

Healthy



Garden to Table Cookbook

BONUS



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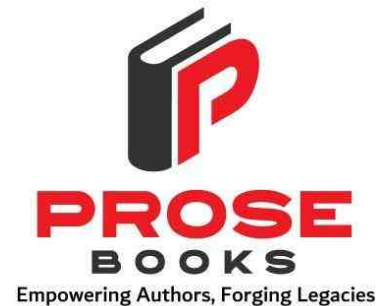




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Cooking References



Kitchen Tools and Staples for Produce

There are a few kitchen tools and pantry items that can make preparing and cooking produce more efficient. Review the listed items to identify what you might need. You may not need everything, so feel free to pick and choose which items will be most useful to you.

Kitchen Tools for Preparing Produce

- **Salad spinner** – This can be used to easily wash and dry lettuce, chard, kale, and other greens.
- **Storage bags/containers** – Many of your items will require storage throughout the week. Some type of plastic bag or reusable produce bag will be helpful. You can also use reusable containers with lids.
- **Peeler** – A vegetable peeler is the easiest tool for removing peels from vegetables. If you have an older peeler that doesn't peel well, consider buying a new one.
- **Chef knife** – A good sharp chef knife will make your time in the kitchen safer and more efficient.
- **Paring knife** – It is valuable to have one sharp paring knife for making smaller cuts.
- **Cutting board** – Look for a medium to large cutting board that will clean well. Plastic cutting boards are popular because they are gentle on knives and can go in the dishwasher.
- **Box grater** – A simple grater will help you shred your produce such as carrots and zucchini.
- **Mixing or serving bowls** – Having mixing or serving bowls in a few different sizes is helpful for organizing chopped produce, mixing sauces, and tossing salad ingredients.

Kitchen Tools for Cooking Produce

- **Medium to large skillet or sauté pan (10-12 inches wide)** – A skillet or sauté pan provides the perfect cooking vessel for many stovetop recipes. Nonstick pans are the easiest to clean. However, if you have an old nonstick pan that is worn down, it may not be safe to cook with. Consider buying a new pan or switch to cast iron.
- **Baking sheet** – A baking sheet is the ideal surface for roasting vegetables. Look for a baking sheet with rimmed sides to keep items from falling off.
- **Utensils** – Having a good mixing spoon and spatula to sauté with and toss roasted vegetables is helpful.
- **Microwave-safe dish** – A microwave-safe ceramic, glass, or plastic dish is good for quick vegetable cooking.

Additional Kitchen Tools for Produce

- **Muffin tin** – This is not only great for hearty muffins, but also for single-serve veggie frittatas or miniature meatloaves with shredded vegetables added.
- **Kitchen shears or herb scissors** – These can make chopping herbs and scallions (green onions) a little easier.
- **Food processor** – If you are interested in making pesto, hummus, or other dips or dressings, this will be a helpful tool. They are sold in various sizes. A smaller one will work well for sauces and dips. A larger one will work for those tasks, as well as for making pureed vegetable dishes such as mashed cauliflower.
- **Garlic peeler and/or press** – Make quick work of peeling and/or mincing garlic with these tools.
- **Zester/rasp grater** – Use to grate ginger or garlic, grate parmesan cheese, and collect the zest from citrus fruits.
- **Parchment paper** – Lining baking sheets with parchment paper works well for reducing clean-up from roasting vegetables. It can also be used to make packets with a protein (e.g. fish fillet, chicken breast) and vegetables.
- **Immersion/handheld blender** – This is helpful for pureeing soups in the pot. That way you don't have to wait for the soup to cool before blending, or transfer it from the pot to a standing blender.
- **Crockpot and/or Pressure cooker** – These both can greatly reduce the time you spend standing while cooking.
- **Air fryer** – This tool can be used for making crispy vegetables, such as sweet potato fries.
- **Ice cube tray** – You can freeze chopped herbs or extra sauces in trays and then pop them into another freezer container for storage.

Pantry Staples for Making Produce Dishes

- Various spices and dried herbs (e.g. salt, black pepper, onion powder, garlic powder, Italian seasoning, basil, oregano, and thyme, ground cumin, chili powder, crushed red pepper flakes, ground ginger, ground cinnamon)
- Extra-virgin olive oil
- Avocado oil or canola oil
- Vinegars (e.g. white vinegar, apple cider vinegar, red wine vinegar, balsamic vinegar)
- Honey or maple syrup
- Whole grains (e.g. brown rice, quinoa, millet, buckwheat, whole-grain pasta)
- Beans (no-salt-added canned beans or dried beans)
- Lite (reduced-sodium) soy sauce or liquid aminos
- Low-sodium vegetable broth
- Dijon mustard
- Cornstarch
- Nonstick cooking spray



Basic Knife Cuts

Try to cut food into pieces of the same (or very similar) shape and size. This helps the food cook evenly and makes the dish more enjoyable – both in appearance and in taste.

Standard Dice

What: To cut food into cubes, which can vary in size from small to large.

How:

1. Trim and peel the vegetables if needed.
2. Cut the slices to the thickness that you wish the finished dice to be.
3. Stack the slices on top of one another and make even parallel cuts, going lengthwise (long direction) to make sticks as thick as you want the dice to be.
4. Gather the sticks together and make cuts across the sticks (crosswise, or short direction). Try to make each slice about the same thickness.



Onion Dice

What: The result is the same as with dicing any other food – small or large cubes. The technique, however, is a little bit different.

How:

1. Cut off the “stem” end of the onion, keeping the “root” end intact.
2. Place the flat end that you just cut on the cutting board and cut the onion in half – going directly through the middle of the root – lengthwise.
3. Peel off the paper-like skin.
4. Take one half and make slices, going towards the “root” end. Do not cut all the way through the root end; about 80-90% of the way back.
5. Turn the onion 90° and make slices across the first slices.
6. Repeat Steps 4-5 with the other half if needed.



Slice

What: To cut flat, thin pieces.

How:

1. Trim and peel the vegetable if necessary. A slice can be removed from the bottom or side to make it sit flat on the cutting board.
2. Slowly cut down crosswise (short direction) or lengthwise (long direction) – from the top to bottom – to create pieces that are as thick or thin as you want them.



Rounds

What: This shape is made when you slice a vegetable that is naturally round, such as a carrot or potato.

How:

1. Trim and peel the vegetable if necessary. A slice can be removed from the bottom or side to make it sit flat on the cutting board.
2. Make parallel slicing cuts through the vegetable. Try to keep the thickness about the same with each cut.

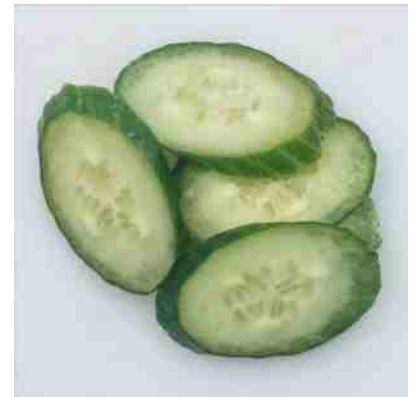


Bias (Diagonal) Cut

What: To slice a food at an angle (usually about 45°). This cut is often used to prepare vegetables for stir-fries and other Asian-style dishes because the extra surface area allows the vegetable to cook more quickly. It can also be helpful to make raw foods, such as cucumbers, easier to dip.

How:

1. Trim and peel the vegetable if necessary
2. Hold the blade so that it is cutting through the food at an angle. The wider the angle the wider the cut surface will be.



Snip

What: To cut food (e.g. fresh herbs, green onions, dried fruit) into slices or small pieces with kitchen shears or food-only scissors.

How: Using short, quick strokes with your kitchen shears or food-only scissors, cut the item until it is as thin or as small as you want it to be.



Chop

What: To cut foods with into smaller pieces without a specific shape.

How:

1. Trim the root and stem ends and peel the vegetables if necessary.
2. Slice or cut through the vegetables at nearly regular intervals until the cuts are relatively uniform. This does not have to be a perfect cut, but all the pieces should be roughly the same size.



Mince (Fine Chop)

What: A very fine chop that works for many vegetables, especially garlic and herbs. When mincing herbs, rinse and dry well, and strip the leaves from the stems.

How:

1. Gather the food item(s) into a pile.
2. Coarsely chop the food into smaller pieces.
3. Place your guiding hand on the back of the knife to hold the tip of the knife in contact with the cutting board, over the pile of items.
4. Lower the knife firmly and rapidly, repeatedly cutting through the item. Continue cutting until the pieces are as small as you want.



Chiffonade (Ribbons)

What: To cut herbs, leafy greens, and other ingredients into very thin shreds.

How:

1. For large, loose leaves, roll individual leaves into tight cylinders before cutting. For smaller leaves, simply stack before cutting.
2. Make very thin slices to create fine shreds.



Julienne (Matchsticks) or Bâtonnet (Dipping Sticks)

What: To cut into long, rectangular strips. Julienne cuts are thin and short (left), while bâtonnet cuts are thick and long (right).

How:

1. Cut the item into a short or long rectangle – short for julienne, long for bâtonnet.
2. Slice lengthwise (long direction) as thin for or as thick as you want – thinner for julienne, thicker for bâtonnet.





Simple Guide to Vegetable Preparation

Enjoy flavorful and appealing vegetables by following these cooking recommendations. Consider choosing a new vegetable or a new cooking method to try. For any vegetable cooking method, actual cooking times will vary depending on the size and thickness of items. Cook vegetables until they are tender but still firm (crisp-tender).

Vegetable Cooking Methods				
Vegetable	Steamed	Baked/Roasted	Microwaved	Sautéed
Asparagus	8-10 minutes	400°F for 8-10 minutes	2-4 minutes	5-10 minutes
Beets	25-30 minutes (whole)	400°F for 30-40 minutes (wedge)	10-12 minutes (in parchment packet)	15-20 minutes (thinly sliced)
Brussels sprouts	8-10 minutes	400°F for 20 minutes	4-6 minutes	8-10 minutes (thinly sliced)
Broccoli	5-6 minutes	425°F for 15-18 minutes	2-3 minutes	6-8 minutes
Cabbage	5-8 minutes	400°F for 30 minutes (wedge)	5-6 minutes	5-10 minutes (thinly sliced)
Carrots	4-5 minutes	400°F for 20-30 minutes	4-5 minutes	7-10 minutes (thinly sliced)
Cauliflower	5-10 minutes	400°F for 25-30 minutes	2-3 minutes	5-10 minutes
Green Beans	5-8 minutes	425°F for 12-15 minutes	3-4 minutes	5-10 minutes
Hearty greens (e.g. kale, collards)	5-10 minutes	400°F for 20-25 minutes (in foil or parchment packet)	10-12 minutes	10-15 minutes
Mushrooms	4-5 minutes	400°F for 25 minutes	2-3 minutes	4-6 minutes
Onions	5 minutes	425°F for 25-30 minutes (halved)	Not recommended	5-7 minutes
Peas	4-5 minutes	400°F for 20 minutes	2-3 minutes	7-10 minutes (pods)
Peppers	2-4 minutes	450°F for 15 minutes (peel off any black parts on skin)	2-3 minutes	5-7 minutes
Spaghetti squash	23-25 minutes (whole)	400°F for 45-60 minutes (halved)	15-20 minutes (halved)	Not recommended
Spinach	5-6 minutes	450°F for 3-6 minutes	1-2 minutes	2-5 minutes
Zucchini	4-6 minutes	450°F for 12-15 minutes	2-3 minutes	4-6 minutes



Tasty Ideas for More Vegetables

Simply increasing your intake of vegetables – which are packed with fiber, vitamins, minerals, and other helpful qualities – can help you feel your best and can also help to lower your risk for several diseases.

Here are some ideas for making this change easier and tastier:

Stack Up Your Sandwiches

Stack your sandwiches high with vegetables like spinach, tomatoes, avocado, cooked sprouts, onions, cucumbers, peppers, and even sliced carrots.

Bump Up Your Breakfast

Mix cooked vegetables into your scrambled eggs or omelet and top with a thick vegetable-based salsa. You could also try adding cooked vegetables like spinach, peppers, or mushrooms to a breakfast sandwich or burrito.

