



Asparagus Tips

- Choose bright green stalks with tightly closed tips. The most tender stalks are apple green in color with purple-tinged tips. Avoid limp or wilted stalks. Thicker stalks have a stronger flavor while thin stems are more tender and sweeter.
- Fresh asparagus will keep 1-2 weeks in the refrigerator. Refrigerate upright with cut ends in water or with cut ends wrapped in wet paper towels in a plastic bag. Trim just the pale ends of the stalks, where the color turns from white to green, to remove the tough, woody part. One pound of asparagus will yield 4 one-half cup servings, about 6 spears per serving.
- Asparagus is a good source of vitamin A and folate, and excellent source of fiber and vitamin K One-half cup of fresh, steamed asparagus has 22 calories, 2 grams of protein, and 4 grams of carbohydrate.



Asparagus and Orange Salad

Yield: 6 Servings

Time: 10 Minutes

Ingredients

Dressing:

- 2 tablespoons olive oil
- 2 tablespoons rice vinegar
- 2 tablespoons sugar
- 1 tablespoon orange juice concentrate
- 1 tablespoon lime juice
- 1 tablespoon dark sesame oil

Salad:

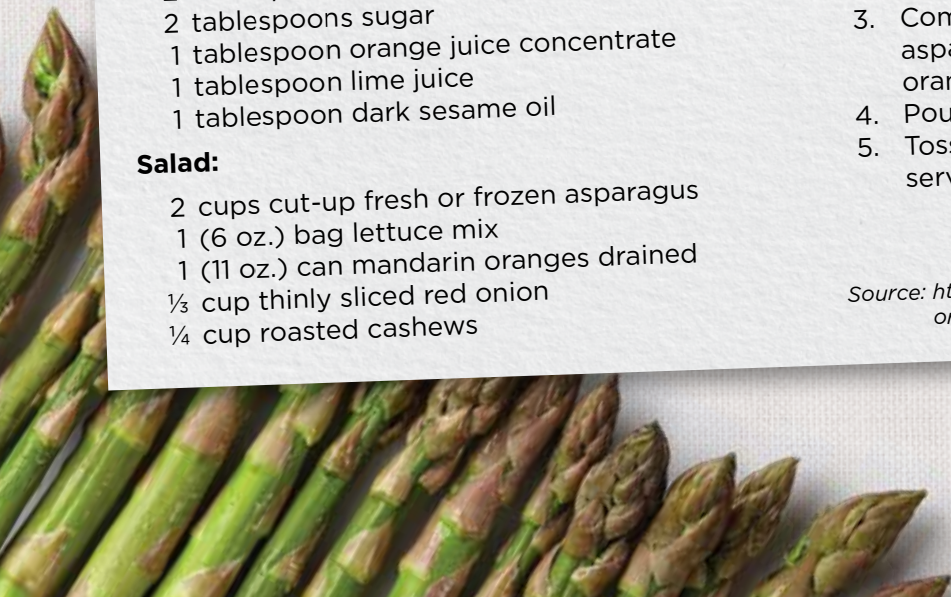
- 2 cups cut-up fresh or frozen asparagus
- 1 (6 oz.) bag lettuce mix
- 1 (11 oz.) can mandarin oranges drained
- 1/3 cup thinly sliced red onion
- 1/4 cup roasted cashews

Instructions

1. Combine dressing ingredients.
2. Steam, grill or microwave asparagus until tender-crisp. Drain and let cool.
3. Combine cooked asparagus, lettuce, oranges, onion and cashews.
4. Pour dressing over all.
5. Toss evenly to coat and serve immediately.



Source: <https://michiganasparagus.org/recipes/asparagus-orange-salad/>





Spinach Pasta Salad

This fun and delicious pasta salad recipe combines fresh veggies, crunchy seeds, tangy fruit, and tender pasta with a savory teriyaki dressing.

Yield: 5 Servings

Time: 15 Minutes

Ingredients

Dressing:

- 2 tablespoons teriyaki sauce
- 2 tablespoons vinegar (white, rice or cider)
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{8}$ teaspoon each salt and pepper
- $1\frac{1}{2}$ teaspoons sugar
- 1 tablespoon vegetable oil

Salad:

- 2 cups cooked pasta
- 4 cups fresh spinach
- $\frac{1}{4}$ cup dried cranberries
- 2 tablespoons sunflower seed kernels
- 1 can (15 ounces) mandarin oranges, drained
- 2 tablespoons chopped cilantro or parsley

Instructions

1. Wash hands with soap and water.
2. In a large bowl, mix together the dressing ingredients.
3. Add the salad ingredients. Mix well. Cover and chill until ready to serve.
4. Refrigerate leftovers within 2 hours.



Source: <https://foodhero.org/recipes/spinach-pasta-salad>



Spinach and Black Bean Enchiladas

A tasty combination of black beans and veggies wrapped in tender tortillas, covered in a flavorful tomato sauce, and topped with creamy mozzarella cheese.

