

Fresh and Simple Spring Recipes for Every Occasion

Grilled Asparagus and Prosciutto

If you have never tried grilling asparagus, you are missing such a healthy option that you can prepare for your family. This recipe is super tasty and more than delicious; you will absolutely love it. It makes a delicious side or light dinner served with a side salad.

Serves 2 | Prep. time 10 minutes | Cooking time 6 minutes

Ingredients

- 24-30 asparagus
- 8 prosciutto slices
- 1 tablespoon olive oil, more if needed
- 1 tablespoon parmesan cheese
- Freshly ground black pepper, to taste

Directions

1. Wash the asparagus and trim the ends. Add them to a bowl and mix in the olive oil and the parmesan cheese. Stir to coat.
2. Gather 3-4 asparagus stalks and wrap them with a prosciutto slice.
3. Lightly coat the bundles with olive oil and sprinkle with some pepper to taste.
4. Preheat the grill to medium heat.
5. Grill the asparagus over medium heat for 2–3 minutes per side, depending on how thick it is.
6. Remove from the grill and serve.

Nutrition facts (per serving)

Calories 259, fat 15 g, carbs 18 g, sugar 2 g,
Protein 18 g, sodium 457 mg

Grilled Pesto Chicken Kabobs

Chicken skewers are so tasty, and this recipe perfectly combines fresh veggies and delicious chicken, brushed with pesto sauce before serving. It's a decadent spring recipe that everyone will love.

Serves 4 | Prep. time 20 minutes | Cooking time 25 minutes

Ingredients

- 3 tablespoons olive oil
- 2 chicken breasts, diced into bite-size pieces
- 1 cup cherry tomatoes
- 2 tablespoons pesto sauce
- 1 zucchini, diced
- Salt and pepper to taste
- 2 medium onions, diced into chunks
- Juice of ½ lemon
- Wooden skewers

Directions

1. Insert the chicken pieces, cherry tomatoes, diced zucchini, and onions on the skewers.
2. Season with salt and pepper to taste, and drizzle some olive oil all over them.
3. Warm some oil in a grill pan and cook the chicken skewers on each side for 5-7 minutes.
4. Before serving, brush the skewers with pesto sauce and drizzle them with lemon juice.
5. Serve and enjoy.

Nutrition facts (per serving)

Calories 407, fat 27 g, carbs 18 g, sugar 2 g,
Protein 23 g, sodium 366 mg

Alfresco Beef

This recipe is an elegant springtime twist on the classic Sunday roast. Serve it with roasted veggies or even salad on the side. A traditional Greek Tzatziki sauce will also be delicious on this beef alfresco roast.

Serves 4 | Prep. time 20 minutes | Cooking time 20 minutes

Ingredients

3 beef lean topside
1 cup rose wine
2 bay leaves
2 tablespoons olive oil
2 garlic bulbs, whole
2 large red onions, peeled and diced in half
1 pound potatoes, peeled and diced in quarters
Salt and pepper to taste

Directions

1. Preheat oven to 350°F (177°C).
2. In a large bowl, place the beef lean topside, rose wine, and bay leaves, and let it stand for about 20-30 minutes.
3. Season with salt and pepper to taste, drizzle with olive oil, and place the meat on a baking tray lined with parchment paper.
4. Arrange the potatoes, red onions, and garlic bulbs in the pan.
5. Bake for about 40 minutes. Once the beef is cooked, remove it from the oven.
6. Let it cool before serving.

Nutrition facts (per serving)

Calories 765, fat 53 g, carbs 63 g, sugar 2 g,
Protein 24 g, sodium 27 mg

Cod Provençal

Light, healthy and easy—one bite from this dish will surely transport you to a Spring day in South of France. Bursting with sweet tomatoes and fennel and salty capers and olives, this springtime dish will be an instant favorite.