Blend Into a Smoothie

Try making a smoothie that includes a vegetable (e.g. kale, spinach, cooked beets, cooked carrot), along with a sweet fruit (e.g. cherries, berries, pineapple, banana). Blend with water, dairy or non-dairy milk, or 100% fruit juice for a cold and tasty treat.

Supplement Starches

Mix cooked chopped vegetables into any starch-based side dish, like lasagna, macaroni and cheese, roasted or mashed potatoes, and rice or other grain dishes.

The more colorful you can make it, the better!

Start With a Salad

Start your meal with a salad, or consider having salad as a side.

Start with a mixture of greens, then have fun with a variety of toppings. Some examples are black beans, lentils, corn, salsa, nuts, sesame seeds, strawberries, peas, carrots, hardboiled egg, tuna, or cottage cheese. Toss with a bit of salad dressing or balsamic vinegar to give your salad a kick of flavor.

Reinvent Recipes

Try making vegetable-based swaps or add-ins to the recipes you already enjoy.

For example, you could try adding cauliflower to your mashed potatoes, make an Italian-style dish out of spaghetti squash and marinara sauce, or use thinly cut eggplant or zucchini in place of the pasta in a lasagna.

Soup Up Your Soups

Add an extra serving of canned, cooked and pureed, or thawed frozen vegetables to your homemade or store-bought soups for a heartier, more satisfying spoonful.

Take It To-Go

Take a small can of low-sodium vegetable juice with you to drink as a snack for a shot of nutritional goodness on the go.

Go for Crunch

Try dried (dehydrated) vegetables instead of chips when you want a crunchy snack. Dried vegetables can sometimes be found in bulk bins or in the natural foods aisle, and are typically also available at online retailers.

Prep for Snack Success

Buy a mix of fresh raw vegetables such as cherry tomatoes, celery, baby carrots, and radishes. Wash, cut, and portion them into zip-top bags and store in the refrigerator for a quick-grab snacks during the week.

Try dipping the vegetables in hummus or ranch dip. You could even try making a homemade yogurt dip out of lowfat plain yogurt with seasonings such as onion powder, garlic powder, celery seed, pepper, dill, basil, or turmeric.

Make Meats Go Further

Mix finely chopped vegetables like onions, celery, peppers, carrots, mushrooms, or mashed beans into meat-based dishes like burgers, meatballs, meat sauce for spaghetti, meat tacos, sloppy joes, or meatloaf.

Sizzle Into a Stir-Fry

Add a stir-fry dish to your weekly dinner menu. Some ideas are lemon-garlic shrimp with asparagus and red peppers, teriyaki beef with broccoli and mushrooms, and orange chicken or sweet-and sour chicken with Asian blend vegetables (stir-fry mix) and snow pea pods.

Make Room When You Are Out

If you eat at a restaurant, consider ordering a side of raw, steamed, sautéed, or roasted vegetables to enjoy along with your meal.

Perk Up Your Pizza

Top your pizza with an extra layer of cooked or roasted vegetables instead of meats. Add sliced raw tomatoes with the cheese and any other toppings on your pizza.

Make Noodles

Borrow or buy a vegetable spiralizer to make spiral-cut vegetables like zucchini, cucumber, beets, sweet potatoes, carrots, and butternut squash. Enjoy the noodles raw or lightly sautéed, on their own or tossed with a sauce or dressing.

You can also use a vegetable peeler to make wide noodles out of long vegetables like zucchini and carrots.

Get Them on the Grill

Grill vegetables on skewers (kabobs) at your next cookout to go with the main entree.

Savor the Season

Plan to cook with vegetables that are in season for the best taste at the lowest cost.

Bring In the Color

Brighten your plate with vegetables of different colors, such as red, orange, dark green, or even purple. Having more color on the plate not only looks good, but it also usually means more variety of flavor and nutrition.

Some ideas for different colored vegetables include acorn squash, yellow carrots, cherry tomatoes, red sweet potatoes, purple baby potatoes, golden beets, green cauliflower, and collard greens.

Expand Your Horizons

Choose a new vegetable to experiment with each week or month. Some ideas include jicama, turnips, eggplant, kale, sweet potatoes, beets, chard, bamboo shoots, collard greens, Brussels sprouts, parsnips, okra, water chestnuts, or any other vegetable that is new to you!



Creating Salad Dressings

By making your own salad dressings from scratch, you can have more control over the quality and flavor of the ingredients added.

Follow these steps to create your own salad dressings from scratch:

1. Add Richness (1/2-3/4 cup; one type or a combination)

Examples: Extra-virgin olive oil, avocado oil, mashed avocado, nut or seed butter (e.g. peanut butter, tahini), plain yogurt (Greek or regular), buttermilk, coconut milk

2. Add Acid (1/4-1/2 cup)

Examples: Lime juice, lemon juice, orange juice, vinegar (any flavor)

3. Add an Emulsifier (choose 1; may omit if desired)

Examples: 1/2-1 teaspoon dry or prepared mustard, 1 egg yolk*, 1 tablespoon mayonnaise

*Heat the dressing over a double-boiler to 160°F, whisking often

4. Add Seasoning (choose 1 or more, to taste)

Examples: 1/4-1 teaspoon salt, 1/4-1 teaspoon black pepper, 1-3 teaspoons lite (reduced sodium) soy sauce

5. Add Optional Extras (choose 1 or more, to taste):

Examples: 1 minced shallot, 1 minced or grated garlic clove, 1/2-1 teaspoon grated ginger, 1/4-1 teaspoon ground spices, 1-3 teaspoons dried herbs, 1-2 tablespoons minced fresh herbs, 1-2 tablespoons grated cheese, 1/2-1 teaspoon sweetener (e.g. honey, maple syrup, agave), 1/4-1/2 cup pureed or mashed fruit, 1-2 tablespoons fruit preserves

6. Whisk, Blend, or Shake to Combine

Measure all ingredients into a bowl, blender, or jar. If using a bowl, rapidly blend the ingredients together with a fork or whisk. If using a jar, close the jar with a lid and shake until the ingredients are combined. If using a blender, blend until the ingredients are combined.

Recipes for Beets



Roasted Beets with Feta

Prep: 10 minutes | Cook: 25 minutes | Chill: 10 minutes
Total: 40 minutes

Yield: 2 servings | Serving Size: ~¾ cup

Ingredients

- 4 small beets, peeled and diced (about 2 cups)
- 1 tablespoon olive oil
- Pinch salt
- 1 tablespoon chopped fresh parsley
- 1 teaspoon balsamic vinegar
- 1 teaspoon red wine vinegar
- 2 tablespoons crumbled feta, divided

Directions

1. Preheat oven to 400°F.
2. In a medium bowl, toss together the beets, oil, and salt.
3. Transfer the beets to a baking sheet and spread into a single layer.
4. Roast for until fork tender, about 25-30 minutes, tossing halfway through the cooking time.
5. Remove from the oven and set aside to cool slightly, about 8-10 minutes.
6. Return the beets to the bowl.
7. Add the parsley, balsamic vinegar, and red wine vinegar. Toss to combine.
8. Serve right away, or chill before serving. Top each serving with 1 tablespoon of the feta just before serving.

**Nutrition Facts Per Serving: Calories: 170 | Total Fat: 9 g | Saturated Fat: 2 g
Sodium: 300 mg | Total Carbohydrate: 20 g | Dietary Fiber: 4 g | Protein: 5 g**

Roasted Beet Borscht

Prep: 20 minutes | Cook: 40 minutes | Total: 1 hour

Yield: 8 servings | Serving Size: ~1 cup

Ingredients

1 pound beets (about 2-3 medium beets), cut into 1-inch chunks
½ teaspoon salt, divided
½ teaspoon ground black pepper, divided
3 tablespoons olive oil, divided
2 large carrots, chopped (about 2 cups)
1 medium onion, chopped (about 1 cup)
2 cloves garlic, minced (about 1 teaspoon)
½ teaspoon dried thyme
6 cups (48 ounces) low-sodium vegetable broth
2 tablespoons red wine vinegar
1 tablespoon sugar or honey
2 tablespoons chopped fresh dill (about ½ ounce)
½ cup plain nonfat Greek yogurt
1 medium tart-flavored apple (e.g. Granny Smith), cored and finely chopped (about 1 cup)

Directions

1. Preheat the oven to 400°F.
2. On a baking sheet, toss the beets with 2 tablespoons of the oil, ¼ teaspoon of the salt, and ¼ teaspoon of the black pepper. Roast until tender, about 30-40 minutes.
3. Meanwhile, heat a large pot over medium heat. Add the remaining 1 tablespoon of oil and heat until shimmering.
4. Add the carrots, onion, the remaining ¼ teaspoon salt, and the remaining ¼ teaspoon black pepper. Cook, stirring occasionally, until beginning to soften, about 10 minutes.
5. Add the garlic and thyme. Cook until fragrant, about 1 minute.
6. Add the broth and bring to a boil over high heat, then reduce the heat to maintain a simmer.
7. Cook until the carrots are tender, about 15-20 minutes.
8. Transfer the beets to a blender, along with the carrots, onion, and enough broth to fill the blender about halfway.
9. Remove the plastic piece from the center of the blender lid and place a towel over the hole. Blend until smooth, about 2-3 minutes.
10. Return the pureed mixture to the pot and stir in the vinegar and sugar or honey. Reheat over the stovetop if needed.
11. In a small mixing bowl, stir together the yogurt and dill.
12. Serve warm or chill before serving, topping each serving with 1 tablespoon of the yogurt-dill mixture and 2 tablespoons of the chopped apple.

**Nutrition Facts Per Serving: Calories: 165 | Total Fat: 7.5 g | Saturated Fat: 1 g
Sodium: 350 mg | Total Carbohydrate: 21.5 g | Dietary Fiber: 3.5 g | Protein: 6 g**



Beet and Bean Burger

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: 1 burger patty without serving vessel or toppings

Ingredients

- 2 tablespoons olive oil, divided
- 1 cup small diced onion (about 1 medium onion)
- ½ teaspoon ground black pepper
- ¼ teaspoon salt
- 1 cup toasted walnuts
- 1 (15-ounce) can no-salt-added white beans (e.g. great northern, cannellini), drained and rinsed
- 1 cup grated raw beets (about ¼ pound or 1 medium beet)
- ½ cup panko breadcrumbs
- 1 teaspoon garlic powder
- ½ teaspoon ground coriander
- ¼ teaspoon ground cumin
- 1 egg, lightly beaten
- Desired serving vessel (e.g. whole-wheat buns, whole-wheat sandwich thins, lettuce wrap)
- Desired toppings (e.g. condiments, lettuce, spinach, arugula, tomato, onion)

Directions

1. Heat a medium to large skillet over medium heat.
2. Add 1 tablespoon of the oil and heat until shimmering.
3. Add the onion, salt, and black pepper. Cook until softened and lightly-browned, about 8-10 minutes. Set aside.
4. Add the walnuts to a food processor and pulse to break down into small crumb-like pieces.
5. Add the beans, beets, panko, garlic powder, coriander, cumin, and onion. Pulse until the mixture is crumbly.
6. Transfer the mixture to a large mixing bowl and add the egg. Mix until well combined.
7. Using clean hands that are slightly wet, divide the mixture into four equal portions and form each portion into a patty about 4 inches wide and ½-inch-thick.
8. Return the skillet to the stovetop over medium heat. Add the remaining 1 tablespoon of oil.
9. Working in batches if needed, cook the patties until crisp and well-browned, about 6-8 minutes on each side.
10. Serve warm, on the desired serving vessel and topped as desired.

**Nutrition Facts Per Serving: Calories: 455 | Total Fat: 27.5 g | Saturated Fat: 2.5 g
Sodium: 300 mg | Total Carbohydrate: 38 g | Dietary Fiber: 10 g | Protein: 18.5 g**



Bright Beet and Orange Salad

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: ~2 cups

Ingredients

1 tablespoon extra-virgin olive oil

1 tablespoon red wine vinegar

1 teaspoon Dijon mustard

Pinch salt

Pinch ground black pepper

1 cup chopped or sliced cooked beets, cooled

1 large navel or Cara Cara orange, peeled and cut into bite-sized pieces (about 1 cup)

3 cups fresh arugula

2 ounces fresh mozzarella, cut into bite-sized pieces (about ¼ cup)

Directions

1. In a medium mixing or serving bowl, whisk together the oil, vinegar, mustard, salt, and black pepper.
2. Add the beets, orange, arugula, and mozzarella.
3. Toss to combine and coat with the dressing.
4. Serve right away, or chill before serving if desired.