Yield: 8 Servings

Time: 35 Minutes

Ingredients

- 1 10 ounce package frozen spinach, thawed
OR
- 1 pound fresh spinach, cooked
- 1 15 ounce can black beans, drained and rinsed
- 1½ cups corn, fresh, frozen or canned, drained and rinsed
- 3 green onions, thinly sliced
- ½ cup chopped cilantro
- 2 cups shredded mozzarella cheese, divided
- 3 cups or 1 28 ounce can enchilada sauce
- 8 whole-wheat flour tortillas (7 to 8-inch)

Instructions

1. Wash hands with soap and water.
2. Preheat oven to 375 degrees F.
3. Drain extra water from spinach and chop.
4. In a large bowl, combine spinach, beans, corn, green onions, cilantro and 1½ cups of cheese.
5. Lightly grease a 9x13-inch baking dish. Add a small amount enchilada sauce and spread to cover the bottom.
6. Fill tortillas with spinach mixture. Roll up tightly and place seam side down in the baking dish.
7. Pour remaining sauce over enchiladas and sprinkle remaining ½ cup of cheese on top.
8. Bake 20 minutes, or until heated through and cheese is bubbly. Serve warm.
9. Refrigerate leftovers within 2 hours.



Source: <https://foodhero.org/recipes/spinach-and-black-bean-enchiladas>



Pasta Primavera

A flavorful spring recipe that you and your family will savor. Use your favorite spring vegetables from your garden or local farmers market: kohlrabi, sugar snap peas, carrots, and asparagus are all delicious options.

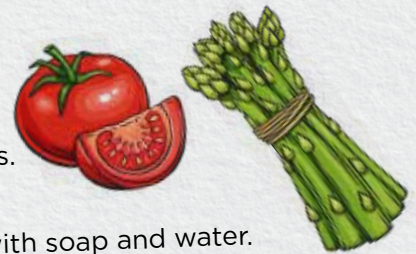
Yield: 3 Servings

Time: 15 Minutes

Ingredients

- 1 cup noodles, uncooked
- 1 tablespoon vegetable oil
- 2 cups mixed vegetables (chopped)
- 1 cup tomatoes (chopped)
- 1 tablespoon margarine
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{8}$ teaspoon black pepper
- 3 tablespoons Parmesan cheese

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pasta-primavera>



Instructions

1. Wash hands with soap and water.
2. Cook noodles according to package directions.
3. While noodles are cooking, heat oil in a skillet.
4. Add vegetables and sauté until tender; stir constantly.
5. Add tomato and sauté 2 more minutes.
6. Toss vegetables with noodles and margarine.
7. Add seasonings; sprinkle with Parmesan cheese.



Spring Green Salad

A colorful and tasty salad with crisp spinach, tangy citrus, sweet strawberries, and crunchy walnuts.

Yield: 5 Servings

Time: 15 Minutes

Ingredients

Salad:

- 6 ounces fresh spinach (about 7 cups)
- 3 oranges (any type)
- 1½ cups halved strawberries
- 1 cup walnut pieces (toasted, if desired)

Dressing:

- 1 teaspoon sugar
- ¼ teaspoon paprika
- 2 tablespoons orange juice
- 1 tablespoon lemon juice
- 1½ teaspoons vinegar (any type)
- 1 teaspoon finely chopped onion
- 2 tablespoons vegetable oil



Instructions

1. Wash and dry spinach, tear into pieces, chill.
2. To prepare orange: Cut off peel and membrane of outer part of the sections. Using a paring knife, gently cut out sections from membrane edges. This will make orange sections with no outer membrane.
3. In a small bowl or a jar with a tight fitting lid, add all dressing ingredients. Mix or shake well and set aside.
4. Right before serving, toss orange sections and strawberries with walnuts and spinach. Add dressing to coat. Serve immediately.
5. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/spring-green-salad>



Brazilian-Style Collards

Yield: 5 Servings

Time: 15 Minutes

Ingredients

- 1½ pounds collards, washed and very well dried
- 3 tablespoons olive oil or peanut oil
- 1 tablespoon minced garlic
- Salt and black pepper to taste
- ¼ to ⅓ cup freshly squeezed lemon juice
OR red/white wine vinegar

Instructions

1. Chop the greens into fairly small pieces; no dimension should be more than 2 inches.
2. Meanwhile, heat a 12-inch skillet or wok over high heat until smoking. Add the oil to the skillet, let sit for a few seconds, then toss in the greens and the garlic.
3. Cook over high heat, stirring almost constantly, until the greens wilt and begin to brown, 3 to 8 minutes.
4. Season with salt and pepper and add a little lemon juice or vinegar. Taste, adjust seasoning, and serve immediately.



