

ASPARAGUS

Asparagus season is here!! Even though Asparagus is available all year long, it is best eaten during Spring. Whether you steam, boil, grill, roast, purée, or sauté it, you can never go wrong with this nutrient-dense spring vegetable.

Asparagus is one of the most nutritionally balanced vegetables. It is high in folic acid, packed with antioxidant, and anti-inflammatory properties, and is also a good source of potassium, insoluble fiber, thiamine, Vitamins A, B1, B2, B6, B9, C, E, and K.

Signs of freshness include smooth, glossy spears, tightly closed tips, and freshly cut ends. Look for bright green stalks with tightly closed, compact tips. The tips should be tightly furled and perky, rather than limp, and the shoots should be straight, firm, and about 6 to 11 inches in length. Size isn't an indicator of quality or flavor; skinny Asparagus is best sautéed or stir-fried; while thicker spears are the ones to steam, simmer, or grill.

Store fresh asparagus by wrapping the stem ends in damp paper towels, then cover the entire bunch with plastic wrap, and refrigerate. Although best eaten fresh, asparagus can be refrigerated for two or three days.



ASPARAGUS WITH SCALLOPS, AND PROSCIUTTO

Ingredients:

- 1 lb green asparagus (or white asparagus), peeled
- 3-½ tbsp. unsalted butter
- 1 oz thinly sliced prosciutto, cut into ½ inch wide strips
- 1 lb sea scallops
- Salt and freshly ground pepper
- ½ tsp finely grated lemon zest
- 2 tbsp. fresh lemon juice
- ¼ cup chicken stock or canned low-sodium broth

* Asparagus with Scallops and Prosciutto recipe:
<https://www.foodandwine.com/recipes/asparagus-scallops-browned-butter-and-prosciutto>

Direction:

- Step 1:** Cook the asparagus in a large sauce-pan of boiling salted water until tender, about 8 minutes. Using tongs, transfer the asparagus to a colander and leave the pan of water simmering on the stove.
- Step 2:** Melt 1 tbsp. of the butter in a large skillet. Add the prosciutto and cook over low heat until crisp, about 4 minutes. Transfer the prosciutto to a plate.
- Step 3:** Melt 2 tbsp. of the butter in the skillet. Add the scallops, season with salt and pepper and cook over moderately high heat until browned, about 2 minutes per side. Transfer the scallops to a plate.
- Step 4:** Add the lemon zest to the skillet and cook over moderate heat until browned, about 1 minute. Add the lemon juice and simmer for 10 seconds. Add the stock and simmer, scraping the bottom of the skillet, until reduced to a rich glaze, about 3 minutes. Swirl in the remaining 1/2 tbsp. of butter. Return the scallops, along with any juices, to the skillet and cook over low heat until heated through.
- Step 5:** Return the asparagus to the simmering water to heat through. Season the sauce with salt and pepper. Using tongs, transfer the asparagus to a large platter and spoon the scallops and sauce over it. Top with the fried prosciutto and serve.



Pakistan

KINNO MANDARINS

Kinno Mandarins are a hybrid variety of the mandarin orange, grown widely in Pakistan. Approximately 95% of the Kinno mandarins produced in the world are grown in Pakistan. They peel very easily, and have higher juice content compared to other citrus varieties.

Kinno Mandarins are very low in saturated fat, cholesterol, and sodium. They are a good source of dietary fiber, calcium, iron, magnesium, potassium, folic acid, and antioxidants. They are also an excellent source of vitamin C.

Select mandarin oranges that are unblemished and heavy for their size. Avoid those with cuts, soft spots, wrinkled skin or mold. They can be stored in a cool, dark spot for a week. To extend shelf life, they can be kept in the refrigerator for up to 3 weeks.



Organic TOMATOES



Tomatoes are an intensely nutritious plant food. They are available in a variety of colors, including not only red but also in pink, yellow, orange, green, brown, purple, black, and striped. We usually identify tomatoes as a vegetable, however, they are technically classified as a fruit. There are also different tomato varieties, with different shapes, and flavor. For SNACKING - marble-sized grape, plum, and cherry; for COOKING - firm, petite romas; and ideal for BURGERS – hefty beefsteaks.

Tomatoes are a major dietary source of the antioxidant lycopene, which has been linked to many health benefits. They are low in calories, sodium, cholesterol and fat. They also have an impressive amount of vitamins A, B6, C, E, and K as well as significant amounts of folate, and thiamin. Tomatoes are also a good source of potassium, manganese, magnesium, phosphorous, copper, dietary fiber, and protein.

Select tomatoes that are full and feel heavy for their size. The skin should appear bright and well colored. Avoid the ones with bruises, blemishes or wrinkles. Store fresh ripe Roma tomatoes in a cool, dark place, and use within a few days. Do not store fresh tomatoes in the refrigerator because it can turn the flesh mealy and reduce flavor.

ROMA TOMATOES

Roma tomatoes, also known as plum tomatoes or Italian tomatoes. They have an elongated pear or egg-like shape, which can be found in supermarkets year-round. They're a determinate plant which only grows to a specific size and height which are great for small gardens.

Roma tomatoes are a rich red flavorful tomato that is good for cooking or eating raw. With the meaty texture, few seeds, and lower moisture content compared to other varieties, Roma tomatoes are perfect for cooking down into thick, rich sauces and pastes. Most canned tomato products — including tomato paste, marinara sauce and ketchup — likely incorporate Roma tomatoes.



Cherry Tomatoes



Grape Tomatoes



Roma Tomatoes

GARLIC BASIL CHICKEN WITH TOMATO BUTTER SAUCE

* Garlic Basil Chicken with Tomato Butter Sauce recipe: <https://pinchofyum.com/garlic-basil-chicken-with-tomato-butter-sauce>

Prep time: 20 mins / Cook time: 30 mins / Yield: 4 servings

Ingredients:

- 1 lb. boneless skinless chicken breasts
- salt and pepper
- ¼ cup olive oil
- 5–6 Roma tomatoes, diced
- 3 cloves garlic, minced
- one handful fresh basil, loosely packed, cut into ribbons
- ¼ cup salted butter
- 8 oz pasta (spaghetti, linguine, or bucatini)

Direction:

- Step 1:** Cover the chicken with plastic wrap and pound each piece to an even thickness, about one inch or so in the thickest parts (this just helps it cook faster and more evenly). Remove the plastic and sprinkle each piece of chicken generously with sea salt and freshly ground pepper.
- Step 2:** Prep the tomatoes, garlic, and basil and set aside. Make the pasta according to package directions.
- Step 3:** Heat the olive oil in a large heavy skillet until a drop of water sizzles across the top. Add the chicken and pan-fry for several minutes on each side – the goal here is to get the chicken cooked AND get a nice browning on the outside. When the chicken is done, set aside.
- Step 4:** Give the oil a few minutes to cool, add the tomatoes, and return to heat (if you add the tomatoes to the hot oil it will be a splatter-fest). Simmer to cook the tomatoes down into a chunky-sauce-like-mixture. Add the garlic and butter and stir to combine until the butter is melted. Add the chicken back in to soak in the sauce for a few minutes.
- Step 5:** Just before serving, stir in the basil. Top servings of pasta with the chicken and the sauce.