Recipe Notes

- To make this dish a complete meal, add a cooked protein (e.g. chicken, lean beef, shrimp, beans, tempeh).
- Look for cooked beets in the produce section for an easy option.
- Try substituting crumbled feta or goat cheese for the mozzarella.

**Nutrition Facts Per Serving: Calories: 220 | Total Fat: 12 g | Saturated Fat: 4 g
Sodium: 270 mg | Total Carbohydrate: 20 g | Dietary Fiber: 4 g | Protein: 11 g**

Berry-Beet Smoothie

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 2 servings | Serving Size: ~1¾ cups

Ingredients

1 medium beet, cut into ½-inch-thick wedges (about 1 cup)

1½ cups low-fat (1%) milk

2 cups frozen strawberries

1 tablespoon sweetener (e.g. honey, agave, sugar)

Pinch salt

Directions

1. Place a steamer basket inside a large saucepan or stockpot and add just enough water fill the area under the steamer.
2. Bring the water to a boil over high heat, then reduce the heat to medium-high to maintain a rapid simmer (just below boiling).
3. Add the beet wedges to the steamer basket and cover the pot with a lid. Cook until the beets are tender, about 12-17 minutes.
4. Remove the steamer basket from the pot and set aside to cool slightly, about 5 minutes.
5. Pour the milk into the pitcher of a blender. Add the berries, selected sweetener, salt, and steamed beets.
6. Blend until smooth and fully combined, about 2-3 minutes.
7. Serve immediately. Leftovers may be frozen, thawing in the microwave at 30% power for 3-5 minutes.

Recipe Notes

- Substitute your favorite unsweetened non-dairy milk, if desired.
- Look for cooked beets in the produce section for an easy option.



**Nutrition Facts Per Serving: Calories: 175 | Total Fat: 2 g | Saturated Fat: 1 g
Sodium: 190 mg | Total Carbohydrate: 35 g | Dietary Fiber: 4 g | Protein: 7 g**



Roasted Beet Hummus

Prep: 15 minutes | Cook: 40 minutes | Total: 55 minutes

Yield: 8 servings | Serving Size: ¼ cup

Ingredients

1 medium beet, cut into 1-inch chunks (about 1½ cups)

4 tablespoons (¼ cup) olive oil, divided

3 cloves garlic, minced (about 1½ teaspoons)

1 lemon, zested and juiced

1 (15-ounce) can no-salt-added white beans (e.g. great northern, cannellini), drained and rinsed

2 tablespoons tahini (sesame seed paste; can substitute creamy peanut butter)

¼ teaspoon salt

¼ teaspoon ground black pepper

Directions

1. Preheat the oven to 400°F.
2. Place the beet pieces on a baking sheet and toss with ½ tablespoon of the oil. Place in the oven and roast until fork-tender, about 30-40 minutes.
3. Meanwhile add the garlic and 2 tablespoons of the lemon juice to a small bowl and stir to combine. Set aside.
4. Add ¼ cup of the roasted beet to a food processor. Pulse until broken down into small pieces.
5. Add the garlic-lemon juice mixture, ½ teaspoon lemon zest, beans, tahini, salt, and black pepper. Puree the mixture until very smooth, while slowly drizzling in the remaining 3½ tablespoons of oil, about 3-4 minutes.
6. Finely chop the remaining roasted beet. Add to a small bowl and toss with any remaining lemon zest and 1 tablespoon lemon juice. Set aside.
7. Transfer the pureed mixture to a serving dish and garnish with the chopped beet and lemon mixture.
8. Serve right away, or store in an air-tight container in the refrigerator for up to 7 days. May be frozen if desired.

**Nutrition Facts Per Serving: Calories: 120 | Total Fat: 9 g | Saturated Fat: 1.5 g
Sodium: 90 mg | Total Carbohydrate: 7.5 g | Dietary Fiber: 2.5 g | Protein: 2.5 g**

Recipes for Broccoli



Broccoli Cheese Soup

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

- 1 tablespoon olive oil
- 2 medium carrots, chopped (about 1 cup)
- ½ medium onion, diced (about ½ cup)
- 2 cloves garlic, minced (about 1 teaspoon)
- 2 tablespoons all-purpose flour
- 1 medium head broccoli, cut into bite-sized florets (about 3 cups)
- 2 cups (16 ounces) low-sodium chicken or vegetable broth
- 1 cup low-fat (1%) milk
- 1 teaspoon Dijon mustard
- 1 cup shredded reduced-fat cheddar cheese
- ½ teaspoon ground black pepper

Directions

1. Heat a large saucepan or stockpot over medium heat.
2. Add oil and heat until shimmering.
3. Add onion and carrots. Cook, stirring occasionally, for 5 minutes.
4. Add the garlic and cook until fragrant, about 30-60 seconds.
5. Add the flour and cook while stirring for 1 minute.
6. Add the broccoli, broth, milk, and mustard. Stir to combine.
7. Bring to a boil then reduce heat to maintain a simmer and cook for about 5 minutes or until broccoli is tender.
8. Remove from heat and stir in the cheese and pepper.
9. Serve warm.

Recipe Notes

- Store in the fridge for up to 4 days or freeze leftovers up to 3 months.
- If you prefer a smooth soup, puree the mixture with an immersion or standing blender.

**Nutrition Facts Per Serving: Calories: 220 | Total Fat: 11 g | Saturated Fat: 5 g
Sodium: 270 mg | Total Carbohydrate: 18 g | Dietary Fiber: 3 g | Protein: 15 g**



Bright Broccoli Salad

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 6 servings | Serving Size: 1 cup

Ingredients

$\frac{3}{8}$ cup olive oil mayonnaise

$\frac{1}{4}$ cup red wine vinegar

4 cups bite-sized broccoli florets (about 1 pound)

1 cup finely diced onion (about 1 medium onion)

1 cup halved grapes

1 large carrot, shredded (or 2 medium; about 1 cup)

$\frac{1}{3}$ cup slivered or sliced almonds

Directions

1. Add the mayonnaise and vinegar to a large bowl. Stir together until smooth to make a dressing.
2. Add the broccoli, onion, grapes, carrots, and almonds.
3. Toss together to coat with the dressing.
4. Serve right away, or chill before serving if desired.

Recipe Notes

- To add color, consider using a red onion or include a variety of different colored grapes.
- If you are out of grapes, try substituting $\frac{1}{4}$ cup raisins instead.
- For a smoky flavor, crumble in 2 slices of cooked bacon.
- To cut down on the raw onion flavor, let the onion sit in the bowl with the red wine vinegar while you prepare the other ingredients.

**Nutrition Facts Per Serving: Calories: 120 | Total Fat: 6.5 g | Saturated Fat: 0 g
Sodium: 115 mg | Total Carbohydrate: 13 g | Dietary Fiber: 3 g | Protein: 3 g**



Chicken and Vegetable Stir-Fry

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 1½ cups chicken-vegetable mixture over ½ cup rice

Ingredients

- ¼ cup lite (reduced-sodium) soy sauce
- ¼ cup water
- 1 tablespoon cornstarch
- 2 tablespoons rice wine vinegar
- 2 tablespoons honey
- 2 tablespoons grated fresh ginger (or 1 teaspoon ground dried ginger)
- 2 cloves garlic, minced (about 1 teaspoon)
- 2 tablespoons canola oil, divided
- 1 pound (16 ounces) boneless, skinless chicken breasts, cut into bite-sized pieces
- 4 cups of fresh or frozen stir-fry vegetables, trimmed and chopped as needed (e.g. asparagus, broccoli, carrots, mushrooms, onions, peppers, zucchini, snap peas, cabbage)
- 2 cups cooked brown rice, warmed if needed

Directions

1. In a medium mixing bowl, whisk together the soy sauce, water, cornstarch, vinegar, honey, ginger, garlic to create a sauce. Set aside.
2. Heat a medium skillet over medium heat.
3. Add 1 tablespoon of the oil and heat until shimmering.
4. Add the chicken and cook until cooked through (internal temperature of 165°F), about 5-7 minutes. Remove the chicken from pan and set aside.
5. Add the remaining 1 tablespoon of oil to the pan and heat until shimmering.
6. Add the vegetables and cook, stirring often, until fork-tender but still firm, about 6-10 minutes.
7. Add the sauce and cook, stirring often, until the sauce is heated through and slightly thickened, about 2-3 minutes.
8. Add the cooked chicken and stir to combine.
9. Serve warm over the cooked brown rice.

Recipe Notes

- Add ½ cup chopped fresh or canned pineapple with the sauce for a sweet twist.

**Nutrition Facts Per Serving: Calories: 350 | Total Fat: 10 g | Saturated Fat: 0.6 g
Sodium: 600 mg | Total Carbohydrate: 37 g | Dietary Fiber: 5 g | Protein: 26 g**



Lemon-Parmesan Broccoli

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

- 2 tablespoons olive oil, divided
- 4 cups broccoli florets (about 1 pound)
- ½ cup water
- 3-6 cloves garlic, minced (about 1 tablespoon)
- 1 teaspoon lemon juice
- 3 tablespoons grated or shredded parmesan cheese
- ¼-½ teaspoon ground black pepper, to taste

Directions

1. Heat a medium skillet or sauté pan over medium heat.
2. Add the oil and heat until shimmering.
3. Place the broccoli in the pan and sauté until bright green, about 3-4 minutes.
4. Add the water and sauté until fork-tender, about 3-5 minutes.
5. Add the garlic and cook until fragrant, about 30-60 seconds.
6. Remove the pan from the heat.
7. Add the lemon juice, parmesan, and black pepper to the broccoli. Toss to combine.
8. Serve warm.

Recipe Notes

- If you don't have fresh garlic on hand, try using ¼ teaspoon garlic powder.

**Nutrition Facts Per Serving: Calories: 145 | Total Fat: 11 g | Saturated Fat: 4 g
Sodium: 250 mg | Total Carbohydrate: 5 g | Dietary Fiber: 3 g | Protein: 7 g**



Broccoli Sesame Noodle Salad

Prep: 5 minutes | Cook: 8 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: 2 cups

Ingredients

- 4 ounces whole-grain spaghetti (a quarter of a 16-ounce box)
- 2 cups fresh or frozen broccoli florets
- 3 tablespoons rice vinegar
- 1 tablespoon hoisin sauce
- 1 tablespoon lite (reduced-sodium) soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon grated fresh ginger (or ¼ teaspoon ground dried ginger)
- 1 clove garlic, minced (about ½ teaspoon)
- 1 medium carrot, thinly sliced (about ½ cup)

Directions

1. Fill large saucepan or stockpot halfway full with water. Bring to a boil over high heat.
2. Add the pasta and cook 4 minutes, then add the broccoli to then continue cooking until the pasta is tender, about 4-5 minutes.
3. Drain the pasta and broccoli into a colander and briefly rinse with cold water.
4. In a large bowl, whisk together the vinegar, hoisin sauce, soy sauce, sesame oil, ginger, and garlic.
5. Add the pasta, broccoli, and carrot. Toss to combine.
6. Serve cold, chilling in the refrigerator if needed. Toss again before serving to recombine with the dressing.

Recipe Notes

- If you do not have hoisin sauce, you can substitute 1 teaspoon of honey.
- To increase the spice, add ½ teaspoon of crushed red pepper or 1 teaspoon sriracha to the dressing.
- To make this dish a complete meal, serve with a protein such as cooked chicken, tofu, shrimp, or pork.

**Nutrition Facts Per Serving: Calories: 275 | Total Fat: 3 g | Saturated Fat: 0.5 g
Sodium: 600 mg | Total Carbohydrate: 49 g | Dietary Fiber: 9 g | Protein: 10 g**

Recipes for Cabbage

Sweet-and-Sour Cabbage

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: ~¾ cup

Ingredients

4 cups thinly sliced red cabbage, thinly sliced (about ½ medium head of cabbage)

1 tablespoon unsalted butter

1 tablespoon olive oil

1 tablespoon packed brown sugar

¼ cup balsamic vinegar

¼ teaspoon ground black pepper

Pinch salt

Directions

1. Heat a large skillet or sauté pan over medium heat.
2. Add the butter and oil. Heat until the butter is melted and the oil is shimmering.
3. Add the cabbage and toss to coat. Cook, stirring often, for 5 minutes.
4. Add the vinegar, sugar, black pepper and salt. Stir to combine.
5. Bring to a simmer over medium-high heat, then reduce heat to maintain a low simmer.
6. Simmer until the cabbage is wilted and tender, about 25-30 minutes, stirring often.
7. Serve warm.

