

**Spring is when** you start to see signs of life in the garden and when we really start craving lighter fare. And this collection of garden-fresh recipes has spring written all over it. We hope you'll love these fresh and flavorful spring recipes as much as we do!

**CUISINE**  
AT HOME

## SPRING COOKING



## STRAWBERRY SALAD with pecans & feta cheese

Makes 6 servings |  
Total time: 15 minutes

- 3 Tbsp. white wine vinegar
- 2 Tbsp. olive oil
- 1 Tbsp. sugar
- Salt and black pepper to taste
- 1 qt. strawberries, hulled and halved
- 6 cups mixed salad greens
- 1/2 cup toasted pecans, chopped
- 1/4 cup crumbled feta cheese
- 1 Tbsp. chopped fresh or 1/2 tsp. dried dill

**Whisk** together vinegar, oil, and sugar; season with salt and pepper.

**Toss** strawberries, greens, pecans, feta, and dill with dressing.

Per serving: 159 cal; 12g total fat (2g sat); 6mg chol; 12g carb; 85mg sodium; 4g fiber; 3g protein



Sweet strawberries at their seasonal peak contrast nicely with this savory and salty salad.



## THREE PEAS SALAD

Makes about 6 servings (6 cups) | Total time: 30 minutes

### BLANCH:

- 8 oz. sugar snap peas, trimmed and halved
- 1 bag frozen green peas (13 oz.), thawed

### WHISK:

- 2 Tbsp. *each* white wine vinegar and olive oil
  - 1 Tbsp. minced shallots
  - 1 tsp. *each* Dijon mustard and honey
- Salt and black pepper to taste

### TOSS:

- 1 cup pea shoots (1 oz.), cut
  - 1/2 cup thinly sliced radishes
  - 1/4 cup minced mint
- Crumbled goat cheese

**Blanch** snap peas in a pot of boiling salted water until crisp-tender, 2 minutes, adding green peas during the last 1 minute; transfer to a bowl of ice water to stop the cooking process, then drain well.

**Whisk** together vinegar, oil, shallots, Dijon, and honey for the vinaigrette; season with salt and pepper.

**Toss** snap peas, green peas, pea shoots, radishes, and mint with vinaigrette; top servings with goat cheese.

Per serving: 143 cal; 6g total fat (2g sat); 3mg chol; 50mg sodium; 15g carb (5g fiber, 3g total sugars); 7g protein

Just picked produce makes for ultimate spring side dishes. Simply take your farmer's market or garden finds for a spin and turn them into a brilliantly flavored salad in no time.



## BULGUR & BEET SALAD with arugula

Makes 2 servings |  
Total time: 25 minutes

### COOK:

1/3 cup quick-cooking bulgur

### WHISK:

3 Tbsp. lemon juice

2 Tbsp. olive oil

1 Tbsp. honey

Salt and black pepper to taste

### TOSS:

3 cups arugula

1/2 cup peeled, thinly sliced, and quartered beets (such as Chioggia)

1/3 cup *each* toasted and chopped walnuts and pecans

2 oz. crumbled honey goat cheese

**Cook** bulgur according to package directions; transfer to a plate in a single layer and freeze 5 minutes.

**Whisk** together lemon juice, oil, and honey for the vinaigrette; season with salt and pepper.

**Toss** arugula, beets, walnuts, pecans, bulgur, and goat cheese with vinaigrette.

Per serving: 595 cal; 45g total fat (8g sat); 20mg chol; 95mg sodium; 41g carb; 9g fiber; 14g protein

Arugula adds nice peppery flavor to this simple, yet complex salad. If you're not a fan of greens with a bitter edge, spinach makes a good substitute.



## CUCUMBER & RADISH FINGER SANDWICHES with lemon

Makes 2 servings |  
Total time: 15 minutes

- 2 oz. cream cheese, softened
- 2 tsp. minced lemon zest
- Salt and black pepper to taste
- 6 slices party rye bread (such as Pepperidge Farms)
- 12 thin slices English cucumber
- 12 thin slices radish
- Lemon zest

**Combine** cream cheese and minced zest; season with salt and pepper.

**Spread** cream cheese onto one side of each bread slice, then layer cucumber and radish slices on top; sprinkle with zest and pepper.

Per serving: 177 cal; 10g total fat (5g sat); 31mg chol; 357mg sodium; 18g carb; 2g fiber; 4g protein

You'll get a big taste of spring with each bite of these fresh, open-faced sandwiches.

## PROSCIUTTO WRAPPED PORK TENDERLOIN with balsamic sauce & strawberries

Makes about 4 servings |

Total time: 45 minutes

### WRAP:

- 1 1/4 lb. pork tenderloin, trimmed and seasoned with salt and black pepper
- 1 pkg. sliced prosciutto (3 oz.)

### SEAR:

- 3 Tbsp. olive oil, divided

### COOK:

- 2 Tbsp. minced shallots
- 1 cup balsamic vinegar
- 1/2 cup purchased strawberry jam
- 1 cup hulled and quartered strawberries
- 1/4 cup thinly sliced basil

**Preheat** oven to 400°.

**Wrap** pork with prosciutto, secure with toothpicks, then tie with kitchen string.

**Sear** pork in 2 Tbsp. oil in a sauté pan over medium heat on all sides, about 5 minutes. Transfer pan to oven and roast pork until a thermometer inserted into center registers 145°, 10–12 minutes. Transfer pork to a dish, tent with foil, and let rest 5 minutes. Discard string and toothpicks.

**Cook** shallots in remaining 1 Tbsp. oil in a saucepan over medium heat until softened, 2 minutes. Add vinegar, increase heat to high, and bring to a boil. Reduce heat to medium and simmer vinegar until reduced by one-third, about 10 minutes. Whisk in jam until dissolved; remove from heat and season sauce with salt and pepper.

