

Spring Recipes

Roasted Asparagus

Ingredients:

- 1 pound asparagus, trimmed
- 1 tablespoon olive oil
- Coarse sea salt and freshly ground black pepper
- 2 tablespoons chopped fresh herbs, your choice
- 1 teaspoon drained capers, chopped

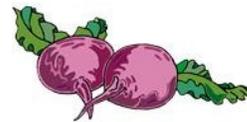
Directions:

Preheat the oven to 450° F. Toss the asparagus in a bowl with the olive oil and season lightly with salt and pepper. Spread the asparagus in one layer on a baking sheet. Roast until just tender, 10 to 12 minutes. Transfer the asparagus to a serving dish and toss with the herbs and capers. Serve warm or at room temperature.

Beets with Blue Cheese and Candied Walnuts

Ingredients:

- 2 tablespoons balsamic vinegar
- ½ cup olive oil
- ¼ cup crumbled blue cheese
- ¼ cup candied walnuts, roughly chopped
- 1 shallot, minced
- 6 – 8 medium-size beets, tops removed
- Salt and freshly ground black pepper
- 2 cups of torn arugula leaves



Directions:

Heat oven to 400° F. Wrap beets individually in foil and place on a baking sheet. Bake 60 to 90 minutes, or until a fork easily pierces the flesh. In a small bowl, combine the shallot, vinegar, and a pinch of salt and pepper. Let stand for at least 5 minutes; whisk in olive oil to make vinaigrette.

Remove beets from oven. When cool enough to handle, peel off the skin with a small knife. Slice 1/3"-thick rounds and place in a serving bowl. Add vinaigrette and toss to coat evenly. Top with cheese, walnuts, and arugula leaves.

Marinated Broccoli**Ingredients:**

1 cup broccoli florets
2 scallions, minced
1 tablespoon olive oil
1 teaspoon red wine vinegar
1/2 teaspoon salt
Small pinch crushed red-pepper flakes

**Directions:**

Combine all ingredients in a plastic container; shake well. Marinate at room temperature for 2 hours. Serve immediately or refrigerate for up to 2 days.

Raspberry Lemonade Smoothie**Ingredients:**

1 cup lemonade
1 cup vanilla yogurt
1 1/2 cups frozen raspberries

**Directions:**

Combine ingredients in a blender and mix until blended well.

Papaya and Tangerine Sorbet

Ingredients:

½ cup water

½ cup sugar

1 teaspoon finely shredded tangerine peel

1 cup papaya chunks

¾ cup tangerine or orange juice



Directions:

Combine the water and sugar in a small saucepan. Bring to a boil over medium heat, stirring to dissolve the sugar. Reduce heat and simmer, uncovered, for 5 minutes. Cool to room temperature. Stir in finely shredded peel.

Place papaya chunks in a blender; cover and blend or process until smooth. Stir together papaya, fruit juice, and the cooled sugar syrup.

Pour mixture into a small, nonmetal freezer container; cover. Freeze at least 4 hours or until firm. Break the mixture into small chunks and transfer to a medium chilled bowl. Beat with an electric mixer until slushy. Return mixture to pan. Cover and freeze at least 4 hours.

To serve, let mixture stand at room temperature for 10 minutes. Scrape a large spoon or ice cream scoop across surface of frozen mixture.

Ham and Pea Salad

Ingredients:

Salad:

8 ounces macaroni, cooked and drained
2 cups ham cut in $\frac{1}{4}$ " cubes
8 ounces sharp cheddar cheese, cut in $\frac{1}{4}$ " cubes
1 (10-ounce) package frozen peas, cooked and drained

Dressing:

$\frac{3}{4}$ cup sour cream
 $\frac{3}{4}$ cup mayonnaise
 $\frac{1}{4}$ cup lemon juice
 $\frac{1}{2}$ cup grated parmesan cheese
2 teaspoons dried tarragon
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{2}$ teaspoon freshly ground black pepper



Directions:

In a large bowl, combine salad ingredients. In a smaller bowl, mix dressing ingredients. Pour dressing over macaroni mix and toss to blend well. Cover and refrigerate several hours or overnight. Remove from refrigerator 30 minutes before serving.

Chicken Fajita Lettuce Wraps

Ingredients:

¼ cup plus 2 tablespoons Italian dressing
¼ teaspoon ground cumin
1 pound boneless, skinless chicken breasts, cut into strips
2 cups sliced red or green peppers
1 cup sliced onions
1 cup shredded cheddar cheese
8 large iceberg lettuce leaves

Directions:

Mix ¼ cup of the dressing and cumin in medium bowl. Add chicken; toss lightly. Cover and refrigerate 30 minutes to marinate.

Add remaining 2 tablespoons dressing to large nonstick skillet. Add peppers and onions; mix lightly. Cook on medium heat 6 to 8 minutes or until vegetables are crisp-tender. Remove vegetable mixture from skillet; place in separate bowl. Cover to keep warm.

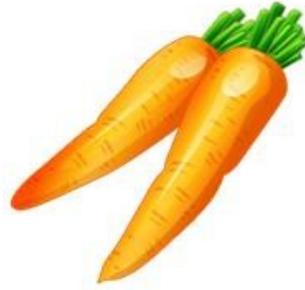
Add chicken with marinade to same skillet. Cook 8 to 10 minutes or until chicken is cooked through, stirring frequently. Return vegetable mixture to skillet; cook an additional 2 or 3 minutes or until heated through, stirring occasionally.

