



MARCH 2022



## Mushroom Quinoa Pilaf

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: Mushrooms

**Peak Season:** Spring & Fall

**Selection:** For fresh mushrooms, pick ones without spots and with a firm texture.

**How to Prepare:** Sauté mushrooms, slice them on top of a veggie pizza, or add into a soup

**Storage:** Refrigerate up to 1 week in original container or paper bag



### National Nutrition Month

March is National Nutrition Month! Eating nutritious doesn't have to be expensive. Visit the Celebrate Your Plate recipe page to find over 170 healthy, low-cost dishes your family will love.