April
Produce Guide

With April’s warmer temperatures comes tasty local produce like:

- Asparagus
- Collard Greens
- Lettuce
- Radishes
- Peas
- Spinach
- Mushrooms

Below is a recipe featuring asparagus, here are a few of its health benefits as well as facts and tips about storing, selecting, and preparing this vegetable:

- Asparagus contains a great amount of dietary fiber and Vitamin A.
- This veggie is packed with antioxidants, folate, and is a natural diuretic.
- If you are looking to store asparagus for a long amount of time, place them in a cup or glass standing up with a small amount of water in the bottom. (as pictured below)
- The asparagus capital of the world is Oceana County, Michigan.
- There are male and female asparagus!

Chicken with Asparagus and Roasted Red Peppers
Serves 4, 1 hr cook time

- ½ cup chicken broth
- 1 pound boned and skinned chicken breast halves
- ½ pound fresh asparagus, trimmed and cut into 2-inch pieces
- 1 (7 ounces) jar roasted red peppers, drained and chopped
- 1 clove garlic, minced
- ½ cup chopped roma (plum) tomatoes
- 1 teaspoon balsamic vinegar, or to taste
- ½ cup shredded mozzarella cheese
- salt and pepper to taste
Instructions:
1) Heat the broth in a large skillet over medium-high heat.
2) Season chicken with salt and pepper, and place in the skillet. Cook 15 minutes, until chicken is almost done.
3) Place asparagus, red peppers, and garlic in skillet. Continue cooking 10 minutes, or until chicken juices run clear and asparagus is tender or soft.
4) Place tomatoes in skillet during last 2 minutes of cook time.
5) Sprinkle with vinegar and top with mozzarella cheese to serve.

[adapted from ChooseMyPlate]

Cheesy Garlic Roasted Asparagus
Serves 4, 1 hr cook time
- 1 pound of asparagus spears
- 3 tablespoons of olive oil
- 1 tablespoon of minced garlic (or 4 cloves garlic, minced)
- ¼ teaspoon of salt
- ¼ teaspoon of black pepper
- 1 ¼ cup shredded mozzarella cheese

Instructions:
6) Preheat oven to 425°F (220°C). Lightly grease a baking sheet with nonstick cooking oil spray.
7) Arrange asparagus on a baking sheet and set aside.
8) In a small bowl mix together olive oil, garlic, salt, and pepper. Drizzle the oil mixture over the asparagus and toss to coat.
9) Bake for 10-15 minutes at 425°F until the vegetable is just beginning to look tender.
10) Remove from oven and top with the mozzarella cheese. Return to oven and broil (or grill) until the cheese melts and becomes golden (about 4-5 minutes).
11) Adjust salt and pepper, if needed, enjoy!

[Adapted from Allrecipes.com]