

# Asparagus



## About asparagus

- Asparagus is a good source of folate, and vitamins A, C and K.
- You can buy green or white types of this veggie

## Choosing

- Pick firm stalks with tight, dry tips that stand up straight
- If it has a bad smell, pick a different pack.

## WIC Tip:

- To keep fresh– wrap the ends in a damp paper towel, and store in the fridge.

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# Spring Skillet Vegetable Casserole

Adapted from <https://cooknourishbliss.com/2015/03/16/skillet-spring-vegetable-brown-rice-casserole/>  
Makes 6 servings

## INGREDIENTS

- 3 tablespoons vegetable oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 8 ounces mushrooms, sliced
- 1 pound asparagus spears, ends cut off, then slice into 2 to 2 ½ inch chunks
- ½ teaspoon each salt & pepper
- 1 cup quick cook brown rice
- 2 ½ cups low-sodium vegetable broth
- 1 (15-ounce) can chickpeas, drained and rinsed
- ½ cup frozen peas

## DIRECTIONS

1. Heat oil in a large pan over medium heat. When hot, add in the onion and cook for about 2 to 3 minutes, until it starts to get soft.
2. Add garlic and cook for 30 seconds, until you can smell it.
3. Add mushrooms, asparagus, salt and pepper. Cook for 5 minutes.
4. Add rice, then cook for 1 to 2 minutes, while always stirring.
5. Add veggie broth, chickpeas and peas. Stir well, then bring to a boil.
6. Turn down the heat, cover and let simmer for about 10 to 15 minutes until almost all of the broth has been soaked up by the rice and rice is tender
7. Remove the cover and sprinkle the mozzarella, Put cover back on and cook for about 1 to 2 minutes, until the cheese is melted.

