

May's Harvest of the Month

ASPARAGUS

Vitamin C - Vitamin E - Dietary Fiber - Vitamin B - Vitamin A



Store

If not using immediately, wrap the cut ends in a damp paper towel or stand the asparagus up in a glass with about an inch of water & cover with a plastic bag and store in the refrigerator



Use

Use within 2 to 3 days for best quality. In season May-June. Asparagus can be eaten raw, baked, grilled, boiled, steamed, microwaved, or stir-fried.



Pick

Select asparagus that are bright green and have tips that are tightly close and are not limp. Thin asparagus are more likely to be tender.



Prepare

Wash asparagus first under cool running water. Snap or cut off tough, dry ends. Steam by placing in a pan with a small amount of water, seasoning, and garlic. Cook on medium heat for 8-10 minutes or until desired tenderness.

Pasta Primavera

Makes 3 servings

Ingredients

- 1 cup noodles, uncooked
- 1 tablespoon vegetable oil
- 2 cups chopped mixed vegetables (asparagus, sugar snap peas, carrots, etc.)
- 1 cup tomatoes (chopped)
- 1 tablespoon margarine or butter
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 3 tablespoons Parmesan cheese

Directions

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

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STRAWBERRIES

Vitamin C - Dietary Fiber



Store

Do not wash strawberries until ready to eat. Store in refrigerator in a non-airtight container and eaten within 1-3 days



Use

In season May-June. Strawberries can be eaten on their own, used to top yogurt, cereal, or oatmeal, put in baked goods or smoothies, added to salads, or frozen.



Pick

Choose firm, bright red berries with green caps (leaves) attached. Avoid berries with soft spots or mold.



Prepare

Rinse under cold water and remove green tops just before eating

Fruit Pizza to Go

Makes 1 servings

Ingredients

- 1 English muffin (whole wheat)
- 2 tablespoons whipped fat-free strawberry cream cheese
- 2 strawberries, sliced
- 2 grapes, sliced
- 2 slices slices of mandarin oranges

Directions

1. Toast the English muffin until golden brown. Spread cream cheese on toasted muffin.
2. Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese.

