, stirring frequently.
4. **Stir in bean sprouts and continue to cook until sprouts are heated through and steaming.** Once heated serve immediately.



### *Additional Food Safety Notes Related To This Recipe*

- Older adults, people with weakened immune systems, and people with chronic illnesses need to cook bean sprouts thoroughly.
- Request that raw sprouts not be added to your food. If you purchase a sandwich or a salad at a restaurant or delicatessen, check to make sure that raw sprouts have not been added.
- When shopping in the grocery store, bean sprouts should be the last items to go into your cart. Be sure they are packaged separately. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.
- Ask the bagger in the grocery store to bag your bean sprouts in a separate bag from your other groceries. If you are using a tote bag, place the bean sprouts into a separate plastic bag before placing it in your tote bag.
- Wash your hands correctly after handling bean sprouts.
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep bean sprouts out of the "Danger Zone"
  - Raw sprouts should not be out of the refrigerator for longer than 2 hours.
  - It is best to put any leftovers into the refrigerator within 1 hour.

#### Recipe Source

<http://www.cooks.com/rec/view/0,1850,154178-224196,00.html>