



# List of Supplies Needed

## Asparagus Pasta Salad & Sautéed Asparagus

### General

- Recipe
- Apron

### Cooking

- Cutting mat/board
- Plastic/butter knife
- Measuring cups & spoons
- Large bowl
- Mixing spoons or tongs
- Sauté (frying) pan
- Wooden spoon
- Stovetop

Find detailed lesson plans, printable recipes & more at:

[foodliteracycenter.org/recipes](https://www.foodliteracycenter.org/recipes)

### Food & Produce

#### Asparagus Pasta Salad

- Cooked pasta noodles
- Asparagus
- Spring onion
- Olives
- Lemon zest
- Pickled sweet peppers (e.g. pepperoncini)
- Spring veggies (e.g. fresh snap peas, carrots)
- Fresh dill
- Fresh parsley
- Fresh basil
- Vinaigrette

#### Sautéed Asparagus

- Asparagus
- Olive oil
- Garlic cloves
- Salt & pepper