**Serve** pork with sauce, strawberries, and basil.

Per serving: 454 cal; 16g total fat (3g sat); 109mg chol; 666mg sodium; 39g carb (1g fiber, 35g total sugars); 36g protein





## SPRING PENNE PASTA with white wine-butter sauce

Makes 2 servings | Total time: 30 minutes

### FOR THE PASTA, BOIL:

- 4 oz. penne pasta
- 3 oz. chopped asparagus

### GRILL:

- 2 boneless, skinless chicken breasts (4 oz. each), seasoned with salt and black pepper

### FOR THE SAUCE, MELT:

- 5 Tbsp. cold unsalted butter, cubed and divided
- 1 Tbsp. each minced shallots and garlic
- $\frac{2}{3}$  cup dry white wine
- 1 Tbsp. lemon juice
- 1 Tbsp. each chopped chives and parsley

### TOSS:

- $\frac{1}{2}$  cup halved grape tomatoes
- $\frac{1}{2}$  cup quartered marinated artichokes hearts

- $\frac{1}{4}$  cup pitted and halved Kalamata olives
- Shaved Parmigiano-Reggiano

**For the pasta, cook** penne in a pot of boiling salted water according to package directions, adding asparagus in last 3 minutes of cooking; drain.

**Preheat** grill to medium. Brush grill grate with oil.

**Grill** chicken, covered, (or sauté in a skillet in 1 Tbsp. oil over medium heat) until cooked through, about 4 minutes per side. Let chicken rest 5 minutes, then slice.

**For the sauce, melt** 1 Tbsp. butter in a skillet over medium-high heat until foamy; add shallots and garlic and sauté until soft, 3 minutes.

**Stir in** wine and cook until reduced by half. Reduce heat to low and add butter, a few cubes at a time, swirling to emulsify before adding more. Stir in lemon juice, chives, and parsley; season sauce with salt and pepper.

**Toss** penne, asparagus, tomatoes, artichokes, and olives with sauce to coat. Serve pasta with chicken and top with Parmigiano-Reggiano.

Per serving: 708 cal; 37g total fat (19g sat); 139mg chol; 368mg sodium; 52g carb; 4g fiber; 33g protein

This pasta is loaded with tomatoes, asparagus, and Kalamata olives, but because it's versatile you can substitute whatever you've picked fresh from your garden.



## GRILLED APRICOTS with crème fraîche & pistachios

Makes 16 servings | Total time: 15 minutes

### TOSS:

- 8 apricots, halved and pitted
- 1 Tbsp. olive oil
- Salt and black pepper
- 2 Tbsp. purchased cinnamon sugar or 2 Tbsp. sugar + 1/2 tsp. ground cinnamon

### DOLLOP:

- 3-4 Tbsp. crème fraîche
- Honey
- Chopped roasted and salted pistachios
- Thinly sliced basil

### Preheat grill to medium-high.

Brush grill grate with oil.

**Toss** apricots with oil; season with salt and pepper. Sprinkle cinnamon sugar over cut sides of apricots.

**Grill** apricots, cut sides down, covered, until grill marks appear, about 1 minute. Flip apricots and grill cut sides up until softened, about 30 seconds more; transfer to a platter.

**Dollop** a generous 1/2 tsp. crème fraîche onto center of apricots. Drizzle apricots with honey; top with pistachios and basil.

Per serving: 64 cal; 3g total fat (1g sat); 3mg chol; 7mg sodium; 10g carb; 0g fiber; 0g protein



To help with caramelization (and add extra flavor), sprinkle cinnamon sugar on the flesh side of apricots.

Season fresh apricots with cinnamon and sugar, and grill them to caramelize. Then add a dollop of crème fraîche, a drizzle of honey, and salty, crunchy pistachios.

**CUISINE**  
AT HOME



## RHUBARB-APPLE CRISP with sugared phyllo

Makes 8 servings | Total time: 2 hours

- 6 cups sliced rhubarb (about 1<sup>3</sup>/<sub>4</sub> lb.)
- 1 gala or fuji apple, cored and diced (about 1 cup)
- <sup>2</sup>/<sub>3</sub> cup granulated sugar
- 3 Tbsp. instant tapioca
- 2 Tbsp. orange juice
- 1<sup>1</sup>/<sub>2</sub> tsp. pumpkin pie spice
- 6–8 sheets phyllo dough
- 4 Tbsp. unsalted butter, melted
- 6–8 tsp. granulated sugar
- 3 Tbsp. sliced almonds
- 2 Tbsp. turbinado or sparkling sugar, *optional*

**Preheat** oven to 350°.

**Combine** rhubarb, apple, <sup>2</sup>/<sub>3</sub> cup granulated sugar, tapioca, orange juice, and pie spice in bowl; let stand 15 minutes, stirring occasionally. Taste filling; add a bit more sugar if it's too tart. Pour fruit into a 9-inch pie plate.

**Place** a sheet of phyllo on a flat surface (cover other sheets with a damp paper towel to keep them from drying). Lightly brush phyllo sheet with butter and sprinkle with 1 tsp. granulated sugar. Roll phyllo into a loose tube about 2 inches in diameter. Repeat with remaining phyllo sheets.

**Starting** at outer edge of pie, lightly place phyllo tubes end to end in spiral or concentric pattern. Drizzle any remaining butter over phyllo and sprinkle with almonds and turbinado sugar.

**Bake** until crisp is golden brown, about 1 hour. Let crisp cool 15 minutes before serving.

Per serving: 199 cal; 8g total fat (4g sat); 15mg chol; 33g carb; 74mg sodium; 3g fiber; 3g protein

The beehive-style phyllo crust only looks like a lot of work. In reality, it might be the easiest phyllo dessert you'll make.