

Asparagus

June Edition – “Healthy Cooking with Asparagus” by Gisele & Eddie Gaffney

Asparagus does not require peeling, unless the stalks are very thick, and tough. Typically it is grilled, sautéed, steamed, or baked; and used as a side dish to many favorite summertime meals. However, this month’s recipe uses raw asparagus in a different way! It is an easy and clever way to incorporate veggies into a family favorite food such as a quesadilla. It is also perfect for busy parents and kids to make during the week while watching a Boston Red Sox baseball game!

Green Monstah Quesadilla

- 4 medium whole-wheat flour tortillas
- 8-10 fresh asparagus spears cut into 1/2 inch pieces
- 1 cup of fresh or frozen peas
- \pm 1-1/2 cups of low-fat shredded cheese
- salsa verde

For Salsa Verde:

- 1 clove garlic, chopped
- 1/2 cup fresh mint (spearmint) leaves, chopped
- 1/2 cup fresh cilantro leaves, chopped
- 1 Tablespoon red wine vinegar or fresh lemon juice
- 1/2 teaspoon Kosher salt
- 1/4 teaspoon red pepper flakes
- 4 Tablespoons olive oil



Instructions

For the Salsa Verde:

1. Chop garlic, mint, and cilantro and place them in a bowl.
2. Add the vinegar or lemon juice, salt, red pepper flakes, and olive oil to the mint cilantro mixture and stir until the salt has dissolved.
3. Reserve it.

For the Green Monstah Quesadilla:

1. Wash and cut the fresh asparagus spears into 1/2 inch pieces, and place it in a bowl with the peas.
2. Spread one side of each tortilla with 1/3 cup of cheese.
3. Place 1/4 the asparagus pea mixture on each tortilla.
4. Drizzle with some of the reserved *Salsa Verde*.
5. Fold the tortillas in half over contents to form quesadillas.
6. Place the quesadillas on the grille, in the oven, or on a nonstick skillet over medium-low heat, and cook for 3 minutes on each side or until tortillas are lightly browned and crispy.
7. Cut in half and serve it with the remaining *Salsa Verde*.



Step 2



Step 4



Step 6



Step 7 Eat & Enjoy!!