

# NUTRITION FIRST NEWS



## Top 10 Ways To Enjoy Asparagus

**10 - Egg-cellent Asparagus.** Add steamed pieces of asparagus to an egg white and feta cheese omelet. Finish with halved cherry tomatoes.

**9 - Grilled.** Place asparagus spears on a medium-high heat grill coated with olive oil spray and cook for about 5-8 minutes until tender, turning occasionally.

**8 - Cheese, Crackers & Asparagus.** Spread a soft cheese (goat cheese, brie, etc.) on whole wheat crackers and top with a crisp asparagus head. Serve as an appetizer or an afternoon snack.

**7 - Hearty Soup.** Purée cooked leeks, onions, russet potatoes, asparagus, low-sodium chicken broth, lemon juice, and low-fat sour cream until smooth. Garnish soup with asparagus tips. **Recipe** [Asparagus Soup\\*](#)

**6 - Drizzle a Little Dressing.** Dress up your traditional steamed or boiled asparagus with a mustard vinaigrette dressing. **Recipe below;** [Asparagus with Mustard Vinaigrette\\*](#)

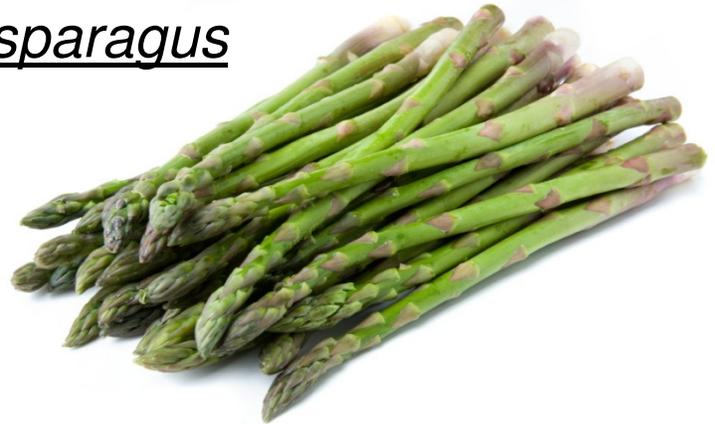
**5 - Steamed.** Place fresh or frozen asparagus in a microwave-safe container or in a sauté pan with a small amount of water, low-sodium seasonings, and garlic. Enjoy as a side dish or snack.

**4 - Stock Up.** Save the woody ends of asparagus for making asparagus soup later. Simply place in a zip lock bag and freeze until ready to use.

**3 - Easy Appetizer.** Serve asparagus spears with a vibrant dipping sauce for an easy appetizer. Using nonfat Greek yogurt as a base, add in lemon juice, minced garlic, roasted red bell pepper ... be creative and get *dipping!*

**2 - Veggie Fettuccine.** Toss cooked asparagus and bell pepper with cooked fettuccine. Finish with lemon juice and cheese. **Recipe** [Fettuccine with Fresh Vegetables\\*](#)

**1 - Shake & Bake!** Place fresh asparagus in a plastic zip lock bag, drizzle with olive oil, and add salt, pepper and other seasonings. Shake until asparagus is coated, then bake in oven at 400°F until crisp!



### ASPARAGUS

#### How to Select

Choose odorless asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.

#### How to Store

Refrigerate asparagus for up to four days by wrapping ends of stalks in wet paper towel and placing in plastic bag.

#### Nutrition Benefits

Fat free; saturated fat free; sodium free; cholesterol free; low calorie; good source of vitamin C; high in folate; good source of vitamin A.

#### Did You Know...

*Asparagus folklore credits these delicious green spears with everything from curing toothaches to being a reproductive tonic!*

*\*See page 2 for some tempting asparagus recipes! Credit: [fruitsandvegetablesmorematters.org](http://fruitsandvegetablesmorematters.org)*



Please remember Memorial Day, May 25<sup>th</sup>, is a holiday that requires a signed holiday note.

Favor de recordar que Mayo 25 es un día festivo por el cual la nota firmada es requerido para ser reembolsada.

Дорогие воспитатели, пожалуйста не забудьте 25 Мая праздник День Памяти (Memorial Day). Чтобы получить компенсацию за питание детей в этот день, вам необходимо заполнить и отправить нам форму Посещения в праздничный день подписанную родителем или опекуном. Форма должна быть прислана вместе с меню за май.



## Asparagus Soup

- 1 tablespoon olive oil
- 1 small leek, cleaned and sliced
- 1 small onion, chopped
- 3 medium russet potatoes, peeled and cubed
- 2 pounds fresh asparagus, cut into 1" pieces
- 6 cups low sodium, low-fat chicken stock
- 1 tablespoon Mrs. Dash® Lemon Pepper Seasoning Blend
- 1 tablespoon fresh lemon juice
- 10 teaspoons low-fat sour cream

In a large saucepan over medium heat, add olive oil, sauté leek and onion for 3 minutes. Add potatoes and asparagus, reserve 10 tips for garnish. Sauté for 5 minutes. Add stock and simmer until potatoes are tender, about 20 minutes. Working in batches, puree cooled soup in blender or food processor until smooth. Return soup to saucepan and stir in Mrs. Dash® Lemon Pepper Seasoning Blend and lemon juice. Blanch reserved asparagus tip. Ladle soup into bowls, lay asparagus tip on top, garnish with sour cream.

