



Citrin Foundation

Spring Recipes



Creamy Asparagus Soup with Lemon and Parmesan

Ingredients

- 1 lb (450g) asparagus trimmed and cut into 1-inch pieces
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable or chicken broth
- 1/2 cup heavy cream or coconut cream for a dairy-free option
- Zest and juice of 1 lemon
- Salt and pepper to taste
- Grated Parmesan cheese, for serving (optional)
- Fresh chives or parsley, chopped, for garnish



Instructions

- In a large pot, heat the olive oil over medium heat. Add the chopped onion and cook until translucent, about 5 minutes. Add the minced garlic and cook for another 1-2 minutes until fragrant.
- Add the chopped asparagus to the pot and cook for 5 minutes, stirring occasionally.
- Pour in the vegetable or chicken broth and bring the mixture to a boil. Reduce the heat to low, cover, and simmer for 15-20 minutes or until the asparagus is tender.
- Using an immersion blender or regular blender, puree the soup until smooth and creamy.
- Stir in the heavy cream (or coconut cream), lemon zest, and lemon juice. Season with salt and pepper to taste.
- Continue to simmer the soup for another 5 minutes to allow the flavors to meld together.
- Ladle the soup into bowls and garnish with grated Parmesan cheese (if using) and chopped fresh chives or parsley.

Cucumber Avocado Salad with Lime Dressing

Ingredients

- English cucumber, thinly sliced
- Avocado, diced
- Cherry tomatoes, halved
- Red bell pepper, diced
- Red onion, thinly sliced
- Fresh cilantro, chopped
- Lime juice
- Olive oil
- Garlic powder
- Salt and pepper to taste



Instructions

- In a large bowl, combine sliced cucumber, diced avocado, halved cherry tomatoes, diced red bell pepper, thinly sliced red onion, and chopped cilantro.
- In a small bowl, whisk together lime juice, olive oil, garlic powder, salt, and pepper to make the dressing.
- Pour the lime dressing over the salad and toss gently to coat all the ingredients.

Grilled Lamb Chops with Rosemary and Garlic

Ingredients

- 8 lamb loin chops, about 1 inch thick
- 4 cloves garlic, minced
- 2 tablespoons fresh rosemary, chopped
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 cup Greek yogurt
- 1/4 cup fresh mint leaves, finely chopped
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- Salt and pepper to taste



Instructions

- In a bowl, mix together the minced garlic, chopped rosemary, olive oil, salt, and pepper to create a marinade.
- Place the lamb chops in a shallow dish and rub the marinade over both sides of the chops. Cover and refrigerate for at least 30 minutes to allow the flavors to meld.
- While the lamb chops are marinating, prepare the mint yogurt sauce. In a small bowl, combine the Greek yogurt, chopped mint leaves, lemon juice, minced garlic, salt, and pepper. Stir until well combined. Cover and refrigerate until ready to serve.
- Preheat your grill to medium-high heat.
- Remove the lamb chops from the refrigerator and let them come to room temperature while the grill is heating up.
- Grill the lamb chops for about 3-4 minutes per side for medium-rare, or until they reach your desired level of doneness. Cooking time may vary depending on the thickness of the chops and your grill's temperature.
- Once cooked to your liking, remove the lamb chops from the grill and let them rest for a few minutes before serving.
- Serve the grilled lamb chops hot with a dollop of mint yogurt sauce on the side.

Tuna, Lemon, and Olive Salad

Ingredients

- Canned tuna (in water), drained
- Cherry tomatoes, cucumber, red onion and olives all chopped
- Lemon zest and lemon juice
- Extra virgin olive oil
- Dijon mustard
- Garlic, minced
- Salt and pepper to taste



Instructions

- In a large mixing bowl, combine tuna, tomatoes, cucumber, onion and olives.
- In a small bowl, whisk together lemon zest, lemon juice, extra virgin olive oil, Dijon mustard, minced garlic, salt, and pepper to make the dressing.
- Pour the lemon and olive dressing over the tuna and vegetable mixture in the large bowl.
- Gently toss all the ingredients together until well combined and evenly coated with the dressing.

Asian Sesame Ginger Noodle Salad with Grilled Shrimp

Ingredients

- 8 oz (225g) rice noodles (or any noodles of your choice)
- 1 red bell pepper, thinly sliced
- 1 cucumber, julienned
- 2 carrots, julienned
- 1/4 cup chopped green onions
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh mint
- 1/4 cup chopped roasted peanuts (optional, for garnish)
- Grilled shrimp (optional, for serving)
- 3 tablespoons soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons rice vinegar
- 1 tablespoon honey (or maple syrup for vegan option)
- 1 tablespoon freshly grated ginger
- 2 cloves garlic, minced
- 1 teaspoon sriracha sauce (adjust to taste)
- Salt and pepper to taste



Instructions:

- Cook the rice noodles according to the package instructions. Drain and rinse under cold water to stop the cooking process. Set aside.
- In a large mixing bowl, combine the cooked and cooled rice noodles with the sliced red bell pepper, julienned cucumber, julienned carrots, chopped green onions, chopped cilantro, and chopped mint.
- In a small bowl, whisk together the soy sauce, sesame oil, rice vinegar, honey, grated ginger, minced garlic, sriracha sauce, salt, and pepper to make the sesame ginger dressing.
- Pour the dressing over the noodle salad and toss until well combined and evenly coated with the dressing.
- Grill the shrimp until cooked through and slightly charred, about 2-3 minutes per side.
- To serve, divide the sesame ginger noodle salad among serving plates. Top with grilled shrimp and garnish with chopped roasted peanuts, if desired.