Serves 4 | Prep time 20 minutes | Cook time 25 minutes

Ingredients

- 1½ pounds cod fillets
- Salt and pepper to taste
- 2 red peppers
- 1 clove garlic
- 1 fennel bulb
- 1 tablespoon lemon rind, grated
- ¼ cup olive oil, divided
- 2 cups cherry tomatoes, halved
- 2 tablespoons balsamic vinegar
- ½ cup pitted black olives
- ¼ cup fresh oregano, chopped
- ¼ cup fresh basil, chopped
- 3 sprigs thyme
- Rice for serving

Directions

1. Arrange the fish on a plate and sprinkle it on both sides with salt. Let it sit for 15 minutes, and then pat it dry with a paper towel.
2. Meanwhile, thinly slice the red peppers and garlic and toss them together with the lemon zest. Set aside.
3. Heat 2 tablespoons of olive oil in a medium skillet. Working in batches, fry the cod for about 2 minutes on each side. Remove the fish from heat and transfer to a plate, cover with foil to keep it warm.
4. Heat more oil in the pan, and add the red pepper mixture and the fennel. Add the tomatoes and vinegar, olives, oregano, basil, and thyme, and cook until everything begins to soften.
5. Arrange the cod on top of the vegetable mixture. Cover, and let it simmer gently until the fish is cooked through.
6. Serve over rice.

Nutrition facts (per serving)

Calories 400, fat 21 g, carbs 29 g, sugar 3 g,
Protein 24 g, sodium 340 mg

Pasta Primavera

If you love vegetables and pasta, this recipe will surely be your next favorite. It's a perfect combination of flavors. The red bell pepper, red onion, broccoli florets, zucchini, and garlic will give it a nice and amazing taste. You can use any kind of pasta you prefer.

Serves 4 | Prep. time 20 minutes | Cooking time 40 minutes

Ingredients

- 10 ounces penne, cooked according to package instructions
- ½ cup pasta water (from the penne)
- ¼ cup olive oil
- ½ red onion, diced
- 2 cups broccoli florets, diced
- 1 medium bell pepper, diced
- 1 zucchini, diced
- 3 garlic cloves, minced
- 1 cup cherry tomatoes, halved
- 2 teaspoons dried oregano
- ½ cup Parmesan cheese, grated
- 2 tablespoons lemon juice
- 2 tablespoons fresh parsley, chopped

Directions

1. Warm the olive oil in a nonstick frying pan over medium heat and cook the onion, broccoli, bell pepper, garlic, zucchini, and cherry tomatoes for about 10 minutes.
2. Season with salt and pepper, dried oregano, and simmer for about 5 minutes.
3. Add the pasta water, cooked pasta, lemon juice, and Parmesan cheese, and toss until combined.
4. Serve on a plate and sprinkle with some freshly chopped parsley on top.

Nutrition facts (per serving)

Calories 372, fat 8 g, carbs 61 g, sugar 2 g,
Protein 14 g, sodium 216 mg

Strawberry Rhubarb Crisp

Making crisps for your family is one of the first desserts I make in the springtime. It makes for a delightful sweet that is easy to make. Any leftovers will indeed be eaten for breakfast the next day!

Serves 10 | Prep. time 15 minutes | Cooking time 35-40 minutes

Ingredients

- Butter, for greasing
- Vanilla ice cream for serving
- 1 tablespoon cold butter, diced

For the crisp

- 1 ¼ cups all-purpose flour
- 1 ¼ cups brown sugar
- 1 cup quick oats
- ½ cup unsalted butter, melted
- 1 teaspoon ground cinnamon

For the filling

- 2 fresh strawberries, hulled and chopped
- 2 cups rhubarb, finely sliced
- 2 tablespoons cornstarch
- 1 teaspoon lemon juice
- ¾ cup granulated sugar
- 1 teaspoon pure vanilla extract

Directions

1. Preheat oven to 350°F (177°C). Grease a 9x9-inch baking dish with butter.
2. To make the topping, combine all the topping ingredients in a large mixing bowl.
3. Spread half the crisp mixture into the prepared baking dish and set aside.
4. To make the strawberry and rhubarb filling, mix all the ingredients in a large bowl. Let rest for a few minutes before spreading over evenly in the baking dish over the crisp bottom.
5. Top it with the rest of the crisp mixture. Dot with the cold butter evenly.
6. Bake for 30-35 minutes or until golden-brown and bubbly.
7. Serve warm with vanilla ice cream, if desired.