Recipe Notes

- Any sweetener can be used as an alternative to brown sugar.



**Nutrition Facts Per Serving: Calories: 90 | Total Fat: 6 g | Saturated Fat: 2 g
Sodium: 80 mg | Total Carbohydrate: 8 g | Dietary Fiber: 1.5 g | Protein: 1 g**



Cashew Crunch Salad

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

- ¼ cup nonfat plain Greek yogurt
- 1 tablespoon sugar
- 3 tablespoons white vinegar
- 1 tablespoon olive oil
- 1 tablespoon sesame oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 6 cups shredded cabbage or coleslaw mix (about one 15-ounce bag)
- 1 cup thinly sliced or shredded carrot (about 2 medium carrots)
- ½ cup frozen shelled edamame, thawed or cooked and cooled
- 8 tablespoons (½ cup) chopped toasted cashews, divided
- 8 tablespoons (½ cup) crunchy chow mein noodles, divided

Directions

1. In a large bowl, whisk together the yogurt, sugar, vinegar, olive oil, sesame oil, salt, and black pepper.
2. Add the cabbage or coleslaw mix, carrot, and edamame. Toss to combine.
3. Serve cold, adding 2 tablespoons of the cashews and 2 tablespoons of the chow mein noodles to each portion right before serving.

**Nutrition Facts Per Serving: Calories: 280 | Total Fat: 20 g | Saturated Fat: 3.5 g
Sodium: 320 mg | Total Carbohydrate: 18 g | Dietary Fiber: 5 g | Protein: 7 g**

Chicken Chow Mein

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 2 servings | Serving Size: ~2 cups

Ingredients

- 1 tablespoon olive oil
- ½ pound (8 ounces) boneless skinless chicken breast, cut into bite-sized strips
- ½ medium onion, thinly sliced (about ½ cup)
- 2 stalks celery, thinly sliced on the bias (diagonal; about 1 cup)
- 3 white or cremini mushrooms, thinly sliced (about ½ cup)
- 2 cups chopped Napa cabbage
- 1 cup (8 ounces) low-sodium chicken broth
- 1 (8-ounce) can bamboo shoots, drained and rinsed
- 1 (8-ounce) can sliced water chestnuts, drained and rinsed
- 1 tablespoon cornstarch
- 1 tablespoon water
- ½ teaspoon sugar
- ¼ teaspoon ground black pepper
- ½ cup crunchy chow mein noodles, divided

Directions

1. Heat a medium skillet or sauté pan over medium heat.
2. Add the oil and heat until shimmering.
3. Add the chicken and cook, stirring often, until cooked through (internal temperature of 165°F), about 6-8 minutes. Remove the chicken from the pan and set aside.
4. Set the pan back over medium heat. Add the onion, celery, and mushrooms. Cook until softened, about 6-8 minutes.
5. Add the cabbage, broth, bamboo shoots, and water chestnuts. Stir to combine.
6. Bring to a simmer over high heat, then reduce the heat to maintain a simmer.
7. Cook until the cabbage is tender, about 5-7 minutes.
8. In a small bowl, whisk together the cornstarch and water with a fork to make a slurry.
9. Add the slurry, sugar, and black pepper to the vegetable mixture. Stir to combine.
10. Cook until a slightly thickened sauce forms, about 3-5 minutes.
11. Add the chicken and stir to combine.
12. Serve warm, topping each serving with ¼ cup of the chow mein noodles.

Recipe Notes

- Tofu can be used in place of the chicken, if desired.
- Try substituting bok choy for the Napa cabbage.

**Nutrition Facts Per Serving: Calories: 275 | Total Fat: 11 g | Saturated Fat: 1.5 g
Sodium: 500 mg | Total Carbohydrate: 25 g | Dietary Fiber: 6.5 g | Protein: 21 g**



Apple Coleslaw

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

¼ cup plain nonfat Greek yogurt

¼ cup olive oil mayonnaise

1-3 teaspoons lemon juice or apple cider vinegar, to taste

¼ teaspoon salt

½ small (¾-1 pound) cabbage head, shredded (about 2 cups)

1 medium carrot, grated (about ½ cup)

1 medium apple, cored and chopped (about 1 cup)

½ cup raisins or dried cranberries

Directions

1. Add the yogurt, mayonnaise, lemon juice or vinegar, and salt to a large mixing or serving bowl. Stir together to make a dressing.
2. Add the cabbage, carrot, raisins or dried cranberries, and apple. Toss to combine and coat with the dressing.
3. Serve right away, or chill before serving if desired.

Recipe Notes

- This recipe goes well with pork burgers or pulled pork sandwiches.
- Coleslaw tastes best when it is made on the same day it's served. If not serving right away, wait to add the dressing until ready to serve.
- Use pre-shredded cabbage and carrots to save time.
- If you prefer a bit more sweetness, try adding 1-3 teaspoons honey to the dressing.

**Nutrition Facts Per Serving: Calories: 150 | Total Fat: 4 g | Saturated Fat: 0 g
Sodium: 265 mg | Total Carbohydrate: 28 g | Dietary Fiber: 3.5 g | Protein: 2.5 g**



Egg Drop Cabbage Soup

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: ~1 cup

Ingredients

- 2 teaspoons olive oil
- ½ medium onion, diced (about ½ cup)
- 1 clove garlic, minced (about ½ teaspoon)
- 4 cups (32 ounces) low-sodium vegetable or chicken broth
- 4 cups thinly sliced napa cabbage (about ½ head)
- ½ teaspoon ground dried ginger (or 2 teaspoons fresh grated ginger)
- Pinch ground black pepper
- 2 eggs, lightly beaten
- 1 teaspoon sesame oil
- 2 tablespoons thinly sliced scallion (green onions), divided (about 1 scallion)

Recipe Notes

- Another type of cabbage can be used in place of the Napa cabbage. You may need to cook it a little longer to ensure that it is tender.

Directions

1. Heat a large saucepan or stockpot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion and cook, stirring often, for 5 minutes.
4. Add the garlic and cook until fragrant, about 30-60 seconds.
5. Add the broth, cabbage, ginger, and black pepper. Stir to combine.
6. Bring to a simmer over high heat, then reduce the heat to maintain a low simmer.
7. Cover the pot with a lid and cook until the cabbage is tender, about 8-10 minutes.
8. Remove the lid. Use one hand to stir the soup in a steady circle. While the soup is moving, use the other hand to slowly drizzle in the beaten eggs.
9. Stir in the sesame oil.
10. Serve warm, garnishing each portion with ½ tablespoon of the green onions.

**Nutrition Facts Per Serving: Calories: 95 | Total Fat: 5 g | Saturated Fat: 1 g
Sodium: 375 mg | Total Carbohydrate: 3.5 g | Dietary Fiber: 1 g | Protein: 4.5 g**

Recipes for Carrots



Zesty Glazed Carrots

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: ~¾ cup

Ingredients

3 medium carrots, peeled and sliced (about 1½ cups)

¼ cup water

2 teaspoons honey

1 teaspoon unsalted butter

Pinch salt

Pinch ground black pepper

1 tablespoon lemon juice (about ¼ lemon)

1 tablespoon minced fresh parsley, minced (or 1 teaspoon dried parsley)

Directions

1. Heat a medium skillet or sauté pan over medium-high heat.
2. Add the carrots, water, honey, butter, salt, and black pepper.
3. Bring to a simmer over medium-high heat, then reduce the heat to maintain a low simmer.
4. Cover the pan with a lid and cook for 7 minutes.
5. Remove the lid and continue cooking until carrots are fork-tender, about 1-2 minutes.
6. Add the lemon juice and parsley. Stir to combine.
7. Serve warm.

Recipe Notes

- Substitute halved baby carrots for the sliced carrots, if desired.

**Nutrition Facts Per Serving: Calories: 75 | Total Fat: 2 g | Saturated Fat: 1 g
Sodium: 210 mg | Total Carbohydrate: 14 g | Dietary Fiber: 2 g | Protein: 1 g**



Carrot and Coriander Soup

Prep: 10 minutes | Cook: 40 minutes | Total: 50 minutes

Yield: 6 servings | Serving Size: ~2 cups

Ingredients

1 tablespoon extra-virgin olive oil
2 medium onions, chopped (about 2 cups)
1½ pound carrots, chopped (about 4 cups)
1 medium Russet or Yukon Gold potato, chopped (about 6-8 ounces)
2 tablespoons ground coriander
½ teaspoon salt
Pinch cayenne
4 cups (32 ounces) low-sodium vegetable broth
1 cup water
½ lime, juiced (about 1 tablespoon)
½ teaspoon ground black pepper
6 tablespoons chopped cilantro or parsley, divided

Directions

1. Heat a large pot or Dutch oven over medium heat. Add the oil and heat until shimmering.
2. Add the onion and cook until softened, about 5-7 minutes.
3. Add the carrots, potato, coriander, salt, and cayenne. Cook until fragrant, about 1-2 minutes.
4. Add the broth and water. Bring to a boil over high heat. Reduce the heat to maintain a simmer.
5. Cover the pot with a lid and cook until the carrots and potatoes are tender, about 20-25 minutes.
6. Transfer a third of the broth-vegetable mixture to the pitcher of a blender. Remove the plastic piece from the center of the blender lid and place a towel over the hole. Blend until smooth, about 2-3 minutes, then transfer the mixture to a large heatproof bowl. Repeat with any remaining broth-vegetable mixture.
7. Return the soup to the pot and place over high heat. Bring to a simmer, then remove from the heat.
8. Add the lime juice and black pepper. Stir to combine.
9. Serve warm, topping each serving with 1 tablespoon of the cilantro or parsley.

**Nutrition Facts Per Serving: Calories: 105 | Total Fat: 2.5 g | Saturated Fat: 0.5 g
Sodium: 300 mg | Total Carbohydrate: 20.5 g | Dietary Fiber: 4 g | Protein: 2.5 g**



Roasted Brussels Sprouts and Carrots

Prep: 10 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 6 servings | Serving Size: ~¾ cup

Ingredients

- 1 pound Brussels sprouts
- 2 tablespoons olive oil
- 1 tablespoon maple syrup
- 1 teaspoon Dijon mustard
- ½ teaspoon dried thyme
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ pound carrots, peeled and sliced into matchsticks (julienne cut)

Directions

1. Preheat the oven to 400°F.
2. Prepare the Brussels sprouts by removing the outer leaves if dry or discolored, trimming the stems off, and cutting each sprout in half lengthwise.
3. In a large mixing bowl, whisk together the oil, maple syrup, mustard, thyme, salt, and black pepper.
4. Add the Brussels sprouts and carrots. Toss to combine.
5. Transfer the Brussels sprouts and carrots to a baking sheet and spread into a single layer.
6. Roast in the oven for 15 minutes, then remove from the oven and toss the Brussels sprouts and carrots on the baking sheet.
7. Spread the Brussels sprouts and carrots back into a single layer, then continue cooking in the oven until fork-tender, about 10-15 minutes.
8. Serve warm.

Recipe Notes

- This recipe will work with a variety of vegetables, such as cauliflower, onions, asparagus, eggplant, mushrooms, or peppers. Cook time may need adjusting, up or down, based on the vegetable you are using.

**Nutrition Facts Per Serving: Calories: 100 | Total Fat: 5 g | Saturated Fat: 1 g
Sodium: 150 mg | Total Carbohydrate: 13 g | Dietary Fiber: 4 g | Protein: 3 g**

Carrot and Raisin Slaw

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: ¾ cup

Ingredients

¼ cup orange juice (about 1 medium orange)

1 tablespoon extra-virgin olive oil

1 teaspoon lemon juice

¼ teaspoon ground cinnamon

Pinch salt

2 cups grated or shredded carrots (about 4 medium carrots)

¾ cup raisins

Directions

1. Add the orange juice, oil, lemon juice, cinnamon, and salt to a medium mixing or serving bowl. Whisk together to make a dressing.
2. Add the carrots and raisins. Toss to combine and coat with the dressing.
3. Serve right away, or chill before serving if desired.

