



Asparagus Chop Salad

Featured Item: Asparagus
Serving Size: 1/2 cup • Yield 25

HACCP Process #1:
No Cook

Child Nutrition Credit:
.25 cups of Other
.125 cups of Red/Orange
.125 Cups of Beans/Peas

INGREDIENTS

SALAD

- 2 quarts** Asparagus, Local, raw
- 2 quarts** Garbanzo Beans
- 1 quart** Cucumber, diced
- 1 cup** Red Onion, chopped
- 2 cups** Grape Tomatoes, sliced
- 1 cup** Red Pepper, diced
- 1 cup** Kalamata Olives, chopped
- 1/4 cup** Basil, fresh

DRESSING

- 1/2 cup** Balsamic Vinegar
- 1/2 cup** Extra Virgin Olive Oil
- 1 tbsp** Sugar
- 1 1/2 tbsp** Lemon Juice
- 1/3 tsp** Salt
- 1/3 tsp** Pepper



DIRECTIONS - PRE PREP

1. Wash asparagus and cut into 2 inch pieces.
2. Drain beans.
3. Wash and dice cucumbers, red pepper, and onions.
4. Slice tomatoes.
5. Chop basil.
6. Rough chop olives.
7. In a bowl, combine the dressing ingredients and whisk together.

DIRECTIONS - ASSEMBLE SALAD

1. Add asparagus, beans, cucumbers, onion, tomatoes, peppers, and olives in large mixing bowl.
2. Toss vegetables with dressing. Let salad chill in fridge at least one hour or until ready to serve. Add basil before serving.

NUTRITION FACTS

Calories: 73
Total Fat: 5 g
 Saturated Fat: 0 g
 Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 151 mg
Total Carbohydrate: 6.5 g
 Dietary Fiber: 2 g
 Total Sugars: 2 g
Protein: 1 g



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Cheesy Roasted Garlic Asparagus

Featured Item: Asparagus
Serving Size: 1/2 cup • Yield 25

HACCP Process #2:
Same Day Service

Child Nutrition Credit:
0.5 Cups of Other

INGREDIENTS

5 pounds	Asparagus, Local, raw
1/4 cup	Extra Virgin Olive Oil
1/2 teaspoon	Kosher Salt
1 1/2 tablespoon	Minced Garlic
1/2 teaspoon	Black Pepper
1/4 cup	Parmesan Cheese, grated



DIRECTIONS

1. Preheat oven to 350°F.
2. Wash and trim asparagus. Cut each stalk in half. Note: 4 stalks (8 pieces) = 1/2 cup serving.
3. Toss asparagus with olive oil, minced garlic, salt, and pepper. Spread onto baking sheet. Sprinkle with Parmesan cheese.
4. Bake for 15 minutes or until asparagus is tender.

NUTRITION FACTS

Calories: 43
Total Fat: 3 g
 Saturated Fat: 0.5 g
 Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 47 mg
Total Carbohydrate: 4 g
 Dietary Fiber: 2 g
 Total Sugars: 1 g
Protein: 2.5 g



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SCHOOL RECIPE

Roasted Asparagus

Featured Item: Asparagus
 Serving Size: 1/2 cup • Yield 50

HACCP Process #3:
 Complex Food Preparation

Child Nutrition Credit:
 0.5 Cups of Other

INGREDIENTS

1 1/4 gallon Asparagus, Local, raw



DIRECTIONS

1. Preheat oven to 375°F.
2. Properly wash and trim asparagus spears.
3. Spray with cooking spray and sprinkle with black pepper and garlic powder to taste. Toss asparagus with tongs to coat in cooking spray and seasonings.
4. Place asparagus on baking sheet.
5. Roast in preheated oven until just tender, 12 to 15 minutes depending on thickness.

NUTRITION FACTS

Calories: 13
Total Fat: 0 g
 Saturated Fat: 0 g
 Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 0 mg
Total Carbohydrate: 2.5 g
 Dietary Fiber: 1.5 g
 Total Sugars: 1 g
Protein: 1.5 g



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Recipe and nutritional info provided by our partner, Pisanick Partners LLC
 Email ohiofeedourfuture@gmail.com for full nutrition facts.