

Asparagus Pasta Salad

Recipe



Yield: 8 cups

Ingredients

- 1 8 to 10-oz package pasta noodles, cooked
- 1 cup sauteed or shaved asparagus (or use 1/2 cup of each)
- 1/2 spring onion, minced
- 1/2 cup olives, pitted and chopped
- 1/2 cup pickled sweet peppers, such as pepperoncini
- 1/2 cup each of 3 seasonal Spring veggies*
 - Options: fresh snap peas, grated carrots, shelled & cooked fava beans
- 2 Tablespoons each fresh dill, parsley, basil, or other favorite herb, chopped
- 1 Tablespoon lemon zest
- 3/4 cup vinaigrette (such as Balsamic Vinaigrette)

Instructions for Adults

Assist with supervision of safe knife handling.

Instructions for Kids

Add cooked noodles to a large serving bowl. Add all of the other ingredients and mix to combine.

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Sautéed Asparagus Recipe

Yield: 3 cups

Ingredients

1 bunch asparagus, about 1 lb.
1 Tablespoon olive oil
2 to 3 cloves garlic, minced
Salt & pepper to taste



Instructions for Adults

Assist with supervision of safe knife handling and using stove top.

Instructions for Kids

Chop off the tough bottom ends of each piece of asparagus, or bend them to snap the ends off. Discard the ends. Continue cutting or snapping the asparagus into 2-inch pieces.

Heat the olive oil in a saute pan over medium high heat. Add the minced garlic and saute for 1 minute, until it starts to smell really good, but is still white in color (don't let it brown yet).

Add the pieces of asparagus. Saute for another 3 to 4 minutes, just until bright green in color. Turn off the heat. Add salt and pepper to taste. Stir and serve.

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Balsamic Vinaigrette Recipe



Yield: 3/4 cup salad dressing

Ingredients

1/2 cup canola oil
3 Tablespoons balsamic vinegar
1 Tablespoon mustard
1/4 teaspoon salt
Black pepper to taste

Instructions for Adults

Assist with supervision of measuring ingredients.

Instructions for Kids

- Measure ingredients and add them all to a jar. Screw the lid on tightly. Shake until combined, about 30 seconds or more.
- You can store any extra dressing in the fridge. It will keep for a few weeks.

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