

MSU Denver

Fresh Eats for All Seasons 3 of 5

"Seasonal Eating for Spring"

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<https://norwoodcolorado.com/hunting-for-wild-asparagus-on-wrights-mesa/>

One of my favorite memories of Spring growing up in Northeastern Colorado was going out to search for wild asparagus growing along the irrigation ditches near my home. My mom and I would go out early in the morning and some years we collected whole garbage bags full of wild asparagus. Most Coloradoans will not get the chance to go out as we did luckily, asparagus is a seasonal crop in Colorado, and it is quite inexpensive in the spring months.

Asparagus is rich in fiber (2.8g/cup). Asparagus also contains 3.0 g protein in 1 cup as well as Vitamins A, E, K and C. Asparagus also contains minerals such as Potassium, Phosphorus, Calcium, Magnesium, Iron and Selenium.

A favorite preparation of asparagus is to simply roast it in the oven. For this dish I tossed a bunch of asparagus in 1-2 Tbsp of olive oil and roasted it in the oven on a sheet pan at 425° for 10-12 minutes.



I also toasted some gluten free breadcrumbs in a skillet. When the asparagus was cooked, I topped it with the breadcrumbs, some Vegan parmesan cheese and fresh squeezed lemon juice.



Quick and Easy Penne with Asparagus and Cherry Tomato Pasta Dish

Preparation time 5 minutes

Cook time 10-15 minutes

Ingredients:

8 oz Penne Pasta

3 Tbsp Olive oil

2 Garlic cloves, minced

1 ½ pounds Asparagus trimmed and cut into 1-
inch pieces

Salt and fresh ground black pepper

2 cups Cherry tomatoes

1 cup frozen peas

½ cup chicken stock

½ Cup grated Parmesan cheese

2 Tbsp fresh chopped basil leaves

Instructions:

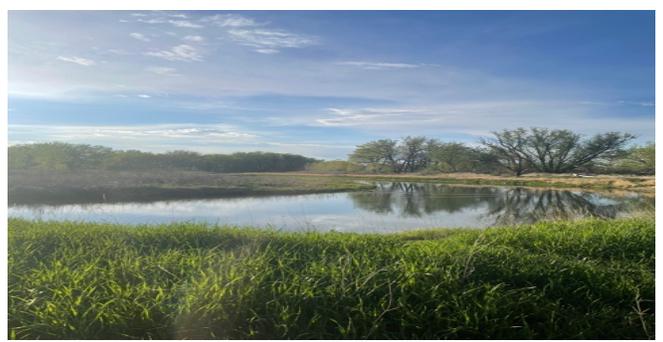
Boil a large pot of salted water over high heat. Add the pasta and cook till tender but firm (10-12 min). Remove ½ cup cooking water then drain the pasta. In large pan, heat the olive oil med-high and add the garlic. Cook for about 1 minutes then add the asparagus and season with salt and pepper. Add the cherry tomatoes and peas and cook for 2 minutes. Add the chicken stock and cook until the tomatoes burst (about 3 minutes).

Once the asparagus mix is cooked toss with cooked pasta and parmesan. Garnish with more parmesan and chopped basil.

Nutrition:

225kcal, Protein 8.8g, Fat 8.3g, Saturated fat 1.2g, Carbohydrate 31.3g, Sodium 82mg, Fiber 4.4g, Sugar 5.2g, Calcium 51 mg, Iron 4mg, Potassium 506mg

Recipe credit: Giada De Laurentiis Food Network



Colorado Spring Seasonal Fruit and Vegetables: (March-May)

Vegetables:

Arugula, mustard, radish, turnip

Asparagus

Cucumber

Herbs

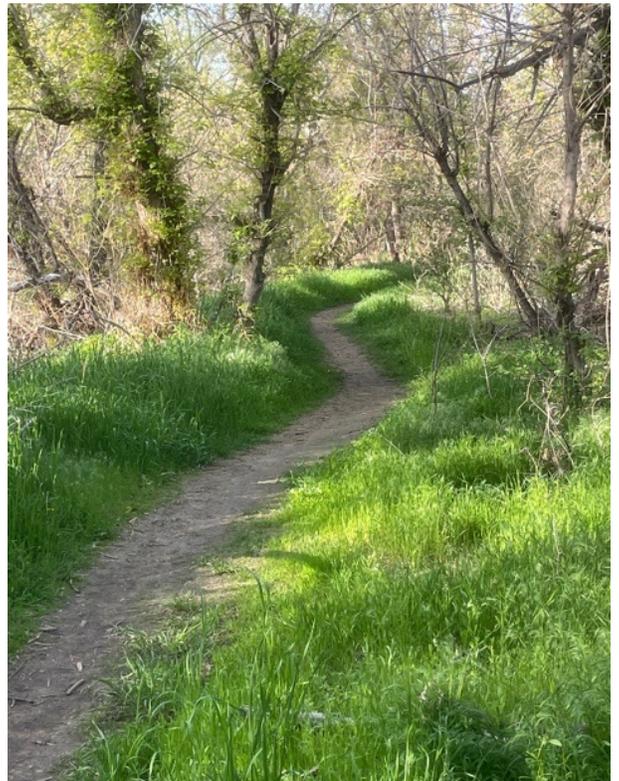
Lettuce

Mushrooms

Potatoes

Spinach

Tomatoes



Both images Platte River Trail in Littleton CO
Spring 2021