Source: <https://nesfp.nutrition.tufts.edu/world-peas-food-hub/world-peas-csa/produce-recipes/brazilian-style-collards>



Air Fryer Asparagus Fritters

Yield: 6 Servings

Time: 25 Minutes

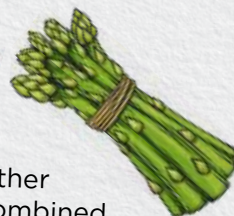
Ingredients

Lemon Dill Aioli:

- ¼ cup plain Greek yogurt
- 3 tablespoons mayonnaise
- 1 juice of a medium lemon
- 2 tablespoons fresh dill, chopped
- 1 clove garlic, peeled and minced
- ½ teaspoon onion powder
- ½ teaspoon granulated sugar
- ¼ teaspoon coarse salt
- ¼ teaspoon ground black pepper

Asparagus Fritters:

- ½ lb fresh asparagus spears, trimmed, sliced
- ½ cup all-purpose flour or Panko breadcrumbs
- ⅓ cup milk or plain Greek yogurt
- ¼ cup flat-leaf parsley leaves, chopped
- 2 tablespoons fresh chives, chopped
- 2 large eggs, beaten
- 1 zest of a medium lemon
- 1 teaspoon coarse salt
- ½ teaspoon ground black pepper
- ½ teaspoon dried oregano leaves
- ¼ teaspoon cayenne pepper



Instructions

1. In a small bowl, whisk together the aioli ingredients until combined. Cover and refrigerate until ready to serve.
2. Preheat the air fryer to 375°F.
3. Bring a large pot of water to a boil. Add the asparagus and cook 2-3 minutes or until fork tender. Use a slotted spoon to transfer the asparagus to a bowl filled with ice water. Once the ice has melted, use the slotted spoon to transfer the asparagus to a paper towel-lined plate. Pat dry.
4. In a large mixing bowl, stir together the asparagus, flour or breadcrumbs, milk or Greek yogurt, parsley, chives, eggs, lemon zest, salt, black pepper, oregano and cayenne until thoroughly combined.
5. Coat the air fryer basket with cooking spray. Working in batches, use a cookie scoop to drop dollops of the fritter batter into the air fryer basket 1-inch apart. Cook 8-12 minutes or until fritters are set. Repeat with the remaining batter.
6. Serve asparagus fritters with lemon dill aioli.

Source: <https://michiganasparagus.org/recipes/air-fryer-asparagus-fritters/>



Stir-Fried Green Rice, Eggs, and Turkey Ham



Yield: 6 Servings

Time: 80 Minutes

Ingredients

- 1 $\frac{3}{4}$ cups brown rice, long-grain, regular, dry
- $\frac{1}{3}$ teaspoon salt
- $\frac{3}{4}$ cup frozen chopped spinach, thawed, drained
- 6 large whole eggs, beaten
- 1 tablespoon vegetable oil
- $\frac{1}{2}$ cup extra-lean turkey ham, diced $\frac{1}{4}$ "
- $\frac{1}{4}$ cup fresh green onions, diced
- 1 teaspoon sesame or vegetable oil
- 1 teaspoon low-sodium soy sauce

Instructions

1. Combine brown rice and 4 $\frac{1}{2}$ cups water in a large pot and bring to a boil. Turn heat down to low. Cover and cook 30-40 minutes, until water is absorbed. Fluff with a fork. Add salt to rice. Mix well. Set aside.
2. Drain water from spinach by squeezing thawed spinach with hands. Set aside.
3. Whisk together eggs and 1 tablespoon of water. Cook half of the eggs in a large nonstick skillet coated with nonstick cooking spray. Remove eggs from skillet to cool. Chop cooled eggs and set aside. Reserve the remaining eggs for step 5.
4. Heat vegetable oil in a wok or a large nonstick skillet over high heat. Add ham and cook 2 minutes or until ham begins to brown.
5. Reduce heat to medium. Add brown rice and toss to mix. Add remaining eggs. Stir for 5 minutes or until egg is fully cooked. Add green onions, spinach, chopped egg, sesame oil, and soy sauce. Stir well. Cook until thoroughly heated. Serve hot.

Source: https://snaped.fns.usda.gov/sites/default/files/documents/familymeals_makehalfyourgrainswhole.pdf

Collard Potato Salad with Mustard Dressing

Yield: 6 Servings

Time: 40 Minutes



Ingredients

- 2 pounds small red potatoes, scrubbed
- 1 pound collards, coarse stems discarded and leaves washed and cut into 1-inch pieces
- 2 tablespoons Dijon-style mustard
- 2 tablespoons red-wine vinegar
- 1/3 cup olive oil
- 6 slices of lean bacon, cooked until crisp, drained, and crumbled
- 3 tablespoons thinly sliced scallion (or spring onion)

Instructions

1. In a large pot add potatoes and cover them by 2 inches of water. Bring to a boil, and simmer 15 to 20 minutes, or until tender.
2. Transfer potatoes with a slotted spoon to a colander, reserving the cooking liquid
3. In the reserved cooking liquid boil the collards, stirring occasionally, for 10 minutes.
4. Drain the collards in a sieve, refresh them under cold water, and squeeze them dry in a kitchen towel.
5. In a bowl whisk together the mustard, the vinegar, and salt and pepper to taste, add the oil in a stream, whisking, and whisk the dressing until it emulsified.
6. Quarter the potatoes and add them to the dressing. Add the collards, pulling them apart to separate the leaves. Add the bacon, and scallion and toss well.

Source: <https://nesfp.nutrition.tufts.edu/world-peas-food-hub/world-peas-csa/produce-recipes/collard-potato-salad-mustard-dressing>

**Eat
Well**



Funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.
Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance