

Ginger Snow Pea Slaw

- 4 cups thinly sliced Napa cabbage (1 head)
- 2 cups fresh snow peas, trimmed and cut into thin strips
- 3 green onions, sliced
- 1 carrot, shredded
- 2 radishes, finely chopped
- 3 tablespoons chopped fresh cilantro
- 2/3 cup bottled sesame ginger dressing
- 1/4 cup chopped roasted almonds

Toss the cabbage, peas, onions, carrot, radishes and cilantro together in a large bowl. Pour in the dressing and mix. Add almonds just before serving.

Seasonal
Eating

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



April 2012
Cool Season Veggies

<https://utextension.tennessee.edu/bedford/Pages/Seasonal-Eating.aspx>

Creamy Pasta with Spring Vegetables

Salt and pepper
2 tablespoons olive oil
2 tablespoons butter
2 medium leeks, cut into half moons and rinsed well
2 cloves garlic, minced
12-15 asparagus spears, ends trimmed and cut into 1/2" pieces
1/2 pound sugar snap peas, cut in half crosswise
1/2 pound medium wide flat egg noodles
2 tablespoons sherry or white wine
1/2 cup heavy cream
3/4 cup grated Parmesan cheese

Bring a large pot of salted water to a boil. In a large skillet, heat the olive oil and butter. Add the leeks and generous pinch of salt and black pepper. Sauté for a couple of minutes until bright green and starting to soften and add the garlic. To the boiling water, add the asparagus and peas and boil for 2 minutes while the leeks and garlic sauté. Remove the vegetables with a spider or slotted spoon to the skillet. Add the noodles to the pot of water and boil for 7-8 minutes. Meanwhile, add the wine to the skillet with the vegetables and cook until most of the liquid has evaporated, about 3 minutes. Add the cream and let it reduce slightly over medium heat, about 3-4 minutes. Add the parmesan cheese. Remove the noodles with a spider or slotted spoon to the skillet and stir together to coat everything and melt the cheese. Season with salt and pepper and serve immediately.

Sesame Orange Beef and Broccoli Stir Fry

1/2 cup orange juice
1/4 cup chicken broth
1/4 cup soy sauce
2 teaspoons sesame oil
2 1/2 teaspoons cornstarch
1 pound beef flank steak or flat iron steak, cut into thin strips
2 teaspoons soy sauce
3 tablespoons peanut or vegetable oil, divided
3 cups broccoli florets and peeled, chopped stems
1 green or red bell pepper, cut into strips
1/2 cup water
2 green onions, sliced
3 cloves garlic, minced
1 tablespoon minced ginger root
Cooked rice
1 tablespoon sesame seeds, toasted

For the sauce, combine the orange juice, broth, soy sauce, sesame oil and cornstarch in a bowl. Set aside. For the stir fry, combine the meat and the soy sauce in a bowl. Heat a large skillet over high heat. Add 1 tablespoon of the vegetable oil and heat until just smoking. Add the beef and stir fry for 3 minutes until browned. Transfer to a bowl. Add 1 more tablespoon of oil to the pan. Heat until the oil shimmers. Add the broccoli, bell pepper and then carefully add the water, as it will spatter a little. Cook, covered, for 3 minutes until the broccoli is bright green and tender-crisp. Add the green onion and cook for 2 minutes until tender. Move the vegetables to one side of the skillet. Turn the heat to medium-low and add the last tablespoon of oil and the garlic and ginger. Cook gently for about 30 seconds until fragrant. Add the beef to the pan. Stir the sauce mixture and pour over the vegetables and beef. Cook, stirring, for 1-2 minutes until the sauce thickens. Pour over cooked rice and top with sesame seeds.