

EATING RIGHT IS BASIC

APRIL 2011

Shopping at Your Local Farmers' Market

- It is a fun outing for the whole family to enjoy.
- You will be purchasing local foods that are in season.
- Produce that is in season is fresher and simply tastes better.
- Your food dollar goes directly to the farmer.
- By purchasing local foods in season, you eliminate the environmental damage caused by shipping foods.
- It provides the opportunity to try new foods and to experiment with new recipes.
- Many farmers' markets are accepting EBT, WIC & Senior Farmers' Market Nutrition Coupons!

Roasted Asparagus

Asparagus is in season only for a short time, so take advantage during the spring months and stock up! Dark green vegetables like asparagus are a great source of folate, vitamins C & K. Try this quick and easy recipe.



Yield: 4 servings

Preparation Time: 5 minutes

Cooking Time: 5-10 minutes

Ingredients

1 pound of fresh asparagus, trimmed
 2 tablespoons olive oil
 Ground lemon pepper or plain pepper
 Salt, optional

Preparation

1. Position rack in the center of the oven and preheat to 450 degrees.
2. Rinse and dry the asparagus with paper towels and lay the spears in a shallow baking dish in a single layer.
3. Drizzle the olive oil over the asparagus and roll them in the pan until they are well coated. Sprinkle pepper and salt over the asparagus.
4. Bake the asparagus until the spears are lightly browned and just tender, about 5 to 10 minutes.

Source: Earthbound Farms Organic Cookbook

Resources:

<http://www.pcfma.com/>

<http://www.eatright.org>

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