Recipe Notes

- Use pre-shredded carrots to save time.
- For a different flavor, try substituting coriander for the cinnamon.
- Try substituting another dried fruit (e.g. cranberries, cherries) for the raisins if desired, chopping if large.



**Nutrition Facts Per Serving: Calories: 130 | Total Fat: 3.5 g | Saturated Fat: 0.5 g
Sodium: 50 mg | Total Carbohydrate: 25.5 g | Dietary Fiber: 1.5 g | Protein: 1 g**



Carrot Muffins

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 12 servings | Serving Size: 1 muffin

Ingredients

Nonstick cooking spray
¾ cup all-purpose flour
½ cup whole-wheat flour
½ cup old-fashioned (rolled) oats
2 teaspoons baking powder
½ teaspoon baking soda
2 teaspoons cinnamon
½ teaspoon salt
½ cup sugar
½ cup plain yogurt
⅓ cup canola oil
2 eggs
1 teaspoon vanilla extract
2 cups shredded carrots (about 4 medium carrots)

Recipe Notes

- Muffins freeze well for up to 4 months. Simply remove from the freezer and warm in the microwave.

Directions

1. Preheat the oven to 375°F.
2. Grease a 12-cup muffin tin with cooking spray.
3. In a medium mixing bowl, whisk together the all-purpose flour, whole-wheat flour, oats, baking powder, baking soda, cinnamon, and salt. Stir to combine.
4. In a separate medium mixing bowl, whisk together the sugar, yogurt, oil, eggs, and vanilla.
5. Add the yogurt mixture and the carrots to the flour mixture. Gently fold to combine.
6. Divide the batter between the prepared muffin tin cups, filling each about three-quarters of the way full.
7. Bake for 22-25 minutes. Press down gently on the top of one of the muffins to test for doneness. If it springs back up, the muffins are done.
8. Let the muffins sit in the muffin tin for 5 minutes, then remove and allow to cool completely on a cooling rack.
9. Serve room temperature or warm.

**Nutrition Facts Per Serving: Calories: 185 | Total Fat: 8 g | Saturated Fat: 1 g
Sodium: 175 mg | Total Carbohydrate: 23 g | Dietary Fiber: 1.5 g | Protein: 4 g**

Recipes for Cauliflower



Cauliflower Fried Rice

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: ~1 cup

Ingredients

Nonstick cooking spray
2 eggs, lightly beaten
1 tablespoon olive oil
1 (12-ounce) bag frozen riced cauliflower (or about 3 cups fresh riced cauliflower)
1 cup fresh or frozen vegetables, trimmed and chopped as needed (one type or a combination; e.g. carrots, onions, green beans, peas, broccoli)
2 scallions (green onions), sliced (about ¼ cup)
2 garlic cloves, minced (about 1 teaspoon)
2 tablespoons lite (reduced-sodium) soy sauce
2 tablespoons toasted sesame seeds

Directions

1. Spray a large skillet or sauté pan with cooking spray and place over medium heat.
2. Add the eggs and cook to scrambled, stirring often. Transfer the scrambled eggs to a small bowl and set aside.
3. Increase the heat to medium-high and add the oil. Heat until shimmering.
4. Add the riced cauliflower and cook until most of the liquid from the cauliflower is evaporated, about 4-6 minutes.
5. Add the selected vegetables, scallions, and garlic.
6. Cook, stirring often, until the liquid is evaporated and the vegetables are not releasing liquid, about 7-10 minutes.
7. Add the soy sauce, sesame seeds, and scrambled eggs.
8. Cook, stirring constantly, until the soy sauce is absorbed, about 1-2 minutes.
9. Serve warm.

Recipe Notes

- A partial package of frozen mixed vegetables works well for this recipe, but its also a great way to use up any leftover vegetables in your refrigerator.
- You can also use a mixture of cooked rice and riced cauliflower.

**Nutrition Facts Per Serving: Calories: 115 | Total Fat: 7 g | Saturated Fat: 1.5 g
Sodium: 520 mg | Total Carbohydrate: 7 g | Dietary Fiber: 2 g | Protein: 6 g**



Mashed Potatoes and Cauliflower

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

- 2 medium Yukon gold or red potatoes, peeled and cubed
- 3 cups fresh or frozen cauliflower florets (about 2 pounds)
- 2 cloves garlic, minced (about 1 teaspoon)
- $\frac{1}{3}$ cup low-fat (1%) milk
- 2 tablespoons unsalted butter
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 2 tablespoons chopped fresh parsley (optional)

Directions

1. Place the potatoes and fresh cauliflower (if using frozen, see step 2) in a medium saucepan. Add water to cover and bring to a boil.
2. Reduce the heat to low and simmer until the potatoes are fork-tender and the cauliflower is very soft (overcooked), about 15 minutes. (If using frozen cauliflower, add after the potatoes have been boiling for 5 minutes. Bring back to a boil and continue cooking for the additional 10 minutes.)
3. Drain the potatoes and cauliflower into a strainer.
4. Transfer the cauliflower to a blender or food processor, along with the garlic, milk, butter, salt, and pepper. Puree until smooth.
5. Add the potatoes and pureed cauliflower mixture back to the pan. Mash together until smooth and combined.
6. Stir in the parsley (if using) and serve warm.

**Nutrition Facts Per Serving: Calories: 140 | Total Fat: 5 g | Saturated Fat: 1.5 g
Sodium: 190 mg | Total Carbohydrate: 22 g | Dietary Fiber: 3 g | Protein: 4 g**



Roasted Vegetables

Prep: 5 minutes | Cook: 30 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: ¾ cup

Ingredients

4 cups (about 1 pound) fresh vegetables, cut into bite-sized pieces (one type or a combination; e.g. green beans, cauliflower, carrots, broccoli, sweet potato, Brussels sprouts, beets, bell peppers)

1 tablespoon olive oil

3-6 cloves garlic, minced (about 1 tablespoon)

¼ teaspoon ground black pepper

¼ teaspoon salt

¼ cup grated or shredded parmesan cheese (optional)

1 tablespoon chopped fresh parsley (optional)

Directions

1. Preheat the oven to 450°F.
2. Line a baking sheet or casserole dish with parchment paper.
3. Place the selected vegetables in a large bowl.
4. Add the oil, garlic, black pepper, and salt. Toss to coat the vegetables.
5. Spread the vegetables out onto the prepared baking sheet or casserole dish in a single layer.
6. Bake until fork-tender, about 20-25 minutes, tossing about halfway through cooking for more even browning if desired.
7. (Optional) Top with the parmesan and parsley, and return to oven to broil until golden-brown, about 3-5 minutes, watching closely so they do not burn.
8. Serve warm.

Recipe Notes

- Actual cooking time may be shorter or longer, depending on the vegetables selected.
- Roasted vegetables will keep in the refrigerator for 5-7 days, or in the freezer for up to 3 months.
- Feel free to change up the seasonings to suit your flavor preferences.
- Substitute 1 teaspoon garlic powder for the fresh garlic if desired.

**Nutrition Facts Per Serving: Calories: 90 | Total Fat: 5 g | Saturated Fat: 1.5 g
Sodium: 220 mg | Total Carbohydrate: 9 g | Dietary Fiber: 4 g | Protein: 5 g**



Creamy Roasted Cauliflower Soup

Prep: 15 minutes | Cook: 55 minutes | Total: 1 hour 10 minutes

Yield: 4 servings | Serving Size: 2 cups

Ingredients

2 pounds cauliflower (about 2 small to medium heads or 1 large head), cut into bite-size florets
3 tablespoons olive oil, divided
 $\frac{3}{4}$ teaspoon salt, divided
1 medium onion, chopped (about 1 cup)
2 cloves garlic, minced (about 1 teaspoon)
4 cups (32 ounces) low-sodium vegetable broth
2 tablespoons unsalted butter
1-2 tablespoons lemon juice, to taste (about $\frac{1}{2}$ lemon)
 $\frac{1}{4}$ teaspoon ground nutmeg
4 tablespoons ($\frac{1}{4}$ cup) finely chopped fresh flat-leaf (Italian) parsley, chives, or scallion (green onion), divided

Directions

1. Preheat the oven to 425°F.
2. Toss the cauliflower with 2 tablespoons of the oil to coat, then sprinkle with $\frac{1}{4}$ teaspoon of the salt. Arrange the cauliflower in a single layer on a rimmed baking sheet.
3. Bake until the cauliflower is tender and browned on the edges, about 35-40 minutes, stirring after 20 minutes.
4. When there is about 10 minutes left on the cauliflower, heat a Dutch oven or large pot over medium heat. Add the remaining 1 tablespoon oil and heat until shimmering.
5. Add the onion and $\frac{1}{4}$ teaspoon of the salt. Cook, stirring occasionally, until softened, about 5-7 minutes.
6. Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds, then add the broth and cauliflower.
7. Bring to a boil over high heat, then reduce the heat to a simmer. Cook, stirring occasionally, for 20 minutes.
8. Add the butter, lemon juice, nutmeg, and remaining $\frac{1}{4}$ teaspoon salt. Blend until smooth using an immersion (handheld) blender.
9. Garnish each serving with 1 tablespoon of the parsley, chives, or scallion and serve warm.

**Nutrition Facts Per Serving: Calories: 230 | Total Fat: 17 g | Saturated Fat: 5 g
Sodium: 580 mg | Total Carbohydrate: 17 g | Dietary Fiber: 6.5 g | Protein: 7 g**



Indian Stir-Fried Cauliflower

Prep: 20 minutes | Cook: 25 minutes | Total: 45 minutes

Yield: 8 servings | Serving Size: ~1 cup

Ingredients

2 tablespoons peanut, avocado, or canola oil
1 medium onion, diced (about 1 cup)
½ teaspoon salt
3 cloves garlic, minced (about 1½ teaspoons)
½ teaspoon grated or minced fresh ginger
2 fresh green chile peppers (e.g. jalapeño, serrano), cut lengthwise, seeded, and minced
2 teaspoons ground coriander
1 teaspoon ground turmeric
1 teaspoon chili powder
¼ teaspoon ground black pepper
¼ cup water
1 medium cauliflower head, cut into florets (about 2 pounds; 4-6 cups)
2 cups frozen green peas
1 lime, cut into 8 wedges

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion and salt. Cook, stirring occasionally, until the onion is softened and slightly brown, about 6-8 minutes.
4. Add the garlic, ginger, chile peppers, coriander, turmeric, chili powder, and black pepper. Cook, stirring often, for 3-4 minutes.
5. Add the cauliflower florets. Cook, stirring constantly, for 1-2 minutes.
6. Add the water and cover the pan with a lid.
7. Cook until the cauliflower is fork-tender, about 8-10 minutes.
8. Add the peas and continue cooking until warmed through, about 1-2 minutes.
9. Serve warm, with a lime wedge to squeeze on juice as desired.

**Nutrition Facts Per Serving: Calories: 90 | Total Fat: 4 g | Saturated Fat: 0.5 g
Sodium: 175 mg | Total Carbohydrate: 11 g | Dietary Fiber: 4 g | Protein: 4 g**

Recipes for Celery



Corn and Celery Sauté

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 2 servings | Serving Size: $\frac{3}{4}$ cup

Ingredients

$\frac{3}{4}$ cup sliced celery (about 2 stalks)

$\frac{1}{2}$ tablespoon unsalted butter

1 cup fresh or frozen corn

Pinch salt

Pinch ground black pepper

Directions

1. Heat a medium skillet or sauté pan over medium heat.
2. Add the butter and heat until melted.
3. Add the celery and cook, stirring often, for 5 minutes.
4. Stir in the corn and continue cooking until the celery is tender and the corn is cooked or thawed, about 5 minutes.
5. Add the salt and pepper. Stir to combine.
6. Serve warm.

Recipe Notes

- Add 1 teaspoon minced garlic (about 2 cloves) with the celery, if desired.

