

Shopping List: Spring into Spring!

Fresh Produce

3 avocados
2 tablespoons lemon juice
Lemon juice from 2 wedges
½ small onion
½ cup celery
1 tablespoon parsley
½ pound raw asparagus
¼ pound radishes
¼ cup cilantro
1½ cups mixed vegetables (*zucchini, broccoli, bell peppers, green beans, or asparagus*)
2 green onions (scallions)
2 cups cabbage or prepared coleslaw mix
¾ cup red onion

Bread

8 (6-inch) corn tortillas

Dry Goods

2 cups cooked red quinoa (or ¾ cup dry)
¼ cup almonds
¾ cup all-purpose flour
1 can tuna packed in water without salt
1 tablespoon canned chipotle peppers in adobo sauce

Dairy

2 large eggs
¼ cup Anejo or Panela cheese

Meat or Substitute

2 cups cooked chicken breast

Pantry Staples

2 tablespoons rice wine vinegar
2 tablespoons low-sodium soy sauce
1 teaspoon sugar
Pinch of red chile flakes or to taste
2 teaspoons vegetable oil
~3 tablespoons olive oil
1½ tablespoons balsamic vinegar
1½ teaspoons garlic salt



Happy First Day of Spring!
Save money by choosing fresh produce that is in season.
Also check out our chef tips for each recipe to save any leftover ingredients and to help stretch your food dollar!

Vegetable Pancakes (inspired by Paejeon)

A popular snack or appetizer, they can be made with any mix of your favorite vegetables.

Makes 4 servings. 2 pieces per serving.

Ready in 35 minutes.

Ingredients

Dipping Sauce

2 tablespoons rice wine vinegar
2 tablespoons low-sodium soy sauce
1 teaspoon sugar
Pinch of red chile flakes or to taste
2 teaspoons vegetable oil

Pancakes

2 large eggs
½ teaspoon salt
¾ cup all-purpose flour
½ cup ice water
1½ cups mixed vegetables (zucchini, broccoli, bell peppers, green beans, or asparagus), *chopped*
2 green onions (scallions), *cut into 1-inch pieces*

Directions

1. In a small bowl, stir together all ingredients for the dipping sauce. Set aside.
2. In a medium bowl, whisk eggs and salt until frothy. Add flour and ice water. Then, stir to make a thick batter. Gently stir in vegetables and green onions.
3. In a small skillet, heat half the oil over medium heat. Spoon in half the batter to make a pancake, spreading the vegetables evenly. Cook until crisp and golden, 4 to 5 minutes per side. Repeat with remaining oil and batter.
4. Cut pancakes into quarters. Arrange on a platter and serve with dipping sauce.

Chef Tips

- Use leftover any **vegetables** or **green onions** for **Asparagus and Red Quinoa Salad** (*page 3*)

Nutrition information per serving: Calories 164, Total Fat 5g, Saturated Fat 1g, Carbohydrate 22g, Dietary Fiber 7.3g, Protein 7.3g, Trans Fat 0g, Cholesterol 0mg, Sodium 465mg

Recipe Source: Leah's Pantry

For more meal plans and recipes, visit <http://eatfresh.org>

Asparagus and Red Quinoa Salad

Celebrate asparagus season with this crisp, flavorful recipe!

Makes 3 servings. 1 cup per serving.

Ready in 10 minutes.

Ingredients

2 cups red quinoa, *cooked*

2 tablespoons olive oil

2 tablespoons lemon juice

½ pound raw asparagus, *sliced*

¼ pound radishes, *sliced*

¼ cup cilantro, *roughly chopped*

¼ cup almonds

1 teaspoon salt

½ teaspoon pepper

Directions

1. Toss cooked quinoa with olive oil, lemon juice, asparagus, radishes, cilantro and almonds.
2. Season with salt and pepper.

Chef Tips

- Measure out ⅔ cup of dry quinoa to yield 2 cups of cooked quinoa.
- Use leftover **asparagus** for making **Vegetable Pancakes** (*page 2*)
- Use extra **cilantro** to serve with **Yucatan Chicken Tacos** (*page 4*)

Nutrition information per serving: Calories 355, Total Fat 13g, Saturated Fat 1.5g, Carbohydrate 48g, Dietary Fiber 7g, Protein 12g, Trans Fat 0g, Cholesterol 0mg, Sodium 488mg

Recipe Source: Leah's Pantry

Healthy Tuna Salad

This recipe uses avocado halves in place of bread for a nourishing tuna salad.

Makes 4 servings. 1 cup per serving.

Ready in 10 minutes.

Ingredients

2 avocados, *halved and pit removed*

1 can tuna packed in water without salt

Lemon juice from 2 wedges

2 teaspoons olive oil

½ small onion, *diced*

½ cup celery, *thinly sliced*

1 tablespoon parsley, *chopped*

Salt and pepper

Directions

1. Open can of tuna, drain it, and place in a bowl.
2. Stir in lemon juice and olive oil. Add onion, celery and parsley. Salt and pepper to taste.
3. Spoon tuna salad filling into the avocado and serve.

Chef Tips

- Juice from extra **lemon wedges** can be used for making **Asparagus and Quinoa Salad** (*page 3*)
- Use leftover **avocado** and **lemon wedges** to serve with **Yucatan Chicken Tacos** (*page 5*)
- Remaining parsley can be used to garnish **Vegetable Pancakes** (*page 2*) or mixed into your **Asparagus and Quinoa Salad** (*page 3*)

Nutrition information per serving: Calories 251, Total Fat 18g, Saturated Fat 3g, Carbohydrate 13g, Dietary Fiber 8.5g, Protein 13g, Trans Fat 0g, Cholesterol 0mg, Sodium 187mg

Recipe Source: SuperFood Drive

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Yucatan Chicken Tacos

Serve these tasty tacos with extra cilantro and lime wedges.

Makes 4 servings. 2 tacos per serving.
Ready in 20 minutes.

Ingredients

1½ tablespoons balsamic vinegar
1 tablespoon canned chipotle peppers in adobo sauce, *finely chopped*
1½ teaspoons garlic salt
2 cups chicken breast *cooked, chopped or shredded*
2 cups cabbage or prepared coleslaw mix, *shredded*
¾ cup red onion, *finely chopped*
8 (6-inch) corn tortillas
¼ cup Anejo or Panela cheese, *crumbled*
1 avocado, *peeled, pitted and chopped*

Directions

1. In a medium bowl, mix together balsamic vinegar, chipotle peppers, and garlic salt. Add in chicken, cabbage, and onion, mix well.
2. To warm tortillas, heat in a hot skillet for 1 minute on each side. Or place tortillas on a large plate and top with a damp paper towel. Microwave on high for 2 minutes or until tortillas are warm.
3. Spoon filling into warm tortillas and top with cheese and avocado.
4. Serve immediately.

Chef Tips

- Save leftover **cabbage** for making **Vegetable Pancakes** (*page 2*)
- Use extra **chicken** and **cheese** to add to your **Asparagus and Quinoa Salad** (*page 3*)
- Remaining **red onion** can be used for **Healthy Tuna Salad** (*page 4*)

Nutrition information per serving: Calories 340, Total Fat 12g, Saturated Fat 4g, Carbohydrate 32g, Dietary Fiber 7g, Protein 27g, Trans Fat 0g, Cholesterol 0mg, Sodium 360mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (California Department of Public Health)

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