



MARCH 2021



## Chicken and Rice Soup

Find this recipe and more healthy, low-cost meal ideas at [CelebrateYourPlate.org](https://CelebrateYourPlate.org)



### What's in Season: March

Asparagus

Beets

Lettuce

Peas



### Featured Produce: Onions

**Peak Season:** Spring, Fall, and Winter

**Selection:** For fresh onions, select firm ones with dry, bright, smooth outer skins

**How to Prepare:** Add to soups, salsas, dips or tacos

**Storage:** Store whole onions in a cool, dark, well-ventilated place for use within 4 weeks of purchase



### Get Your Greens In!

Celebrate March by eating your greens! Visit [CelebrateYourPlate.org](https://CelebrateYourPlate.org) to find a recipe that uses your favorite green vegetable. Whether you want a side dish, a snack, an entrée, or a smoothie, discover your new favorite veggie recipe on our site!