**Nutrition Facts Per Serving: Calories: 100 | Total Fat: 4 g | Saturated Fat: 2 g
Sodium: 210 mg | Total Carbohydrate: 16 g | Dietary Fiber: 2.5 g | Protein: 3 g**



Tuscan Tuna Salad Wrap

Prep: 25 minutes | Chill: 10 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 1 wrap with $\frac{3}{4}$ cup filling

Ingredients

- 3 tablespoons red wine vinegar
- 1 tablespoon extra-virgin olive oil
- $\frac{1}{4}$ cup finely chopped onion (optional)
- 1 clove garlic, minced (about $\frac{1}{2}$ teaspoon)
- 1 tablespoon dried parsley (or $\frac{1}{4}$ cup fresh)
- $\frac{3}{4}$ cup (about half 15-ounce can) no-salt-added great northern beans, drained and rinsed
- 1 (5-ounce) can tuna in water, drained
- $\frac{1}{2}$ cup halved cherry or grape tomatoes
- $\frac{1}{2}$ cup diced bell pepper
- $\frac{1}{2}$ cup diced celery
- 4 tablespoons ($\frac{1}{4}$ cup) olive oil mayonnaise, divided
- 4 (8-inch) whole-grain wraps or tortillas

Recipe Notes

- In place of a wrap, try adding over a bed of lettuce or salad greens or as a pita bread filling.
- Keep the salad separate from the wrap if you are not eating it right away. Store in the fridge for 3 days.

**Nutrition Facts Per Serving: Calories: 310 | Total Fat: 12 g | Saturated Fat: 3 g
Sodium: 550 mg | Total Carbohydrate: 33 g | Dietary Fiber: 7 g | Protein: 15 g**



Cream of Celery Soup

Prep: 20 minutes | Cook: 40 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 9 celery stalks, chopped (about 3 cups)
- 1 large Russet potato, peeled and diced (about 8-10 ounces)
- 1 medium onion, chopped (about 1 cup)
- 1 teaspoon dried rubbed sage
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 cloves garlic, minced (about 1 teaspoon)
- 1 teaspoon lemon zest
- 3 cups (24 ounces) low-sodium vegetable broth
- 1 tablespoon lemon juice
- 4 tablespoons (¼ cup) chopped fresh parsley, or celery leaves divided

Directions

1. Heat a large pot over medium heat. Add the oil and butter. Heat until the butter is melted and the oil is shimmering.
2. Add the celery, potatoes, onion, sage, salt, and black pepper. Stir to combine. Cover the pot with a lid and cook until the celery and onion are softened, about 13-15 minutes.
3. Remove the lid and add the garlic and lemon zest. Cook while stirring for 1 minute.
4. Add the broth and bring to a boil over high heat, then reduce the heat to maintain a simmer. Cook uncovered until the potatoes are tender, about 15-20 minutes.
5. Working in batches, transfer the broth-vegetable mixture to the pitcher of a blender. Remove the plastic piece from the center of the blender lid and place a towel over the hole. Blend until smooth, about 2-3 minutes, then transfer the mixture to a large heatproof bowl.
6. Return the pureed mixture to the pot and stir in the lemon juice. Reheat over the stovetop if needed.
7. Serve warm, topping each serving with 1 tablespoon of the parsley or celery leaves.

**Nutrition Facts Per Serving: Calories: 150 | Total Fat: 6 g | Saturated Fat: 2 g
Sodium: 245 mg | Total Carbohydrate: 20 g | Dietary Fiber: 3 g | Protein: 5 g**

Recipes for Eggplant



Roasted Eggplant Spread

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: ~¼ cup

Ingredients

1 medium eggplant, peeled and cut into 1- to 2-inch chunks (about 12 ounces or 4 cups)

1 medium onion, chopped (about 1 cup)

1 tablespoon olive oil

¼ teaspoon garlic powder

¼ teaspoon salt

¼ teaspoon ground black pepper

1 tablespoon tomato paste

Directions

1. Preheat oven to 400°F.
2. In a medium mixing bowl, toss together the eggplant, onion, oil, salt, and black pepper.
3. Transfer the mixture to a baking sheet and spread into a single layer.
4. Roast in preheated oven until caramelized and tender, about 25-30 minutes.
5. Remove from oven and set aside to cool slightly, about 10 minutes.
6. Transfer the roasted vegetable mixture to a food processor or high-powered blender and add the tomato paste.
7. Pulse to chop up and mix in the tomato paste. The spread will remain chunky.
8. Serve right away.

Recipe Notes

- Try this spread on toasted crusty bread, pita chips, crackers, or sandwiches.
- This spread may be stored in the refrigerator for up to 7 days.

**Nutrition Facts Per Serving: Calories: 50 | Total Fat: 2 g | Saturated Fat: 0.5 g
Sodium: 150 mg | Total Carbohydrate: 6.5 g | Dietary Fiber: 1.5 g | Protein: 1 g**

Baked Eggplant Parmesan

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 2 servings | Serving Size: 2 slices eggplant and half the sauce

Ingredients

1 medium eggplant (about 1 pound), trimmed and cut lengthwise into four planks about ¾-inch in thickness, halve middle planks crosswise and cube outer planks, divided

¼ cup whole-wheat flour

1 egg, lightly beaten

½ cup panko or whole-wheat breadcrumbs

½ cup grated parmesan cheese, divided

½ teaspoon ground black pepper, divided

Nonstick cooking spray

1 tablespoon olive oil

Pinch salt

4 garlic cloves, minced (about 2 teaspoons)

Pinch-¼ teaspoon red pepper flakes, to taste

1 (14.5-ounce) can no-salt-added diced tomatoes

¼ cup shredded Italian blend cheese

4 tablespoons (¼ cup) chopped fresh basil, divided

Directions

1. Preheat oven to 450°F.
2. Add the flour to a shallow dish. Add the egg to a second dish. Add the breadcrumbs, ¼ cup of parmesan, and ¼ teaspoon of black pepper to a third dish.
3. Coat each piece of sliced eggplant lightly with the flour, then the egg, and then the breadcrumb mixture. Transfer the breaded eggplant slices to a wire cooling rack set inside a rimmed baking sheet and let sit for 5 minutes.
4. Spray the breaded eggplant lightly on both sides with nonstick spray and bake until tender and golden-brown, about 20-22 minutes, flipping halfway through the time.
5. Meanwhile, heat a large skillet or sauté pan over medium-high heat. Add the oil and heat until shimmering.
6. Add the chopped eggplant and salt. Cook, stirring often, until lightly-browned, about 3-4 minutes.
7. Add the garlic, red pepper, and the remaining ¼ teaspoon of black pepper. Cook until fragrant, about 30 seconds, then add the diced tomatoes with their juice.
8. Bring to a simmer and cook until the eggplant is tender and the sauce thickens, about 5-7 minutes. Set aside.
9. Combine the remaining ¼ cup parmesan and the Italian cheese in a small mixing bowl. Top the baked eggplant slices with cheese and bake until melted, about 2-3 minutes.
10. Transfer the eggplant slices to plates and spoon the sauce over the top. Serve warm, sprinkling each serving with 2 tablespoons of chopped basil.

**Nutrition Facts Per Serving: Calories: 370 | Total Fat: 13 g | Saturated Fat: 3 g
Sodium: 390 mg | Total Carbohydrate: 53 g | Dietary Fiber: 11 g | Protein: 13.5 g**



Stir-Fried Eggplant

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 2 servings | Serving Size: ~¾ cup

Ingredients

- 1 medium eggplant, cut into bite-sized cubes (about 3 cups)
- 2 teaspoons olive oil
- 1 tablespoon lite (reduced-sodium) soy sauce
- 2 teaspoons packed brown sugar
- 2 teaspoons grated fresh ginger (or ½ teaspoon ground dried ginger)
- 1 clove garlic, minced (about ½ teaspoon)

Directions

1. In a small bowl, whisk together the soy sauce, sugar, ginger, and garlic to make a sauce. Set aside.
2. Heat a large skillet or sauté pan over medium heat.
3. Add the oil and heat until shimmering.
4. Add the eggplant and cook, stirring occasionally, for 10 minutes.
5. Add the sauce. Continue to cook, stirring often, until the eggplant is tender and glazed with the sauce, about 3-5 minutes.
6. Serve warm.

Recipe Notes

- Add a protein, such as cooked chicken, fish, or tofu and/or serve over cooked brown rice, if desired.

**Nutrition Facts Per Serving: Calories: 100 | Total Fat: 6 g | Saturated Fat: 1 g
Sodium: 500 mg | Total Carbohydrate: 10 g | Dietary Fiber: 2 g | Protein: 1.5 g**

Recipes for Fennel



Fennel-Carrot Slaw

Prep: 15 minutes | Chill: 1 hour | Total: 1 hour 15 minutes

Yield: 2 servings | Serving Size: ~¾ cup

Ingredients

1 medium fennel bulb, cored and thinly sliced (about 1 cup)

1 medium carrot, shredded (about ½ cup)

1 tablespoon chopped fresh parsley

2 tablespoons white vinegar

1 tablespoon Dijon or brown mustard

1 teaspoon extra-virgin olive oil

Pinch salt

Pinch ground black pepper

Directions

1. In a medium mixing bowl, whisk together the vinegar, mustard, oil, salt, and black pepper.
2. Add fennel, carrot, and parsley. Toss to combine.
3. (Optional) Chill for 1 hour for best flavor.
4. Serve cold.

Recipe Notes

- Add sliced scallions (green onions), if desired.
- Substitute another delicate herb (e.g. basil, cilantro, dill) for the parsley, if desired.

**Nutrition Facts Per Serving: Calories: 85 | Total Fat: 3 g | Saturated Fat: 0 g
Sodium: 150 mg | Total Carbohydrate: 14 g | Dietary Fiber: 5 g | Protein: 2 g**



Roasted Broccoli, Fennel, and Chickpeas

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 6 servings | Serving Size: ~1 cup

Ingredients

- 1 cup nonfat plain Greek yogurt
- ½ cup chopped fresh parsley
- ½ jalapeno, membranes and seeds removed, minced
- 2 tablespoons lemon juice (about ½ lemon)
- Pinch ground black pepper
- 3 tablespoons olive oil
- 1 garlic clove, minced (about ½ teaspoon)
- 1½ teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ¼ teaspoon salt
- 1 medium head broccoli, cut into florets (about 3 cups)
- 1 medium fennel bulb, cored and sliced about ½-inch-thick
- 1 (15-ounce) can no-salt-added chickpeas (garbanzo beans), drained and rinsed

Directions

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper. Set aside.
2. In a medium mixing bowl, stir together the yogurt, parsley, jalapeño, lemon juice, and black pepper. Set aside.
3. In a separate large mixing bowl, stir together the oil, garlic, coriander, cumin, paprika, and salt.
4. Add the broccoli, fennel, and chickpeas. Toss to combine and coat with the oil-seasoning mixture
5. Transfer the mixture to the prepared baking sheet, spreading it into a single layer.
6. Roast for 12 minutes, then remove from the oven and stir the mixture on the baking sheet.
7. Spread the mixture back out into a single layer, then place back in the oven.
8. Continue cooking until browned and the vegetables are fork-tender, about 10-12 minutes.
9. Transfer the roasted vegetable-chickpea mixture to the bowl with the yogurt mixture. Toss to combine.
10. Serve warm.

**Nutrition Facts Per Serving: Calories: 195 | Total Fat: 8.5 g | Saturated Fat: 1 g
Sodium: 155 mg | Total Carbohydrate: 21.5 g | Dietary Fiber: 6.5 g | Protein: 10 g**



Roasted Kohlrabi, Beets, and Fennel

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: ~ $\frac{3}{4}$ cup

Ingredients

2 kohlrabi bulbs, peel and chopped into $\frac{3}{4}$ - to 1-inch cubes

2 medium beets, peeled and sliced about $\frac{1}{2}$ -inch-thick

1 medium fennel bulb, cored and sliced about $\frac{1}{2}$ -inch-thick

1 tablespoon olive oil

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon ground black pepper

2 tablespoons grated or shredded parmesan

2 tablespoons chopped fresh parsley (or $\frac{1}{2}$ teaspoon dried parsley)

Directions

1. Preheat the oven to 425°F.
2. Add the kohlrabi, beets, and fennel to a baking sheet.
3. Add the oil, salt, and black pepper. Toss to combine.
4. Roast in the oven until fork-tender, about 25-30 minutes, stirring about halfway through the cooking time.
5. Remove from oven.
6. Add the parmesan and parsley. Toss to combine.
7. Serve warm.

