

## Press Release

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### **SUMPTUOUS & DELICIOUS - FRESH ASPARAGUS FROM PERU PERUVIAN ASPARAGUS IMPORTER'S ASSOCIATION**

**FOR IMMEDIATE RELEASE: August 9, 2021.** The Peruvian Asparagus Importers Association (PAIA) is an association of U.S. importers that represent over 90% of the fresh asparagus that is imported and consumed within the United States. PAIA is the entity that assists in the trade totality efforts of supplying U.S. consumers with the best quality product. To find our more information about PAIA, please see their website at: <https://peruvianasparagusimportersassociation.com/>

Fresh asparagus is a leading healthy vegetable that is fat free, sodium free and cholesterol free. Fresh asparagus is remarkably versatile and easy in its preparation. Please find the below recipe for Momma Mel's Roasted Gnocchi with Fresh Asparagus! Momma Mel is an amazing mom to two creative and energetic kiddos. While looking for a healthy vegetable-packed option to keep her family moving, Momma Mel created this delicious gnocchi dish featuring roasted asparagus, sweet onions, and peas.

#### **Momma Mel's Roasted Gnocchi with Asparagus**

Prep Time: 25 minutes

Cook Time: 30 minutes

Servings: 4

#### **Ingredients:**

- 24 oz of fresh, refrigerated, pre-cooked gnocchi
- 4 Tbsp olive oil
- 2 Tbsp unsalted butter, melted
- 1.5 - 2 lb Progressive Farms Asparagus, trimmed and cut into thirds
- 2 small leeks, trimmed, halved lengthwise, and sliced 1/2 inch thick. To clean the leeks, put the slices in a bowl filled with water, stirring them to remove sand and grit. Let sediment fall to the bottom of the bowl, then strain, making sure to leave sand behind in the bowl.
- 1 Mayan Sweet Onion, cut into 1/4 inch chunks
- 1 cup frozen peas, thawed
- 1 Progressive Farms Baby Lemon
- 1/2 cup Parmesan cheese
- Salt, to taste



- Black Pepper, to taste
- Italian Seasoning, to taste
- 1/4 cup fresh chives or parsley

**Instructions:**

Pre heat oven to 425°F.

Using a ziplocked plastic bag, combine the gnocchi with 2 Tbsp of olive oil and 1 Tbsp of butter. Season with salt and pepper. Seal the plastic bag and shake to mix. Pour the gnocchi onto a large baking sheet.

Using the same plastic bag, combine the asparagus, leeks, and sweet onion with the remaining 2 Tbsp of olive oil and 1 Tbsp of butter. Season with salt and pepper and Italian Seasoning. Seal the plastic bag and shake to mix. Pour the mixture onto a large baking sheet.

Place both pans in the oven, vegetables on top rack, gnocchi on bottom. Roast vegetables for another 20-25 minutes, tossing once. Add the peas to the sheet pan when the vegetables have 5 minutes left. Roast the gnocchi for another 30-35 minutes, tossing once, then leaving undisturbed, until they are golden on one side.

Combine vegetables and gnocchi in a large bowl, toss with grated lemon zest, a squeeze of fresh lemon juice, 1/4 cup Parmesan cheese, and chives or parsley. Season with salt and pepper to taste. Divide into bowls for serving, top with a little more Parmesan, and a sprinkle of chives or parsley.

Recipe Source: Progressive Produce LLC

<https://www.progressiveproduce.com/>

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