

COOKING FOR WELLNESS

APRIL 2023



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Taste of Home



Mixed Fruit with Lemon-Basil Dressing

TOTAL TIME: Prep/Total Time: 15 min.

YIELD: 8 servings.

A slightly savory dressing really complements the sweet fruit in this recipe. I also use the dressing on salad greens. —Dixie Terry, Goreville, Illinois

Ingredients

2 tablespoons lemon juice

1/2 teaspoon sugar

1/4 teaspoon salt

1/4 teaspoon ground mustard

1/8 teaspoon onion powder

Dash pepper

6 tablespoons olive oil

4-1/2 teaspoons minced fresh basil

1 cup cubed fresh pineapple

1 cup sliced fresh strawberries

1 cup sliced peeled kiwifruit

1 cup seedless watermelon balls

1 cup fresh blueberries

1 cup fresh raspberries

Directions

1. Place the lemon juice, sugar, salt, mustard, onion powder and pepper in a blender; cover and pulse until blended. While processing, gradually add oil in a steady stream. Stir in basil.
2. In a large bowl, combine the fruit. Drizzle with dressing and toss to coat. Refrigerate until serving.

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Spring Salad with Asparagus and Peas

★★★★★
5 from 14 reviews

Author: Leanne Prep Time: 25 minutes Total Time: 25 minutes Yield: 6 side salads

Category: Salad Method: Toss Cuisine: Vegetarian

Description

Spring Salad with Asparagus and Peas is made with fresh and crisp spring vegetables and tossed with a fragrant lemon thyme vinaigrette. It's the perfect side dish for a springtime brunch or lunch, or you can add your choice of protein and make it a meal!

Ingredients

For the vinaigrette:

1/3 cup extra virgin olive oil
1 tablespoon white wine vinegar
1 tablespoon honey
1 tablespoon fresh thyme
1 small lemon, juiced and zested
2 cloves garlic
salt and pepper to taste

For the salad:

16 spears fresh asparagus, ends trimmed and halved
2 cups fresh peas
5 cups spring mix, packed
1 cup sliced radishes
1/2 cup cilantro, packed and stems mostly removed
1/2 cup raw almonds
1/2 cup crumbled goat cheese

Instructions

- 1 Prepare the vinaigrette:** Add all of the ingredients to a blender and blend until emulsified.
- 2 Blanch the asparagus and peas:** Bring a large pot of water to a boil and prepare an ice bath by filling a large bowl with cold water and lots of ice. Add the asparagus and peas to the boiling water and cook for 2-3 minutes, or until they start to get tender. Drain and quickly plunge into the ice bath. When the asparagus and peas have fully cooled, drain the water and gently pat them dry with a paper towel.
- 3 Assemble the salad:** In a large bowl or on 6 small plates, add the spring mix, radishes, cilantro, almonds and goat cheese. Top with the asparagus and peas. Drizzle on the vinaigrette and serve.

Notes

If you can't find fresh peas, you can use frozen and cook them for the same amount of time as you would for fresh.

1

The recipe calls for spring mix but you can use spinach, arugula or other leafy, tender greens.

2

You can substitute dried thyme for fresh thyme in the vinaigrette, just reduce the amount to 1 teaspoon.

- 3

The vinaigrette will keep in the refrigerator for 3-4 days. Just give it a shake or stir before using it as it may solidify slightly.
- 4
- 5

Be sure to check out the other sections above the recipe card for more detailed advice and suggestions for making this recipe.
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This recipe was adapted from Cooking Light's recipe for Spring Salad with Herbed Goat Cheese.

Serves 6

Calories Per Serving: 245

% DAILY VALUE					
Total Fat 18.8g	24%	Saturated Fat 3.5g	Cholesterol 4.4mg	1%	Sodium 130.7mg 6%
Total Carbohydrate 15.2g	6%	Dietary Fiber 5g	18%	Sugars 6.9g	Protein 7.8g 16%
Vitamin A 178.2µg	20%	Vitamin C 23.4mg	26%	Calcium 83.8mg	6% Iron 2.9mg 16%

Nutrition information is an estimate only and will vary depending on the substitutions made and the brands used.

Find it online: <https://www.crumbtopbaking.com/spring-salad/>

once upon a chef

WITH JENN SEGAL

Sautéed Asparagus and Peas

Asparagus and peas prove the old adage: what grows together, goes together. This is the perfect side dish for spring!

Servings: 4

Total Time: 15 Minutes

INGREDIENTS

2 tablespoons unsalted butter

¼ cup minced shallots

1 bunch thin asparagus spears, ends trimmed, cut into 1½-inch pieces on a diagonal

1 cup thawed frozen peas

Salt

Freshly ground black pepper

1 teaspoon honey



INSTRUCTIONS

Melt the butter in a medium saucepan over medium-low heat. Add the shallots and cook, stirring frequently, until soft and translucent, 4-5 minutes.

Add the asparagus, ¼ teaspoon salt and freshly ground black pepper to taste. Continue cooking over medium-low heat, stirring frequently so the shallots don't burn, for about 5 minutes or until tender-crisp. Add the peas and honey and cook about one minute more until the peas are warmed through. Add more salt and pepper to taste (I usually add about ½ teaspoon more salt and a few twists of pepper) and serve.

NUTRITION INFORMATION

Powered by *Edamam*

Calories:	89
Fat:	6 g
Saturated fat:	4 g
Carbohydrates:	8 g
Sugar:	4 g
Fiber:	2 g
Protein:	2 g
Sodium:	127 mg
Cholesterol:	15 mg

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Asparagus Shrimp Linguine

TOTAL TIME: Prep/Total Time: 30 min.**YIELD:** 4 servings.

My family really enjoys asparagus and shrimp. We often have this on busy weeknights because its healthy and cooks quickly. —Ehnes Wannetta, Eagle Bend, Minnesota

Ingredients

6 ounces uncooked whole wheat linguine

1 pound fresh asparagus, trimmed and cut into 1/2-inch pieces

2 tablespoons olive oil

1 medium onion, chopped

1-1/2 pounds uncooked shrimp (26-30 per pound), peeled and deveined

4 garlic cloves, minced

1/4 cup reduced-sodium chicken broth

4 wedges The Laughing Cow garlic and herb Swiss cheese

2 tablespoons lemon juice

1/4 teaspoon salt

1/4 teaspoon pepper

1/4 cup grated Parmesan cheese

Directions

1. In a large saucepan, cook linguine according to package directions, adding asparagus during the last 3 minutes of cooking.

2. Meanwhile, in a large skillet, heat oil over medium-high heat. Add onion; cook and stir 6-8 minutes or until tender. Add shrimp and garlic; cook 2-4 minutes longer or until shrimp turn pink. Stir in broth; cook over medium heat 1-2 minutes or until liquid is almost evaporated. Add Swiss cheese, lemon juice, salt and pepper; stir until cheese is melted.

3. Drain linguine and asparagus, reserving 1/4 cup pasta water. Stir linguine and asparagus into shrimp mixture, adding enough reserved pasta water to moisten pasta. Sprinkle with Parmesan cheese.

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