Recipe Notes

- This recipe works well with a variety of root vegetables.

**Nutrition Facts Per Serving: Calories: 150 | Total Fat: 7 g | Saturated Fat: 2 g
Sodium: 390 mg | Total Carbohydrate: 18 g | Dietary Fiber: 7 g | Protein: 7 g**



Kale and Shaved Fennel Salad

Prep: 30 minutes | Cook: 0 minutes | Total: 30 minutes

Yield: 6 servings | Serving Size: ~2 cups

Ingredients

- 4 tablespoons ($\frac{1}{4}$ cup) lemon juice (about 1 medium lemon), divided
- $\frac{1}{4}$ cup extra-virgin olive oil
- 2 tablespoons honey or maple syrup
- 1 teaspoon Dijon mustard
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 1 medium fennel bulb, stalks removed
- 1 large bunch or 2 medium bunches kale (about 14-16 ounces in total)
- 1 ripe firm pear
- 12 tablespoons ($\frac{3}{4}$ cup) crumbled blue cheese, divided
- 12 tablespoons ($\frac{3}{4}$ cup) chopped toasted walnuts, divided

Recipe Notes

- A different crumbly cheese such as feta, gorgonzola, or goat cheese can be substituted for the blue cheese.
- Substitute apple for the pear if desired.

Directions

1. In a large mixing or serving bowl, add 2 tablespoons of lemon juice, oil, honey or maple syrup, mustard, salt, and black pepper and whisk well to create a dressing. Set aside.
2. Cut the fennel bulb into quarters lengthwise and remove the core from each piece. Cut each quarter into thin slices, with a knife or a slicing tool (e.g. box grater, mandoline).
3. In a medium mixing bowl, toss the shaved fennel with the remaining 2 tablespoons of lemon juice. Set aside.
4. Remove the large stems from the kale and cut or tear into bite-sized pieces. Add to the bowl with the dressing. Using clean hands, toss and massage the kale with the dressing.
5. Cut the pear in half lengthwise and scrape out the core with the tip of a spoon. Cut each half lengthwise into thin slices.
6. Add the pear and fennel to the bowl with the kale and toss to combine.
7. Serve, topping each serving with 2 tablespoons of the blue cheese and 2 tablespoons of the walnuts.

**Nutrition Facts Per Serving: Calories: 325 | Total Fat: 23.5 g | Saturated Fat: 5 g
Sodium: 400 mg | Total Carbohydrate: 22.5 g | Dietary Fiber: 4 g | Protein: 10 g**

Recipes for Fresh Herbs



Fresh Herb Pesto

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 4 servings | Serving Size: ~2 tablespoons

Ingredients

- 1 cup packed basil and/or parsley
- 2 tablespoons toasted nuts or seeds (e.g. pine nuts, walnuts, sunflower seeds)
- 2 tablespoons grated or shredded parmesan cheese
- 2 tablespoons olive oil
- 2 tablespoons lemon juice (about ½ lemon)
- 1 garlic clove, smashed or chopped
- ¼ teaspoon salt

Directions

1. Add the basil and/or parsley, nuts or seeds, parmesan, oil, lemon juice, garlic, and salt to the bowl of a food processor or blender.
2. Blend until smooth, about 2-3 minutes, scraping down the sides as needed.
3. Serve right away, or store in an airtight container in the refrigerator.

Recipe Notes

- If the mixture is too thick, add an additional 1 tablespoon of olive oil and/or lemon juice and continue blending.
- Use with pasta or zucchini noodles, add to pizza in place of pizza sauce, or spread on a sandwich.
- This pesto will stay fresh in the refrigerator for up to 7 days. Any leftovers can be frozen in ice cube trays, then transferred to an airtight container in the freezer for up to 3 months.

**Nutrition Facts Per Serving: Calories: 140 | Total Fat: 12 g | Saturated Fat: 2 g
Sodium: 240 mg | Total Carbohydrate: 7 g | Dietary Fiber: 4 g | Protein: 4 g**



Creamy Herb Dip

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 6 servings | Serving Size: ~¼ cup

Ingredients

- ¼ cup low-fat (1%) milk
- 1 cup low-fat cottage cheese
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh chives
- ½ teaspoon dried basil (or 1 teaspoon fresh basil)
- Pinch curry powder
- 1 garlic clove, minced (about ½ teaspoon)

Directions

1. Add the milk, cottage cheese, parsley, chives, basil, curry powder, and garlic to a blender or food processor.
2. Blend until smooth, about 1-2 minutes, scraping down the sides as needed.
3. Serve right away, or chill before serving if desired.

Recipe Notes

- This dip goes well with crisp raw vegetables, whole-grain crackers, pretzels, or pita chips.
- Adjust the consistency with more or less milk, as desired.

**Nutrition Facts Per Serving: Calories: 35 | Total Fat: 5 g | Saturated Fat: 3 g
Sodium: 155 mg | Total Carbohydrate: 1 g | Dietary Fiber: 0 g | Protein: 5.5 g**



Fresh Herb Chimichurri

Prep: 10 minutes | Chill: 20 minutes | Total: 30 minutes

Yield: 6 servings | Serving Size: 2 tablespoons

Ingredients

- 2 garlic cloves, peeled and left whole
- 1 cup packed fresh parsley leaves
- 1 tablespoon packed fresh oregano leaves
- 3 tablespoons red wine vinegar
- ¼ teaspoon salt
- Pinch crushed red pepper flakes (optional)
- Pinch ground black pepper
- ¼ cup olive oil

Directions

1. Put the garlic cloves in a food processor and pulse or blend until fully minced, about 30 seconds.
2. Add the parsley and oregano and pulse until fully chopped, about 30-60 seconds, scraping down the sides as needed.
3. Add the vinegar, salt, crushed red pepper (if using), and black pepper. Pulse to combine, about 30 seconds.
4. Transfer the mixture to a serving bowl or storage container.
5. Pour the oil over the top and gently stir to combine. Set aside for 15-20 minutes to allow the flavors to meld.
6. Serve at room temperature, or place in the refrigerator until needed.

Recipe Notes

- Serve with grilled meat, seafood, poultry, vegetables, roasted potatoes, or rice.
- Will keep in the refrigerator for up to 7 days. Any leftovers can be frozen in ice cube trays, then popped out and placed in a plastic zip-top bag in the freezer for up to 3 months.

**Nutrition Facts Per Serving: Calories: 90 | Total Fat: 8.5 g | Saturated Fat: 2.5 g
Sodium: 100 mg | Total Carbohydrate: 1 g | Dietary Fiber: 0.5 g | Protein: 0 g**



Cucumber-Herb Tzatziki

Prep: 5 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 3 servings | Serving Size: ¼ cup

Ingredients

½ cup grated cucumber, squeezed to drain excess liquid

½ cup plain yogurt

1 tablespoon fresh mint, chopped

1 tablespoon fresh basil, chopped

1 tablespoon finely chopped garlic scapes (or 1 clove minced garlic)

2 teaspoons lemon juice

1 teaspoon extra-virgin olive oil

Pinch salt

Directions

1. Add the grated and drained cucumber to a medium mixing bowl.
2. Add the yogurt, mint, basil, garlic scapes, lemon juice, oil, and salt.
3. Stir to combine.
4. Serve right away, or chill before serving.

Recipe Notes

- Substitute dill for the basil, if desired.
- Add as a spread on a sandwich or wrap, serve with whole-wheat pita, or serve with whole-grain crackers.

**Nutrition Facts Per Serving: Calories: 60 | Total Fat: 2 g | Saturated Fat: 1 g
Sodium: 130 mg | Total Carbohydrate: 8 g | Dietary Fiber: 1 g | Protein: 3 g**

Recipes for Greens

Hummus and Veggie Wrap-Up

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 1 serving | Serving Size: 1 wrap

Ingredients

- 2 tablespoons hummus (store-bought or homemade; try the Home-Style Hummus recipe on page 16)
- 1 (8-inch) whole-wheat tortilla
- ½ cup mixed salad greens
- 2 tablespoons finely chopped sweet onion
- ¼ cup thinly sliced cucumber
- 2 tablespoons diced tomato
- 2 tablespoons shredded carrots
- 1 tablespoon balsamic vinaigrette

Directions

1. Spread the hummus over the tortilla.
2. Layer the tortilla with the salad greens, onion, cucumber, tomato, and carrots.
3. Drizzle with the vinaigrette.
4. Fold the sides of the tortilla over towards the center, then roll up tightly.
5. Serve cold.

Recipe Notes

- Consider adding other non-starchy vegetables that you may have on hand, such as sliced bell peppers, cooked mushrooms, or zucchini.

**Nutrition Facts Per Serving: Calories: 250 | Total Fat: 12.5 g | Saturated Fat: 3 g
Sodium: 555 mg | Total Carbohydrate: 29 g | Dietary Fiber: 6.5 g | Protein: 7 g**



Kale Chips

Prep: 15 minutes | Cook: 25 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: ~1 cup

Ingredients

½ bunch kale

2 teaspoons olive oil

2 teaspoons nutritional yeast (optional)

1 teaspoon spice (one type or a combination; e.g. garlic powder, onion powder, chili powder, paprika)

¼ teaspoon salt

Directions

1. Preheat the oven to 300°F.
2. Line a baking sheet with parchment paper. Set aside.
3. Wash the kale and pat dry. Remove the leaves from the stems, discarding the stems. Place the leaves in a large mixing bowl.
4. Add the oil and rub onto the surface of the kale leaves.
5. Add the nutritional yeast (if using), selected spice(s), and salt. Toss to combine.
6. Spread the kale into a single layer on the prepared baking sheet.
7. Bake until crispy, about 20-25 minutes, rotating the pan halfway through the cooking time.
8. Let cool, then serve at room temperature.

Recipe Notes

- If you do not have parchment paper, you can lightly coat the baking sheet with nonstick cooking spray.
- Store in an airtight container at room temperature for up to 2 days.

**Nutrition Facts Per Serving: Calories: 60 | Total Fat: 2.5 g | Saturated Fat: 0 g
Sodium: 175 mg | Total Carbohydrate: 7.5 g | Dietary Fiber: 1.5 g | Protein: 2.5 g**



Summer Vegetable Crustless Quiche

Prep: 10 minutes | Cook: 45 minutes | Total: 55 minutes

Yield: 6 servings | Serving Size: 1 piece

Ingredients

Nonstick cooking spray
1 tablespoon olive oil
½ medium onion, diced (about ½ cup)
½ medium zucchini, chopped (about ½ cup)
2 cups chopped or torn leafy greens (e.g. kale, chard, spinach)
6 eggs
¾ cup low-fat (1%) milk
3 tablespoons all-purpose flour
½ teaspoon baking powder
½ teaspoon paprika
¼ teaspoon dried thyme
¼ teaspoon salt
Pinch ground black pepper
¼ cup crumbled feta

Directions

1. Preheat oven to 375°F. Grease a pie plate or 8x8-inch baking dish with cooking spray. Set aside.
2. Heat a medium skillet or sauté pan over medium heat.
3. Add the oil and heat until shimmering.
4. Add the onion and cook, stirring often, for 5 minutes.
5. Add the zucchini and continue cooking for 5 minutes.
6. Add the greens and continue cooking for 5 minutes.
7. Transfer the vegetables to the prepared pie plate or baking dish.
8. In a medium bowl, beat the eggs. Add the milk, flour, baking powder, paprika, thyme, salt, and black pepper. Whisk to combine, then gently stir in feta.
9. Pour the egg mixture over the vegetables and stir gently.
10. Bake until the center is set, about 25-30 minutes.
11. Let cool slightly, then cut into six pieces and serve warm.

Recipe Notes

- Try other vegetables such as peppers, mushrooms, and thinly sliced potatoes. Add a different cheese, if desired.

