

Snap Pea Salad

Serves 4.

Ingredients:

Lemon vinaigrette (recipe follows)

1 pound sugar snap peas, trimmed and strings removed

3 ounces spring greens

Lemon Vinaigrette:

3 Tablespoons olive oil

3 Tablespoons lemon juice, preferably fresh

1 teaspoon fresh or ½ teaspoon dried oregano

1 garlic clove, minced



Directions:

1. *Lemon Vinaigrette:* In a small jar or bowl, combine all ingredients. Cover and set aside. This can be made one day in advance. Refrigerate until ready to use.
2. Wash and trim the peas. Slice in half on the diagonal. Set aside. Wash and dry greens.
3. Fill a 2-quart sauce pan half-full with water. Cover and bring to a boil.
4. Add beans and blanch for 2 minutes. Drain. Cover in cold water. Drain.
5. Stir together the vinaigrette. Add about ¼ cup of vinaigrette to beans and stir.
6. Place greens on a large platter. Top with peas. Use additional dressing if desired.

Cream of Asparagus Soup

Serves 4.

Ingredients:

2 pounds asparagus

1 Tablespoon butter

1 medium onion

4 cups reduced sodium chicken broth

2 Tablespoons low fat sour cream or yogurt

Salt and pepper, to taste

Directions:

1. Wash asparagus. Remove tough ends. Cut in half.
2. Melt butter in a large saucepan. Add onion and cook until soft, about 2 minutes.
3. Add asparagus and chicken stock to saucepan. Bring to a boil, cover and cook on low for about 20 minutes or until tender. Remove from heat. Using either a blender or immersion blender, puree until smooth.
4. Top each serving with one teaspoon of sour cream or yogurt.

Note: If using a blender, you will need to blend in two batches. Since hot liquids expand, hold a towel over the blender.



SPRING RECIPES

In Partnership with:

Nebraska Extension
Buy Fresh Buy Local Nebraska
Nebraska Cooperative Development Center

Strawberry Fun Facts

1. Strawberries are the first fruit to ripen each spring.
2. Americans eat about 3.4 pounds of strawberries per year.
3. There are 200 seeds on the average strawberry. They are the only fruit to wear their seeds on the outside.
4. The seeds can grow into a new plant, but most strawberries reproduce through runners.
5. Stop and smell the strawberries! Considered a member of the rose family, they give off a sweet fragrance.
6. Considered a perennial, strawberry plants will grow back year after year.
7. Don't wash strawberries until you are ready to eat them. It speeds up spoiling.
8. That green "hat" is known as a calyx.
9. Strawberries contain antioxidants, fiber, folic acid and more vitamin C than any other berry.
10. Strawberries are grown in every single state and Canadian province.



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Strawberry-Rhubarb Sauce

Makes about 1 cup, enough for about 4 servings.

Use this sauce as a topping on pancakes, ice cream, or cake.

Ingredients:

½ cup chopped rhubarb
½ chopped strawberries
1 Tablespoon sugar
¼ cup water

Directions:

Combine all ingredients in a small saucepan. Stir together. Cover and cook on low for about 5 minutes. Remove cover and stir. Cook until desired degree of thickness.

Note: Sauce can be kept in the refrigerator for one week.



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Seasonal and Simple

Seasonal and Simple is a new app from the Nebraska Extension, in collaboration with the University of Missouri-Extension. Seasonal and Simple is a guide to help you select, store and prepare fresh fruits and vegetables. Recipes use simple preparations and seasonings, so you can taste the goodness of a fruit or vegetable at the peak of its flavor. Nutrients and associated health benefits are listed with each fruit or vegetable.

Use this guide to choose fruits and vegetables in season and get all the benefits — food that tastes good, is good for you and is reasonably priced

The app is available for Android and Apple systems.



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