

Pick a better snack & Act



This week Week Two



Snack

Roasted Asparagus

Toss asparagus spears in olive oil and minced garlic. Place on baking sheet in a single layer. Sprinkle with salt and pepper. Roast uncovered at 450 degrees, shaking pan once or twice to turn spears for 12 minutes. When done, should be crisp-tender. Can drizzle with balsamic vinaigrette.



Be Active

- Nothing would please Mother more on Mother's Day than to have the whole family take a walk in a park or the neighborhood.
- How long since you played tennis or volleyball? Try teaching one of the games to a child.

More Info

The Iowa Nutrition Education Network, partnering with the USDA Team Nutrition, encourages you to balance food choices with physical activity to stay fit. For more information, call the ISU Answerline at 1-800-262-3804 or visit us on the web at www.extension.iastate.edu/food/.