

Recipe of the Month: Lemon Garlic Roasted Asparagus



May 2019

What you need:

2 bunches asparagus (approximately 30 pieces), washed and dried
2 tablespoons olive oil
2 cloves garlic, pressed (OR 1 teaspoon garlic powder)
juice of 1 lemon
1 lemon sliced
salt and pepper (to taste)

What to do:

Preheat your oven to 375 degrees Fahrenheit. Snap the bottom inch off each of the asparagus stalks (or slice with a knife if desired). Place on a large baking sheet and drizzle with the olive oil. Add the garlic, lemon juice, salt and pepper, and toss well to coat. Lay the lemon slices on top and roast for 10-15 minutes at 375 degrees Fahrenheit or until bright green in color and only slightly soft. Serve immediately.

May 6-10

Yoga cards

May 13-17

T's 2's, 3's, 4's: "A Seed Grows" book and coloring page

Nursery: Seed pictures/ plush foods

May 20-24

T's, 2's, 3's, 4's: Fruit pizza crackers

Nursery: Fruit exploration/tasting

May 27-31

T's 2's, 3's, 4's: Animal races

Nursery: Body awareness "Head, shoulders, knees and toes" "I spy"

Tuesday 10:00 2's, 11:15 4's

Wednesday 10:30 3's

Thursday 11:15 or 12:15 T's

***Nursery varies**

(Times and days are subject to change)

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"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body."
1 Corinthians 6:19-20