



SPRING PRODUCE

With the end of those short, cold Winter days comes the official start of Spring. Along with more sunlight and warmer temperatures, Spring brings a variety of fruits and vegetables hitting their peak freshness. Eating produce in the time they are seasonal to, makes them tastier, fresher and more nutritious. It's time to put away your winter coats and comfort foods and time to break out some fresh Spring produce. Check out what is in season and some fun recipes you can make with your family to incorporate these seasonal fruits and vegetables into your family's diet!

EGGS IN A GARDEN BREAKFAST TART

Ingredient List

- 2 package frozen puff pastry sheets (4 sheets), thawed
- 6 jumbo trimmed asparagus
- 1 large carrot
- 1 teaspoons kosher salt
- 8 large eggs
- ½ teaspoon black pepper
- 3 cups of greens of your choosing
- 1 thinly sliced radish
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons fresh lemon juice

Directions

1. Preheat oven to 400°F. Lightly spray a 10.5"x15.5" baking sheet and lay puff pastry end to end - cutting off excess dough. Press seams of the two sheets together and repeat by layering second puff pastry sheet on top.
2. Lightly press 8 circles into puff pastry. Then peel asparagus and carrot into lengthwise strips and spread on the puff pastry around the circles in the dough. Sprinkle vegetables with ¼ teaspoon of salt. Bake in preheated oven for 15 minutes, remove and cool for 5 minutes.
3. Using a round cutter or knife, carefully cut out the 8 circles in dough. Crack one egg into each hole and sprinkle with salt and pepper. Put back into oven and cook for about 12 minutes or until egg whites are set and yolks are still runny. Remove and cool for 10 minutes.
4. Place greens, radish, oil, lemon juice and any remaining carrot strips around the eggs. Season with remaining salt and pepper. Cut, serve and enjoy!



*Serves 8 and recipe is from myrecipes.com

STRAWBERRY, RHUBARB AND LIME ICE POPS

Ingredient List

- 2 ½ cups of diced rhubarb (~2 stalks)
- 1 ½ cups of diced strawberries
- ⅓ cup of granulated sugar
- 2 tablespoon of maple syrup or honey
- 1 tablespoon water
- 1 teaspoon lime zest

Directions

1. In a medium-size saucepan, add rhubarb, strawberries, sugar, syrup/honey water and lime zest. Over medium heat stir until ingredients have combined and sugar has dissolved.
2. Continue cooking mixture for 20 minutes, stirring occasionally, until fruit is completely broken down. Remove from heat and let cool for 10-15 minutes. Once cooled can add more lime zest to taste.
3. Pour mixture into popsicle molds and place popsicle stick about an inch deep if they do not come with mold.
4. Place mold in the freezer for 6-8 hours.
5. Remove and enjoy on a nice spring day!



*Makes 6 pops and recipe is from food52.com