Nutrition (per serving)

Calories 346, fat 11 g, carbs 58 g, sugar 37 g,
Protein 3 g, sodium 16 mg

Daffodil Cake

When it's time to ring in spring, whip up this unique, fluffy daffodil cake. Make sure to top it with all the fresh fruits that spring has to offer.

Serves 10 | Prep. time 35-40 minutes | Cooking time 35-40 minutes

Ingredients

- 1¼ cups cake flour
- 1½ cups granulated sugar, divided
- Pinch of kosher salt
- 12 large egg whites
- 6 large egg yolks
- 2 tablespoons lemon zest
- 2 tablespoons lemon juice
- 1 teaspoon orange zest
- 2 tablespoons orange juice
- 1 teaspoon cream of tartar

For the glaze

- 2 cups powdered sugar
- 3 tablespoons lemon juice
- 1 tablespoon orange zest
- 2 tablespoons unsalted butter, melted

Directions

1. Preheat oven to 350°F (177°C). Grease an angel food cake pan with butter or cooking spray.
2. In a large mixing bowl, beat the egg yolks with half the sugar, lemon juice, orange juice, orange zest, and lemon zest.
3. In another large mixing bowl, beat the egg whites with the remaining sugar until combined.
4. Add ⅔ of the beaten egg white mixture to the egg yolk mixture, stirring to combine.
5. Stir in the orange juice, lemon juice, lemon zest, orange zest, and cream of tartar.
6. Fold in the cake flour with a pinch of salt until just combined.
7. Transfer the mixture to the prepared cake pan. Top it with the remaining beaten egg whites.
8. Bake for 35-40 minutes or until golden-brown.
9. Let the cake cool completely.
10. In the meantime, make the glaze. In a medium mixing bowl, combine the powdered sugar with the lemon juice, orange zest, and melted butter.
11. Serve the daffodil cake with a drizzle of the glaze.

Nutrition (per serving)

Calories 631, fat 32 g, carbs 60 g, sugar 38 g,
Protein 24 g, sodium 4151 mg

Easy Strawberry Mousse

Mousse is an ideal dessert for spring, with its rich flavor yet light and fluffy texture. Though chocolate mousse is the most traditional recipe, try this strawberry mousse when craving something fruity.

Serves 6 | Prep time 15 minutes

Cooking time 5 minutes | Chill time 2 hours

Ingredients

- 14 ounces fresh strawberries, hulled
- 1½ teaspoons powdered gelatin
- 1½ tablespoons whole milk
- ¼ cup granulated sugar
- 1¼ cups heavy whipping cream

Directions

1. Place the strawberries in a blender. Pulse until you have a purée.
2. Strain the purée into a saucepan set over medium heat.
3. Put the milk in a small bowl. Sprinkle the gelatin over the milk. Let it set for 2 minutes.
4. Stir the sugar and gelatin into the raspberry juice until melted and well combined.
5. Remove the saucepan from the heat. Let the mixture cool completely.
6. In a medium mixing bowl, beat the heavy whipping cream into stiff peaks.
7. Gently fold the strawberry purée into the whipped cream until combined.
8. Transfer the mousse to individual serving cups or bowls. Let the mouse chill for at least 2 hours in the fridge before serving.

Nutrition (per serving)

Calories 297, fat 8.8 g, carbs 33.8 g, sugar 15.8 g,
Protein 25.5 g, sodium 68 mg

***These recipes and more are found in Louise Davidson's *Spring Cooking: Quick and Easy, Family-Friendly Springtime Dinner Recipes* and *Spring Desserts: Easy Family-Friendly Springtime Sweet Recipes*. To get your own copy, click on the covers below or click [here](#) and [here](#).

