



Stir-Fried Chicken & Vegetables

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April 2019



Produce Spotlight: Asparagus

Peak Season: Spring: Asparagus is harvested February - June

Ripeness: Look for bright green spears with firm stems

How to clean: rinse under cold water, break off the bottom inch with your fingers

How to prepare: Cook asparagus pieces or whole stalks in a pan with a drizzle of olive oil and a pinch of salt and pepper. Optional: add fresh garlic and lemon juice.

Store: Trim bottom inch off spears, bundle them with a rubber band, put them in a cup with about an inch of water in the bottom and place in the fridge



Partner SNAPshot: Mid-Ohio Foodbank

Mid-Ohio Foodbank understands that eating more fruits and vegetables results in better overall health. In 2018, the Foodbank distributed over 28 million pounds of fresh produce through partner agencies in their 20 county service area in Central and Eastern Ohio. To find out more about produce access in your area, visit their website: midohiofoodbank.org.



Kitchen Tip

Clean it before you eat it! Rinse fruits and veggies well with cool running water- no need for soap or cleaners. Keep lettuce and other leafy greens fresh by waiting to wash them until you're ready to use them!