



Asparagus and Chicken Pasta

- 1 pound pasta
- 1 Tablespoon olive oil
- 4 4-ounce skinless chicken breasts, cut into thin strips
- 8 asparagus spears, cut into 2-inch pieces
- 1 teaspoon dried basil
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ cup vegetable or chicken broth
- ½ cup parmesan cheese (optional)



1. Cook the pasta according to package directions. Drain and set aside.
2. Heat oil in a large skillet over medium heat. Add chicken and cook, stirring, until lightly browned, 5 to 7 minutes. Add asparagus and basil and cook until softened, 3 minutes.
3. Add salt, pepper, and broth; bring to a boil over high heat, then reduce heat to medium. Simmer until liquid is almost gone and chicken is cooked through, 3 to 4 minutes.
4. Add cooked pasta and cheese to skillet; toss to coat and serve immediately.

Makes: 6 servings

Nutrition Information:

CALORIES 270 (19% from fat); FAT 6g (sat 1g); CHOLESTEROL 65mg; SODIUM 290mg; CARBOHYDRATE 25g; FIBER 2g; PROTEIN 28g; CALCIUM 2%; IRON 15%

Spring Green Salad

Salad:

- 1 pound spring greens (lettuce, spinach, beet greens, turnip greens, mustard greens, arugula, mesclun)
- 4 green onions (scallions) thinly chopped

Dressing:

- 1 Tablespoon honey
- 1 Tablespoon Dijon mustard
- Dash of black pepper (optional)
- 3 Tablespoons balsamic vinegar, to taste



1. Wash and pat dry greens.
2. Put greens and green onions in a large bowl.
3. Put honey, mustard, and pepper in a cup, and mix with a fork.
4. Add 1 tablespoon balsamic vinegar to cup and mix. Repeat until dressing is thin enough to be poured over salad.
5. Drizzle dressing over salad.
6. Toss to spread dressing, and serve.

Makes: 6 servings

Nutrition Information:

CALORIES 40 (13% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 100mg; CARBOHYDRATE 8g; FIBER 2g; PROTEIN 2g; CALCIUM 10%; IRON 10%