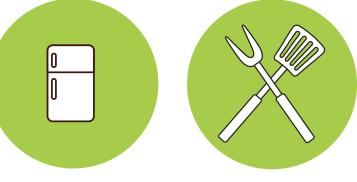
May's Harve of the Month

ry Fiber - Vitamin B - Vitamin tamin



Store

Use

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

Use within 2 to 3 days for best quality. In season May-June. raw, baked, grilled, boiled. steamed. microwaved, or stirfried.

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

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
- 4. Add tomato and saute 2 more minutes.
- 5. Toss vegetables with noodles and margarine.
- 6. Add seasonings; sprinkle with Parmesan cheese.

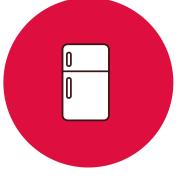


Source: USDA Mixing Bowl.https://whatscooking.fns.usda.gov/recipes/supplementalnutrition-assistance-program-snap/pasta-primavera

May's Harvest of the Month

STRAWBERRIES

Vitamin C - Dietary Fiber





Store Do not wash strawberries until ready to eat. Store in refrigerator in a nonairtight 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 fatfree 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.

