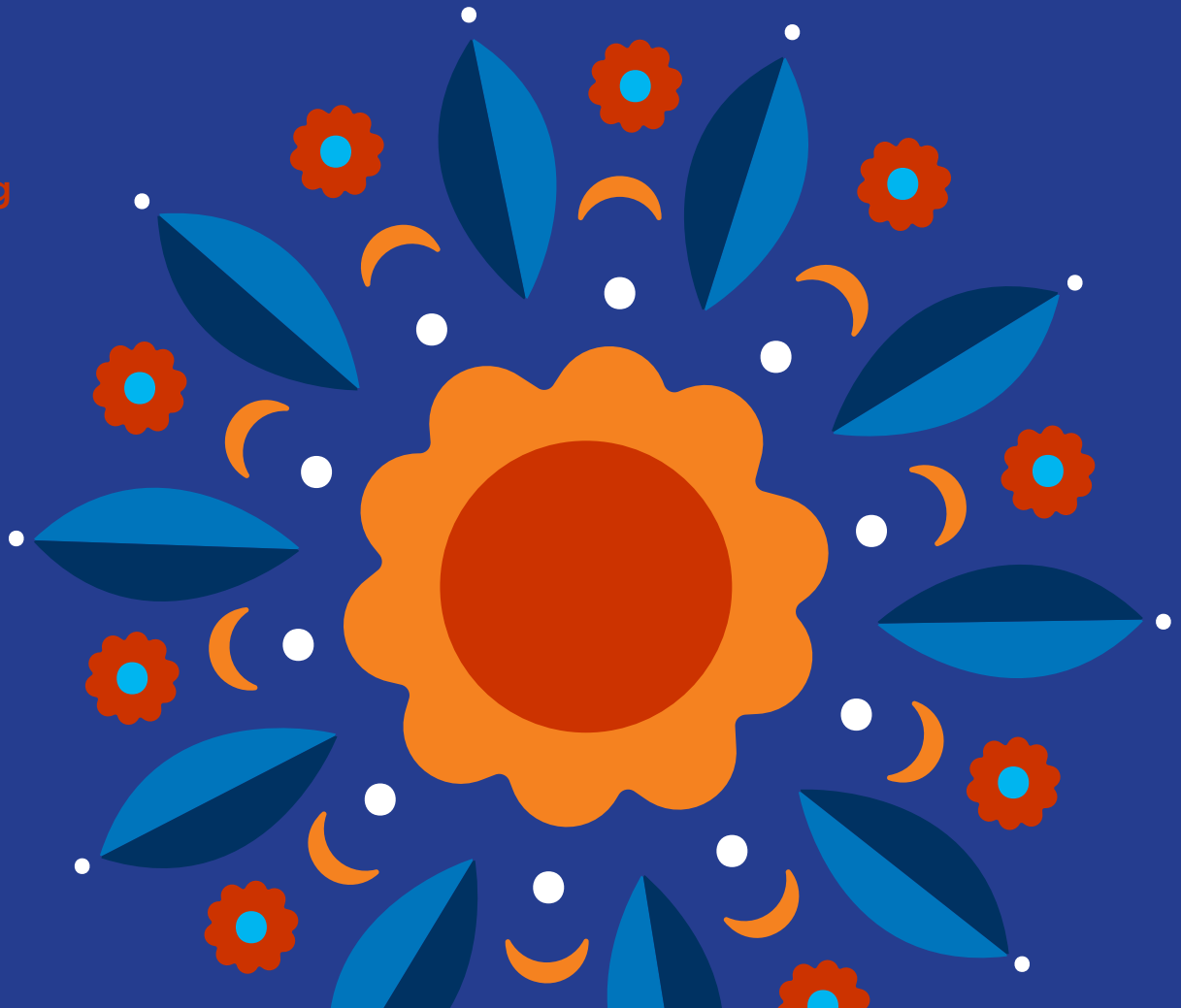


SPRING CELEBRATION



BOISE STATE UNIVERSITY

The sun is shining and
the snow has melted!
Celebrate the arrival of spring
with these bright and
lively seasonal recipes.



