

# SIMILAR INGREDIENTS, MULTIPLE MEALS

*Shop once, eat twice: Successful tips for busy families.*



THIS IS AN EASY, HEALTHY MEAL THAT WORKS FOR A QUICK WEEKNIGHT DINNER WHEN COOKING FOR YOURSELF OR YOUR FAMILY. ASPARAGUS IS A VERSATILE SIDE--SEE PAGE 3 FOR MORE RECIPES USING THIS VEGETABLE.

## **Ingredients:**

**2 Tbsp. olive oil**  
**2 Tbsp. lemon juice**  
**4 cloves garlic, minced**  
**1 tsp. parsley**  
**½ tsp. rosemary**  
**½ tsp. pepper**  
**2 chicken breasts, cut  
in half length wise**  
**1 bunch of asparagus**

## Sheet Pan Chicken & Asparagus

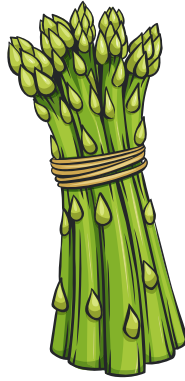
### Directions:

1. Preheat oven to 425°F.
2. Mix olive oil, lemon juice, garlic, parsley, and rosemary in a small bowl.
3. Line baking sheet with sheet of foil or parchment paper. Place chicken onto pan and brush ½ oil mixture over chicken breasts. Bake for 15 minutes.
4. While chicken is baking - Trim ends of asparagus. Add asparagus to pan and drizzle the other ½ of the oil mixture over asparagus. Toss until evenly coated. Put pan back in oven and bake for 8-10 more minutes.
5. Serve.

## Eat what's in season...

# Asparagus

Common Types -  
Green, Purple, White, Wild



Asparagus is a hardy, perennial that is one of the first vegetables ready for harvest in the spring. Well-planned asparagus beds can be productive for 15+ years. Asparagus is low in calories and provides substantial amounts of vitamin A and C.

It's also a good source of folate and fiber. Asparagus can be enjoyed raw, steamed, boiled, grilled, roasted, or incorporated into casseroles and salads.

### Harvesting and Preserving:

It will take 3 years for an asparagus bed to thrive for regular, multi-week harvesting. In a bed's early years, the root systems are still expanding and multiple harvests may weaken the plants. In the bed's fourth year, asparagus harvest can last from early spring through May or June. You can harvest asparagus spears by cutting or snapping them when they reach 5-8 inches. Asparagus tastes best when prepared and eaten immediately after harvest. Freezing is one of the best home food preservation methods to maintain the vegetable's flavor and quality if the asparagus will not be used immediately. Select young, tender spears and wash thoroughly before sorting into like sizes. Trim ends of spears and cut into even lengths to fit freezer bags or freezer containers. Water blanch small spears for 2 minutes, medium spears for 3 minutes, and large spears for 4 minutes. Remove from blanching water and immediately immerse in ice water for 5 minutes to cool. Drain and package into freezer safe container leaving no headspace. Seal, label, date and freeze at zero degrees or below for up to 1 year. Visit <https://ag.purdue.edu/foodsci/Pages/Food-Preservation.aspx> for more preservation information and safe practices.

## White Chicken Chili

### Ingredients:

- 2 Tbsp. olive oil**
- ½ Tbsp. cayenne pepper**
- 1 Tbsp. cumin**
- 1 Tbsp. oregano**
- ½ - 1 cup cilantro, chopped**
- 1 small yellow onion, diced**
- 5 chicken breasts**
- 1 can (15.5 oz) northern beans, drained and rinsed**
- Frozen corn, family sized bag**
- 2 (32 oz.) chicken broth**
- 1 cup salsa verde**
- 32 oz. half and half**



### Directions:

1. Heat olive oil, cayenne pepper, cumin, oregano, cilantro, and yellow onion in medium skillet until onion is translucent. Remove from heat.
2. Cut chicken breasts in quarters and bring to a boil in large stock pot. Let boil for 15 minutes, drain, and shred chicken with two forks.
3. Add drained/rinsed beans, corn, chicken broth, salsa, and cilantro mix. Cook for 30 minutes.
4. Add half/half and heat until warm all the way through.

# Side Dish Spotlight

Asparagus is a very versatile vegetable that can be prepared and enjoyed in a variety of ways. It's equally delicious incorporated into dishes or enjoyed by itself. Try these recipes to incorporate it into your next meal!