**Nutrition Facts Per Serving: Calories: 145 | Total Fat: 9 g | Saturated Fat: 3 g
Sodium: 250 mg | Total Carbohydrate: 8.5 g | Dietary Fiber: 1.3 g | Protein: 8.5 g**



Sautéed Swiss Chard

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 2 servings | Serving Size: 1 cup

Ingredients

- 1 tablespoon olive oil
- 1 bunch chard, stems chopped and leaves torn into 2- to 3-inch pieces
- 2 scallions (green onions), sliced (about ¼ cup)
- 2 garlic scapes, finely chopped (or 1 clove minced garlic)
- 2 tablespoons water
- Pinch salt
- Pinch ground black pepper
- Pinch nutmeg
- 2 teaspoons balsamic vinegar

Directions

1. Heat a large sauté pan over medium heat.
2. Add the oil and heat until shimmering.
3. Add the chard stems, scallions, and garlic scapes. Cook, stirring occasionally, until the stems are tender, about 6-8 minutes.
4. Add the chard leaves and water. Cover the pan with a lid and cook for 3 minutes.
5. Remove the lid. Add the salt, black pepper, and nutmeg. Continue cooking uncovered for 3 minutes, stirring constantly.
6. Remove from heat and drizzle with balsamic vinegar. Serve warm.

Recipe Notes

- Substitute apple cider vinegar for the balsamic vinegar, if desired.

**Nutrition Facts Per Serving: Calories: 90 | Total Fat: 7 g | Saturated Fat: 1 g
Sodium: 380 mg | Total Carbohydrate: 6 g | Dietary Fiber: 2 g | Protein: 2 g**



Massaged Kale Salad

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 6 servings | Serving Size: 1 cup

Ingredients

2 bunches kale, stems removed and chopped, or 1 (16-ounce) bag cut kale

6 tablespoons lemon juice, divided (about 2 lemons)

3 tablespoons extra-virgin olive oil, divided

1 teaspoon honey

¼ teaspoon salt

¼ teaspoon ground black pepper

1 pint cherry or grape tomatoes, halved (about 2-3 cups)

¼ cup unsalted shelled sunflower seeds (can substitute another seed or chopped nut)

Directions

1. Add the kale to a large mixing or serving bowl.
2. Add 4 tablespoons (¼ cup) of the lemon juice, 2 tablespoons of the oil, and the salt.
3. Massage the kale until it wilts down in size by about half and it feels more tender, about 1-2 minutes, making sure each leaf is coated with the lemon juice-oil mixture. Set aside.
4. In a small bowl, make a dressing by whisking together the honey, salt, black pepper, the remaining 2 tablespoons lemon juice, and the remaining 1 tablespoon oil.
5. Pour the dressing over the kale, along with the sunflower seeds and tomatoes. Toss to combine.
6. Serve immediately, or chill before serving.

Recipe Notes

- Load this salad up with any of your other favorite vegetables, or even fruit.
- If you're watching the salt, you can reduce it, omit it, or substitute your favorite salt-free seasoning.
- For a more lemony flavor, add ½ teaspoon lemon zest to the dressing.
- This salad can be made 1-2 days before serving, if desired. Unlike salads made with lettuce or spinach, salads made with kale actually improve in flavor and texture with time.

**Nutrition Facts Per Serving: Calories: 155 | Total Fat: 10 g | Saturated Fat: 1.5 g
Sodium: 140 mg | Total Carbohydrate: 15 g | Dietary Fiber: 3 g | Protein: 4.5 g**

Recipes for Onions



Caramelized Onion Dip

Prep: 5 minutes | Cook: 20 minutes | Total: 25 minutes

Yield: 8 servings | Serving Size: ¼ cup

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 cup diced onion (about 1 medium onion)
- Pinch salt
- ¾ cup nonfat plain Greek yogurt (about 6 ounces)
- ¼ cup olive oil mayonnaise
- ¼ teaspoon garlic powder
- ¼ teaspoon ground white pepper (black pepper is okay, but you may want to use less)

Directions

1. Heat a medium-sized sauté pan over medium heat.
2. Add the oil and allow it to heat up (about 20-30 seconds).
3. Add the onion and salt and cook until the onions are caramelized, about 20-30 minutes, stirring every 5-10 minutes.
4. Remove the pan from the heat and set aside to cool.
5. While the onions caramelize, add the Greek yogurt, mayonnaise, garlic powder, and white pepper to a small mixing bowl. Stir to combine.
6. Add the cooled caramelized onions to the yogurt mixture and stir to combine.
7. Serve immediately or refrigerate for at least 30 minutes, up to 7 days. Stir before serving to recombine.

Recipe Notes

- The flavor of this dip improves with time. If possible, make it the day before you plan to serve it. The dip will thicken as it sits in the refrigerator. If needed, add 1-2 tablespoons of water and mix well to thin.
- This dip goes well with whole-grain chips (e.g. tortilla chips) or crackers, as well as raw crunchy vegetables such as carrots, celery, cucumbers, bell peppers, broccoli, cauliflower, and snap peas.

**Nutrition Facts Per Serving: Calories: 55 | Total Fat: 4 g | Saturated Fat: 0.5 g
Sodium: 75 mg | Total Carbohydrate: 3 g | Dietary Fiber: 0.5 g | Protein: 2.5 g**

Quick-Pickled Onions

Prep: 5 minutes | Chill: 1 hour | Total: 1 hour 5 minutes

Yield: 4 servings | Serving Size: ¼ cup

Ingredients

3 tablespoons vinegar (any flavor; e.g. white vinegar, red wine vinegar, apple cider vinegar)

1 tablespoon extra-virgin olive oil

1½ teaspoons sugar or honey

¼ teaspoon salt

¼ teaspoon ground black pepper

½ medium onion, thinly sliced (about 1 cup)

Directions

1. In a small to medium mixing bowl, whisk together the vinegar, oil, sugar or honey, salt, and black pepper.
2. Add the onion and toss to coat.
3. Let sit at room temperature for 1 hour or in the refrigerator for at least 4 hours.
4. Serve as desired. Quick-pickled onions will keep in the refrigerator for up to 4 days.

Recipe Notes

- For best flavor, slice the onion vertically along the grain (long stripes going towards the root).
- Pickled onions are a great topping for tacos, salads, burgers, and barbecue-flavored sandwiches.
- For an even quicker pickle, double the brine (everything except the onion) and heat it in the microwave before tossing it with the onion. Let sit for 30 minutes before serving or storing in the refrigerator.



**Nutrition Facts Per Serving: Calories: 45 | Total Fat: 3.5 g | Saturated Fat: 0.5 g
Sodium: 150 mg | Total Carbohydrate: 3 g | Dietary Fiber: 0.5 g | Protein: 0 g**



Apple Salad

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 4 servings | Serving Size: 1¼ cups

Ingredients

2 tablespoons apple cider vinegar

2 tablespoons olive oil

¼ teaspoon ground black pepper

4 medium apples, chopped (about 4 cups)

1 medium sweet onion, thinly sliced (about 1½ cups)

Directions

1. In a medium mixing bowl, whisk together the vinegar, oil, and black pepper.
2. Add the apples and onion. Toss to combine.
3. Serve immediately, or chill before serving if desired.

Recipe Notes

- Try using 2 cups chopped or shredded cabbage for 2 of the apples.
- For a creamier consistency, replace the olive oil with olive oil mayonnaise or plain Greek yogurt.
- This salad will keep in the refrigerator for 3-4 days.

**Nutrition Facts Per Serving: Calories: 135 | Total Fat: 7 g | Saturated Fat: 1 g
Sodium: 5 mg | Total Carbohydrate: 19 g | Dietary Fiber: 4.5 g | Protein: 0 g**



Chicken Fajitas

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 2 servings | Serving Size: 2 fajitas

Ingredients

- ½ teaspoon garlic powder
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne
- ½ pound (8 ounces) boneless skinless chicken breasts, sliced into thin strips
- 1 tablespoon olive oil, divided
- 1 large onion, sliced (about 1½ cups)
- 1 large bell pepper, sliced (about 1½ cups)
- 1 large tomato, diced (about 1½ cups)
- 1 avocado, sliced
- ½ cup nonfat plain Greek yogurt
- ½ cup salsa or Pico de Gallo (homemade or store-bought)
- 4 (8-inch) whole-wheat tortillas

Directions

1. In a medium mixing bowl, mix together the garlic powder, chili powder, cumin, and cayenne.
2. Add the raw chicken and toss to coat with the spice mixture.
3. Heat a medium skillet or sauté pan over medium heat.
4. Add ½ tablespoon of the oil and heat until shimmering.
5. Add the chicken. Cook, stirring often, until the chicken is fully cooked and no longer pink, about 5-7 minutes.
6. Remove the chicken from the pan and place on a clean plate. Cover the plate with foil and set aside.
7. Return the pan to the stovetop and turn the heat up to high.
8. Add the remaining ½ tablespoon oil.
9. Add the onion and bell pepper. Cook, stirring often, until crisp-tender, about 3-5 minutes.
10. Divide the chicken, onion-pepper mixture, tomato, avocado Greek yogurt, and salsa over the tortillas.
11. Serve warm.

**Nutrition Facts Per Serving: Calories: 610 | Total Fat: 32 g | Saturated Fat: 6 g
Sodium: 500 mg | Total Carbohydrate: 47 g | Dietary Fiber: 13 g | Protein: 38 g**

Recipes for Peppers



Un-Stuffed Pepper Skillet

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

- 1 pound (16 ounces) lean ground turkey or chicken (90% lean or higher)
- ½ cup uncooked quick-cooking brown rice
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 1 (8-ounce) can no-salt-added tomato sauce
- 1 cup (8 ounces) low-sodium beef broth
- 1 medium yellow or orange bell pepper, diced (about 1 cup)
- 1 medium red bell pepper, diced (about 1 cup)
- 1 medium onion, diced (about 1 cup)
- 1 tablespoon brown sugar
- 1 teaspoon dried Italian seasoning blend
- ½ teaspoon ground black pepper
- Dash cayenne (optional)
- ¾ cup shredded Italian or cheddar cheese

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the ground turkey or chicken. Cook until no longer pink, about 6-8 minutes, breaking it up as it cooks.
3. Add the rice and cook, stirring often, for about 2 minutes.
4. Add the diced tomatoes with their juice, tomato sauce, broth, bell peppers, onion, brown sugar, Italian seasoning, black pepper, and cayenne (if using). Stir to combine.
5. Bring to a boil, then reduce the heat to maintain a simmer.
6. Cover the pan with a lid and cook for the amount of time listed on the rice package. Stir every 5-10 minutes while the rice cooks.
7. When the rice is tender, turn off the heat and sprinkle the cheese over the top.
8. Cover the pan with the lid and let sit until the cheese melts, about 5 minutes.
9. Serve warm.

Recipe Notes

- For a Tex-Mex flavor, try substituting salsa for the tomato sauce and taco seasoning for the Italian seasoning.

**Nutrition Facts Per Serving: Calories: 420 | Total Fat: 18 g | Saturated Fat: 7 g
Sodium: 260 mg | Total Carbohydrate: 33 g | Dietary Fiber: 6 g | Protein: 32 g**



Loaded Vegetable Omelet

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 1 serving | Serving Size: 1 omelet

Ingredients

- 3 large eggs
- 3 tablespoons low-fat (1%) milk
- ¼ teaspoon ground black pepper
- 1 teaspoon olive oil
- ⅓ cup finely diced onion
- ⅓ cup finely diced mushrooms
- ⅓ cup finely diced bell pepper
- Nonstick cooking spray
- 2 tablespoons shredded reduced-fat (2%) cheese

Directions

1. Crack the eggs into a small bowl. Add the milk and black pepper. Whisk with fork until combined, then set aside.
2. Heat a 10-inch nonstick skillet over medium-high heat.
3. Add the oil and heat until shimmering.
4. Add the onion, mushrooms, and bell pepper. Cook, stirring often, until tender and lightly browned, about 3-5 minutes.
5. Transfer the vegetable mixture to a plate and set aside.
6. Spray the pan with nonstick spray and return the pan to the stovetop. Reduce the heat to medium-low.
7. Add the egg mixture to the pan and cover the pan with a lid.
8. Allow the eggs to cook, without stirring, until firm but still moist, about 2-4 minutes.
9. Remove the lid and sprinkle the vegetable mixture and cheese over one half of the cooked eggs.
10. