

## CHICKEN AND STRAWBERRY SALAD



**Yields 4 servings**

### Ingredients:

#### Dressing:

- 1 Tablespoon sugar
- 2 Tablespoons red wine vinegar
- 1 Tablespoon water
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{8}$  teaspoon fresh ground black pepper
- 2 Tablespoons extra virgin olive oil

#### Salad:

- 8 cups fresh spring mix salad greens
- 2 cups quartered strawberries
- $\frac{1}{3}$  cup sliced red onion
- 12 ounces skinless, boneless chicken breast
- $\frac{1}{4}$  cup crumbled feta cheese
- 2 Tablespoons unsalted cashews, chopped

### Directions:

1. For dressing, combine sugar, red wine vinegar, water, salt, and pepper in a bowl.
2. Pour in oil and whisk constantly to mix.
3. Boil chicken until cooked through. Slice thinly.
4. For salad, combine salad greens, strawberries, red onion, chicken, and feta cheese in bowl.
5. Top each salad serving with about  $1\frac{1}{2}$  teaspoons of cashews and 4 teaspoons of dressing.

## PAN FRIED ASPARAGUS WITH ONIONS & RED PEPPER

**Yields 4 Servings**

### Ingredients:

- 2 Tablespoons butter, divided
- 1 pound asparagus, trimmed
- 1 Tablespoon butter
- $\frac{1}{3}$  cup sliced onion
- 1-2 teaspoons crushed red pepper
- Onion salt, to taste

### Directions:

1. Melt 1 Tablespoon butter on medium heat.
2. Add asparagus and cook until bright green, but firm, about 3 minutes.
3. Stir in remaining butter, onion, red pepper, and onion salt with asparagus.
4. Cook until onion is slightly browned and asparagus is tender, 3-5 minutes.



### Contact:

Dr. Georgia Jones  
Extension Food Specialist  
Department of Nutrition & Health Sciences  
University of Nebraska-Lincoln  
Lincoln, NE 68583-0808  
(402) 472-3225  
FAX: (402) 472-1587  
Email: [gjones2@unl.edu](mailto:gjones2@unl.edu)

Resource: [www.buylocalnebraska.org](http://www.buylocalnebraska.org)

UNIVERSITY OF  
**Nebraska**  
Lincoln | EXTENSION



# SPRING RECIPES

**In Partnership with:**

University of Nebraska–Lincoln Extension  
Buy Fresh Buy Local Nebraska  
Nebraska Local Foods Network  
Nebraska Cooperative Development Center



## SPRING VEGETABLE RAGOUT



Makes 4 Servings

### Ingredients:

- 4 ounces spaghetti
- 1 Tablespoon olive oil
- 3 green onions, thinly sliced
- 1 small yellow summer squash, quartered and cut into  $\frac{1}{2}$  inch pieces
- 4 ounces sugar snap peas
- 16 grape or cherry tomatoes, halved
- $\frac{1}{2}$  cup vegetable broth
- 2 Tablespoons minced fresh basil leaves
- $\frac{1}{4}$  teaspoon fresh ground pepper
- $\frac{3}{4}$  cup finely grated Parmesan cheese

### Directions:

1. Cook spaghetti in a large pot of boiling water about 9 minutes or according to package directions.
2. Heat oil in medium saucepan over medium heat.
3. Add green onions and cook for 2 minutes.
4. Add squash and peas. Cook about 3 minutes until tender and crisp.
5. Add tomatoes and broth.
6. Bring to a simmer, stirring often and cook until tomatoes are juicy.
7. Cook 1 minute longer and remove from heat before adding cheese.
8. Drain pasta and add it to the ragout; toss to combine.

## ASPARAGUS WITH TOASTED ALMONDS & GARLIC

Makes 4 Servings

### Ingredients:

- $\frac{3}{4}$  pound asparagus
- 2 Tablespoons olive oil
- $\frac{1}{4}$  cup slivered almonds
- 2 garlic cloves, thinly sliced
- 1 Tablespoon red wine vinegar
- 1 teaspoon unsalted butter
- Salt and pepper to taste



### Directions:

1. Boil 1 inch of water in a large skillet.
2. Add asparagus and cook until tender and bright green, about 3 minutes.
3. Drain and pat dry.
4. On high heat, add oil to skillet.
5. Add almonds and stir for 30 seconds.
6. Add asparagus, garlic, salt, and pepper.
7. Cook until garlic and almonds are golden and asparagus begins to brown, about 4 minutes.
8. Stir in vinegar and butter.
9. Season with salt and pepper as desired.

## SUGAR SNAP PEAS



A variety of peas have been a part of the human diet for centuries, although their exact origin is unknown. Sugar snap peas were developed in the 1970's. These vegetables are a good source of vitamins A, C, and K, as well as riboflavin, folate, potassium, phosphorus, iron, manganese, and fiber.

Sugar snap peas are a cross between the standard garden pea and snow peas often found in Chinese cuisine. Pea plants usually grow to around 4 feet in length. Whole sugar snap pea pods can be consumed after they are stringed, meaning that the string-like lining on the top of each pea pod is removed before serving. Typically, the peas or whole pods are consumed at an immature stage because that is when they are at their sweetest.

In present day they are often found in steamed dishes, stir fried, or added to salads. They can also be consumed raw. Because of this versatility it can be easy to find ways to incorporate this produce into a variety of dishes or consumed as a healthy snack.

### Contributors:

Alice Henneman, Lancaster County Extension Office  
Billene Nemecek, Buy Fresh, Buy Local - Nebraska

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska- Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska- Lincoln Extension educational programs abide with the non-discrimination policies of the University of Nebraska- Lincoln and the United States Department of Agriculture.