

"Taste of Spring" Recipes

Featured Ingredient: Asparagus

Bacon, Egg, and Asparagus Pizza

1 pound prepared pizza dough, preferably whole-wheat
2 strips turkey bacon
3/4 cup sliced shallots
1 pound asparagus, trimmed, cut into 2-inch pieces
4 large eggs
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
1 cup shredded low-fat Cheese

1. Preheat oven to 500°F. Coat a large rimmed baking sheet with cooking spray.
2. Roll out dough on a lightly floured surface to about the size of the baking sheet). Transfer to the baking sheet. Bake until crisped on the bottom, about 8 minutes.
3. Meanwhile, cook turkey bacon in a large nonstick skillet over medium heat until crisp. Drain on a paper towel. Add shallots to the pan and cook, stirring often, until beginning to brown, about 2 minutes. Add asparagus and cook, stirring, until beginning to soften, 2 to 3 minutes more.
4. Spread the vegetables over the crust and crumble turkey bacon on top. Whisk eggs, salt and pepper in a medium bowl until combined; slowly pour over the vegetables, trying not to let any run off the crust. Sprinkle the pizza with cheese. Bake until the eggs are set and the cheese is melted, 8 to 10 minutes.

Makes 4 servings

Each serving provides:

Calories: 317

Total fat: 11 g

Saturated fat: 5 g

Cholesterol: 164 mg

Protein: 17 g

Potassium: 210 mg

Crab Salad Melts

3 asparagus spears, or 12 snow peas, trimmed and thinly sliced (about 1/3 cup)
8 ounces crabmeat, any shells or cartilage removed
1/3 cup finely chopped celery
1/4 cup finely chopped red bell pepper
1 scallion, finely chopped
4 teaspoons lemon juice
1 tablespoon low-fat mayonnaise
1/4 teaspoon Old Bay seasoning
2-5 dashes hot sauce
Freshly ground pepper, to taste
4 whole-wheat English muffins, split and toasted
1/2 cup shredded Swiss cheese

1. Place rack in the upper third of the oven; preheat broiler.
2. Place asparagus (or snow peas) in a medium microwave-safe bowl with 1 teaspoon water. Cover and microwave until tender, about 30 seconds. Add crab, celery, bell pepper, scallion, lemon juice, mayonnaise, Old Bay seasoning, hot sauce to taste and pepper; stir to combine.
3. Place English muffin halves, cut-side up, on a large baking sheet. Spread a generous 1/4 cup of the crab salad on each muffin half and sprinkle each with 1 tablespoon cheese. Broil until the cheese is melted, 3 to 6 minutes.

Makes 4 servings

Each serving provides:

Calories: 251

Total fat: 6 g

Saturated fat: 3 g

Cholesterol: 52 mg

Protein: 22 g

Potassium: 234 mg

Seared Chicken with Asparagus and Pistachios

1 tablespoon toasted sesame oil
1 1/2 pounds fresh asparagus, tough ends trimmed, cut into 1-inch pieces
1 pound chicken tenders, (see Ingredient Note), cut into bite-size pieces
4 scallions, trimmed and cut into 1-inch pieces
2 tablespoons minced fresh ginger
1 tablespoon oyster-flavored sauce
1 teaspoon chile-garlic sauce, (see Ingredient Note)
1/4 cup shelled salted pistachios, coarsely chopped

1. Heat oil in a wok or large skillet over high heat. Add asparagus; cook, stirring, for 2 minutes. Add chicken; cook, stirring, for 4 minutes. Stir in scallions, ginger, oyster sauce and chile-garlic sauce; cook, stirring, until the chicken is juicy and just cooked through, 1 to 2 minutes more. Stir in pistachios and serve immediately.

Makes 4 servings

Each serving provides:

Calories: 208

Total fat: 8 g

Saturated fat: 1 g

Cholesterol: 67 mg

Protein: 30 g

Potassium: 326 mg



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