



Market  
Basket  
of the month

## Asparagus



For fun facts about asparagus, as well as tips and tricks to help you pick, prepare, and eat more asparagus this month, check out Pennsylvania Harvest of the Month resources at <https://www.paharvestofthemonth.org/>.

Resources include:

[“In The Kitchen” Videos](#)

[Family Newsletters](#)

[Fact Sheets](#)

[Pre-School Activities](#)

And more!



## May Recipes

### Spring Fling Vegetable Chowder

Makes 8 servings

#### Ingredients

- 1 tbsp. vegetable oil
- 1 small onion, chopped
- 2 cups chopped asparagus (fresh or frozen)
- 1 large potato, peeled and diced
- 3 cups low-sodium broth (any type) or water
- 1 can (15 oz.) cream-style corn
- 1 cup peas (frozen or canned, drained and rinsed)
- 1/2 cup grated cheddar cheese
- 1/2 tsp. salt (optional)
- 1/2 tsp. black pepper (optional)

#### Directions

1. Rinse or scrub fresh vegetables under running water before preparing.
2. Heat oil in a large pot over medium heat (300 °F in an electric skillet). Cook onion, asparagus, and potato until soft, about 10 minutes.
3. Add broth and corn. Cover and simmer until potato is tender, about 10 minutes.
4. Add peas, and salt/pepper if desired, and simmer 2 to 3 more minutes.
5. Top with cheese and serve warm.

#### Notes

- Broth can be homemade, canned, or made using bouillon. For each cup of broth, use 1 cup very hot water and 1 tsp. or cube bouillon.
- Leave skin on potato for added fiber.
- Try using canned green beans or diced tomatoes instead of peas.

**Nutrition Facts** (1 cup): 130 Calories, 7g Total Fat, 1.5g Saturated Fat, 5mg Cholesterol, 370mg Sodium, 17g Carbohydrates, 5g Total Sugars (0g Added Sugars), 6g Protein.

Source: [www.foodhero.org](http://www.foodhero.org)

### Fresh Asparagus, Tomato, and Feta Salad

Makes 5 servings

#### Ingredients

- 1/4 cup balsamic or red wine vinegar
- 1 tsp. sugar or honey
- Pinch of salt
- Pinch of black pepper
- 3 tbsp. olive oil
- 1/4 tsp. garlic powder or 1/2 tsp. minced garlic
- 3/4 lb. asparagus, cut into 1-inch pieces, cooked, and drained
- 4 oz. feta cheese, crumbled
- 1 large tomato, diced
- 1 green onion, diced
- 2 tbsp. cilantro, chopped (optional)

#### Directions

1. Rinse fresh fruit and vegetables before preparing.
2. Whisk together vinegar, sugar/honey, salt, and olive oil in a salad bowl.
3. Add the asparagus, feta, tomato, green onion, and cilantro (optional) to the bowl.
4. Toss to coat.
5. Cover and refrigerate for an hour before serving.

**Nutrition Facts** (1/2 cup): 170 Calories, 13g Total Fat, 4.5g Saturated Fat, 20mg Cholesterol, 220mg Sodium, 8g Carbohydrates, 6g Total Sugars (1g Added Sugars), 5g Protein.

Source: [www.extension.umd.edu](http://www.extension.umd.edu)

Looking for more recipes featuring asparagus? Check out the link below for a side dish that's quick and easy!

<https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/delicious-roasted-asparagus/>