Spoon chicken mixture evenly onto lettuce leaves; sprinkle with cheese. Roll up. Serve warm.

Oatmeal Carrot Cookies

Ingredients:

- 1 cup flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 cup rolled oats
- ¾ cup chopped walnuts
- 1 cup shredded carrots
- ½ cup real maple syrup
- ½ cup unrefined coconut oil, warmed until just melted
- 1 teaspoon grated fresh ginger



Directions:

Preheat oven to 375° F degrees and line 2 baking sheets with parchment paper. In a large bowl, whisk together the flour, baking powder, salt, and oats. Add the nuts and carrots.

In a smaller bowl, use a whisk to combine the maple syrup, coconut oil, and ginger. Add this to the flour mixture and stir until just combined.

Drop onto prepared baking sheets, one level tablespoonful at a time, leaving about 2" between each cookie. Bake for 10 - 12 minutes or until the cookies are golden on top and bottom.

Spinach and Artichoke Dip

Ingredients:

1 (10-ounce) bag fresh spinach
2 tablespoons butter
½ medium onion, chopped
2 cloves garlic, minced
2 tablespoons flour
1 cup heavy cream
1 cup milk
¼ cup dry white wine
½ cup grated Parmesan Cheese
½ teaspoon Worcestershire Sauce
½ cup chopped artichoke hearts
¼ cup sour cream
½ cup grated white cheddar cheese
Kosher salt and pepper, to taste



Directions:

In a large stockpot of boiling water, add spinach and cook until bright green, approximately one minute. Drain and squeeze out excess water. Coarsely chop and set aside.

In a sauce pan, melt butter over medium heat. Sauté onions until soft and tender; add garlic and cook for one minute. Add flour and cook for another minute, until no flour is visible. Pour in cream, milk, and wine, and cook until thickened, stirring constantly. Remove from heat and stir in Parmesan and Worcestershire sauce. Season with salt and pepper.

Mix together spinach, artichokes, and sour cream. Pour warm cream mixture over spinach. Add white cheddar and combine thoroughly. Serve with tortilla chips, crackers, or bread.

Strawberry-Rhubarb Crisp

Ingredients:

For the Fruit:

8 ounces strawberries, hulled and halved
8 ounces rhubarb, trimmed, cut into ½" pieces
½ cup granulated sugar
1 teaspoon cornstarch
¼ teaspoon coarse salt

For the Topping:

1 cup rolled oats
¼ cup all-purpose flour
¼ cup unsalted butter (½ stick), melted
¼ cup brown sugar
⅛ teaspoon coarse salt

Directions:

Preheat oven to 375° F. In a large bowl, combine strawberries, rhubarb, sugar, cornstarch, and salt. Transfer to an 8" baking dish.

In a medium bowl, combine oats, flour, butter, brown sugar, and salt. Stir until combined and slightly clumpy. Sprinkle over fruit. Bake until juices are bubbling in the center and topping is golden brown, about 45 minutes. Let cool slightly.

Greek Pasta Toss

Ingredients:

½ pound penne pasta, uncooked
1 tablespoon olive oil
3 cloves garlic, minced
½ large red onion, chopped
1 zucchini, cut into ¼" rounds and quartered
1 yellow squash, cut into ¼" rounds and quartered
1 (14-ounce) can marinated artichoke hearts, chopped
1 cup cherry or grape tomatoes, halved
½ cup green and/or black olives, sliced
½ cup crumbled feta
3 tablespoons fresh lemon juice
2 teaspoons dried oregano
2 tablespoons fresh basil, chopped
2 tablespoons fresh parsley, chopped
Salt and pepper to taste



Directions:

Cook pasta according to package directions in salted water. While pasta is cooking, heat olive oil in a large skillet over medium heat. Sauté onions and minced garlic until the onions begin to turn translucent. Add the zucchini and yellow squash and cook until tender.

When the pasta is done, drain well and return to pot over medium-low heat. Add in sautéed vegetables and all the remaining ingredients. Heat until the feta is melted, and the ingredients are heated through.

Pineapple Lamb Chops

Ingredients:

- ½ cup orange juice
- 3 tablespoons honey
- ½ teaspoon salt
- ¼ teaspoon white pepper
- 8-12 lamb chops, trimmed
- 1 tablespoon cornstarch
- 1 tablespoon water
- 1 (8-ounce) can pineapple tidbits or crushed pineapple, drained
- 2 tablespoons chopped fresh mint



Directions:

Mix orange juice, honey, salt, and pepper in small bowl. Place lamb chops on broiler pan. Brush with about a quarter of the orange juice mixture. Broil 5" from heat about 5-6 minutes or until brown. Turn, brush with more of the orange juice mixture and broil 6-9 minutes or until brown and desired doneness.

Meanwhile, in small saucepan, stir together cornstarch and water. Add remaining orange juice mixture and pineapple. Heat to boiling, stirring occasionally. Boil for 2 minutes and stir in mint. Serve with the lamb chops.