## Asparagus w/Mustard Vinaigrette

2 lb asparagus

Mustard Herb Vinaigrette:

2 tbsp white wine or cider vinegar

2 tsp Dijon mustard

1 tsp chopped flat leaf parsley

1/2 tsp chopped tarragon leaves

Salt and pepper as needed

Dash of onion powder

Dash of garlic powder

1/4 cup extra-virgin olive oil

Bring a large pot of salted water to a rolling boil. Trim the asparagus to remove the white, fibrous ends. Cut the asparagus into 2-inch pieces on the diagonal. Add the asparagus to the boiling water and cook until the spears are bright green and just tender, 4-5 minutes. (If necessary, cook the asparagus in batches.) Drain the asparagus in a colander and rinse with cold water until the asparagus is chilled. The asparagus is ready to dress and serve now, or it can be held in a covered container in the refrigerator for up to 6 hours.

To make the vinaigrette, whisk together the vinegar, mustard, parsley, tarragon, salt, pepper, onion powder, and garlic powder until blended. Add the oil to the vinegar mixture in a thin stream, whisking constantly. Season with additional salt and pepper, if needed. Toss the chilled asparagus with the vinaigrette or serve it separately on the side. Serve immediately on a chilled platter or plates.



## Fettuccine with Fresh Vegetables



- 8 oz. uncooked fettuccine
- 2 1/2 tablespoons olive oil
- 2 tablespoons Mrs. Dash® Garlic & Herb Seasoning Blend
- 1 medium red bell pepper, cored and seeded, cut into thin strips
- 1 medium yellow bell pepper, cored and seeded, cut into thin strips
- 2 cups chopped asparagus
- 1/4 cup fresh lemon juice
- 3/4 cup shredded Provolone/Mozzarella cheese blend

Prepare pasta according to package directions. Meanwhile, heat oil in large skillet over medium heat; add vegetables and Mrs. Dash® Garlic & Herb Seasoning Blend. Cook and stir until tender about 8 minutes. Toss together hot pasta, vegetables and lemon juice. Mix in cheese and serve.



## Yelena Chesnokova

Здравствуйте! Меня зовут Елена, я- новый сотрудник программы Nutrition First.

В первую очередь благодарю всех коллег, так благожелательно принявших меня в свой коллектив, и с нетерпением жду знакомства с воспитателями и детьми.

Я рада приступить к своим новым обязанностям и приложу максимум усилий, чтобы мои знания русского языка и имеющийся опыт позволили мне эффективно работать в программе Nutrition First.

Спасибо за внимание!

Hello everyone! My name is Yelena, and I just recently joined the Nutrition First department as the Russian Program Representative. I am really excited to join the team and I can't wait to start contributing my efforts here.

Thanks to everyone for being so welcoming. I look forward to working with all of you!

### Crunchy Apple Treasures



- 1 medium apple
- 3 Tbsp natural peanut butter
- 3 Tbsp crispy rice cereal
- 2 Tbsp raisins

Cut the apple into 8 slices. Combine peanut butter, cereal, and raisins. Spread mixture on apple slices and serve

### Symphony Of Fruit Pizza

- 1 english muffin
- 2 tablespoons whipped fat-free strawberry cream cheese
- 1/3 cup strawberries, sliced
- 1/4 cup red grapes, quartered
- 1/4 cup canned mandarin oranges, drained

Toast the english muffin until golden brown. Spread cream cheese on toasted muffin. Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese. Slice into quarters and "yummy - fruit pizza!"



### Fruit Slush



- 2 2/3 cups Cantaloupe or watermelon, coarsely chopped, seeded, peeled
- 1 2/3 cups Kiwi, coarsely chopped
- 2tsp sugar
- 2 Tbsp Lime juice
- 2 cups Water
- Ice

In a blender, puree fruit with sugar and lime juice until smooth. Combine fruit mixture with water in large pitcher. If desired, pour through a strainer to eliminate pulp. Stir well and pour into tall glasses with ice.

## Nutrition First News Staff

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Nutrition First USDA Child Care Food Program is a program of the Mid-Willamette Valley Community Action Agency

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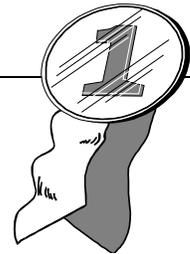
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## MENU WINNERS

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➤ The menu winners for April are **Shana Guzman of Jefferson & Silvia Gaona Ortega of Salem**

➤ *Keep those menus coming in on time – you might be next!*

➤ *Remember – to enter, menus need to be in an envelope with your name and address on the outside.*

*Thanks and Good Luck!*

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**"Good nutrition is the right of all children."**

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### **Looking For More Training?**

Child care providers can now access information on trainings that are happening all over the state of Oregon. The on-line training calendar at [www.oregonchildcaretraining.org](http://www.oregonchildcaretraining.org) will let you search by county, as well as by training category and date. *Check it out!*

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