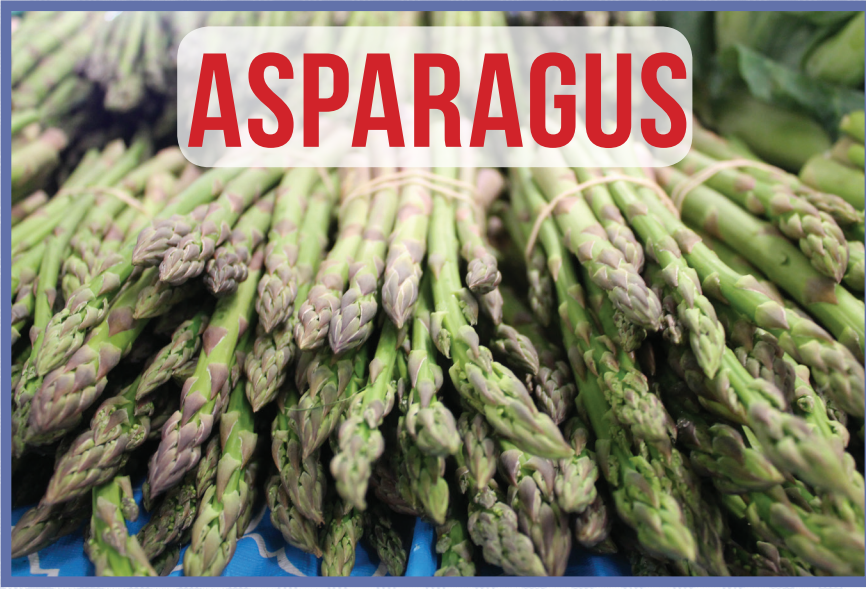


ASPARAGUS



IN SEASON

March - June

HOW TO SELECT

Choose stalks that are bright green or purple-tinged with firm stems. Avoid limp or wilted stalks.

HOW TO STORE

Trim ends & wrap in damp paper towel or place ends in a bowl or vase filled with 1 inch of water. Cover tops with plastic bag & store in fridge up to 3 days.

HELPFUL TIP

Thick stalks have a stronger asparagus flavor while thin stems are more tender & sweet.

CREAMY CHICKEN & ASPARAGUS ORZO

ASPARAGUS



Nutrition Facts

Serving size: 1/8th recipe (255g)

Servings Per Recipe 8

Amount Per Serving

Calories 370

Calories from Fat 70

% Daily Value

Total Fat 8g 15%

Saturated Fat 1.5g 8%

Trans Fats 0g

Cholesterol 50mg 15%

Sodium 170mg 8%

Total Carbohydrate 46g 15%

Dietary Fiber 8g 30%

Sugars 3g

Protein 27g

Vitamin A 8% Vitamin C 45%

Calcium 8% Iron 25%



30 MIN | SERVES 8

INGREDIENTS:

- 1 (16 oz) box whole-wheat orzo
- 2 Tbsp olive oil
- 3 cloves garlic, minced
- 1 1/2 lbs boneless, skinless chicken breasts, diced
- 2 cups chopped **ASPARAGUS**
- 2 cups broccoli florets
- 1 (8 oz) carton fresh mushrooms, sliced
- 1 lemon, juiced
- 1 Tbsp Italian seasoning
- 1/2 cup shredded parmesan cheese
- 1/2 cup plain non-fat Greek yogurt

PREPARATION:

1. Prepare orzo according to package directions. Set aside.
2. In a large skillet heat oil over medium-high. Add garlic & chicken. Cook 7-10 minutes or until golden brown on all sides.
3. Add asparagus, broccoli, mushrooms, lemon juice & Italian seasoning. Cook 5-7 minutes, stirring occasionally.
4. Add orzo, cheese & yogurt to skillet. Mix well. Cook 4-5 minutes or until cheese is melted. Divide evenly & serve.



Cooking Video @ onieproject.org/videos

This material was funded by USDA's Supplemental Nutrition Assistance Program [SNAP]. To find out more, call your local Department of Human Services (DHS) Office at 1.866.411.1877. This institution is an equal opportunity provider and employer.