

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)
- $\frac{3}{4}$ teaspoon of salt
- $\frac{1}{4}$ teaspoon of black pepper
- 1 $\frac{1}{4}$ 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](#)]