## Sautéed Asparagus with Mushrooms



- 1 lb. asparagus, trimmed
- 1 ½ Tbsp. extra virgin olive oil
- ½ cup fresh mushrooms, sliced
- 1 tsp. fresh thyme, chopped or ½ tsp. dried
- Freshly ground black pepper to taste

Using a skillet, heat olive oil over medium-high heat. Sauté asparagus for 3-4 minutes. Add mushrooms, thyme and salt and pepper to taste.

Sauté until mushrooms are wilted and the asparagus is cooked, about 3 to 4 additional minutes. Serve warm or chilled.

### Air Fryer Asparagus

- Drizzle with olive oil and season to taste.
- Air fry at 375° for 12 minutes.
- Check half way through to see if you need to flip spears.

## Asparagus with Lime and Mint



- 1 lb. of asparagus, trimmed
- 1 ½ Tbsp. of extra virgin olive oil
- Kosher salt to taste
- Fresh ground pepper to taste
- 1-2 fresh limes (yielding a total of 1 ½ Tbsp. of juice)
- 1 tsp. of fresh mint, chopped



Sauté asparagus:

Heat the oil in a wide sauté or frying pan on medium-high. When the oil is hot, add the asparagus and sprinkle with salt and pepper to taste, cooking for about 5-6 minutes until just cooked through, but still with some firmness.

Sprinkle with lime juice and mint: Put on a plate and squeeze lime juice over the asparagus and sprinkle on the mint.

## Grilled Asparagus

- 1 lb. asparagus (estimate ¼ pound per person), thick spears
- 1-2 Tbsp. extra virgin olive oil
- Kosher salt to taste



Preheat your grill using high, direct heat.

Prepare the asparagus by breaking or cutting off any tough bottom ends.

Coat them with olive oil and sprinkle salt over them.

Place the asparagus spears on the grill so that the thickest ends are aimed toward the hottest part of the grill.

Alternatively, you can use a grill pan or aluminum foil for grilling vegetables.

Grill the asparagus spears for 2-4 minutes, until lightly charred and just fork tender, turning them often so that they brown on all sides.

Remove from grill and serve.

**Selection, Handling,  
& Storage**

**Chicken** breasts and pieces should be pink in color, never gray or transparent. The chicken's fat should be yellow or white. If it looks gray and pale, it's a sign that the meat has been on the shelves for a while. Packaging of the chicken should be well wrapped and leak free. If you notice a leak or smell a foul odor, leave the package on the shelf. Chicken needs to be cooked until it reaches an **internal temperature of 165 °F**. Juices should run clear when cutting once chicken is done cooking.

- **Asparagus** is best fresh, and prepared as close to
- harvest date as possible. Fresh asparagus stalks are a
- rich, deep green color that get lighter toward the base of
- the stalk. Stalks should be firm to the touch. Avoid stalks
- that are limp, dry, or have cracked spears. Wash
- asparagus stalks by rinsing under cold water and
- checking for grit or dirt in the tips of the spears. Remove
- the tough end from the stalk by either cutting or
- snapping it off prior to cooking. If using a knife, cut ½
- inch to 1 inch off the bottom, depending on where the
- green fades to a lighter color or white. If snapping the
- tough end off, bend the thicker end of the stalk to see
- where it snaps naturally. Tenderness of asparagus is
- related to maturity and freshness. Cooking times of
- asparagus varies by the size of stalks. Asparagus is done
- when it becomes vibrant green (or other color if using
- other varieties), has a tender exterior, with a slight
- crunch left when sliced or bit into. Fresh asparagus
- should be stored in the refrigerator. Use a rubber band
- to bundle stalks after trimming the ends. Place bundle in
- a glass or bowl so that the stalks stand in an inch or two
- of water. Cover with plastic and store for one week.

# Nutrient Profile

**Thiamin (B1)** is a water soluble vitamin that contributes to growth and to the functions of multiple types of cells in our bodies. Thiamin is needed for nutrient breakdown and energy production. It's especially necessary for the brain and heart, two organs that need a constant supply of energy. A small amount of Thiamin is stored in our liver but not enough to provide the recommended daily intake. Eating foods with thiamin is important to do daily.



**Food Sources: pork, fish, beans, lentils, green peas, sunflower seeds, yogurt, enriched/fortified cereals, breads, noodles, and rice**

Area 8 Health and Human Sciences Extension Educators can be found in Cass, Carroll, Clinton, Fulton, Grant, Howard, Miami, Tipton, and Wabash Counties.

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