TUNES:

Embrace the warming weather with this [Soak Up the Sun Spotify playlist](#).

click to get the playlist

WHAT'S THE BUZZ:

Spark new conversation with family, friends, or roommates with the question of the night: As seasons change, we are often motivated to set new goals for ourselves. What goals are you working towards personally and professionally? How have your goals changed over time?

FRESH AIR:

Looking for a way to unwind, improve your mood, and decrease levels of stress? Spend time outside! Find places to explore, and learn more about the benefits of outdoor time for college students on

BRONCOFIT'S BE WELL OUTSIDE PAGE

This week's recipes are from Budgetbyte\$



LEMON GARLIC ASPARAGUS PASTA

Serves 2-3

INGREDIENTS:

- 2 cups pasta (small noodles of your choice)
- 1 bunch asparagus
- 2 tablespoons oil or butter
- 2 cloves garlic, minced
- 1 lemon
- Salt and pepper to taste

INSTRUCTIONS:

1. Bring a pot of water to a boil for the pasta. Once boiling, add the pasta and continue to boil until the pasta is tender. Save about 1/2 cup of the starchy cooking water, then drain the pasta and set it aside.
2. While the pasta is cooking, prepare the asparagus. Remove the bottom 1/2 to 1 inch of the stems, the part that is tough and woody. Chop the remaining asparagus into 1 inch pieces.
3. Place the asparagus in a large skillet and add about 1/2 inch water. Place a lid on the skillet and bring the water up to a boil. Let the asparagus steam and simmer for about 2 minutes, or just until it turns bright green and has become slightly tender (test with a fork). Drain the asparagus and return to the skillet.
4. Add the oil and minced garlic to the skillet with the asparagus and place it over medium heat. Sauté the partially cooked asparagus in the oil and garlic for about two minutes more, or until the garlic becomes soft and fragrant. Turn off the heat.
5. Add the cooked and drained pasta to the skillet with the sautéed asparagus. Toss the pasta in the skillet until it is combined with the asparagus and coated with the garlic oil mixture. Top with a pinch of salt and freshly cracked pepper.
6. Use a zester or small-holed cheese grater to zest the lemon onto the pasta. Once zested, slice the lemon in half and squeeze the fresh juice over the pasta. Toss the pasta until everything is well combined. If it is dry, add a splash of the reserved pasta cooking water. Taste the pasta and adjust the salt, pepper, or lemon if desired. Serve warm.

AVOCADO & PEA DIP

- 1 cup frozen peas (defrosted)
- 1/4 cup of lime juice
- 1/4 teaspoon of sea salt, plus more as needed
- 1 large ripe avocado, peeled, pitted, and diced

Add the peas, lime juice, salt and avocado to a food processor and pulse until just combined, but still chunky. Taste and add more salt if necessary. Place in a bowl and serve immediately.



LEMON BERRY COBBLER

INGREDIENTS:

BERRY LAYER

- 12 oz. frozen mixed berries, thawed
- 1/4 cup sugar
- 1 1/2 tablespoons cornstarch
- 1 fresh lemon

TOPPING

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 cup sugar
- 1/8 teaspoon salt
- 4 tablespoons cold butter
- 5 tablespoons milk of choice



INSTRUCTIONS:

1. Preheat the oven to 425°F. Use a zester, or small-holed cheese grater to zest the lemon.
2. Place the thawed berries in a bowl and add the sugar, cornstarch, about 1/2 teaspoon of the zest, and 1 tablespoon of the lemon juice. Stir to combine. Pour the prepared berries and all the juices into a 4 cup casserole dish.
3. In a medium bowl, stir together the flour, baking powder, sugar, salt, and another 1/2 teaspoon of the lemon zest. Cut the butter into small pieces, then add it to the flour mixture. Use your hands to work the butter into the flour until the butter is in very small pieces and the mixture resembles damp sand. Add the milk and stir until a slightly sticky dough forms.
4. Drop the biscuit dough onto the berries in small pieces. It's okay if the dough does not completely cover the berries.
5. Bake the cobbler in the preheated oven for about 20-25 minutes, or until the top is golden brown and the berries are bubbling up around the edges. Place the casserole dish on a baking sheet covered with parchment to catch any spillover from the berry juices.
6. Serve warm. Garnish with any remaining lemon zest.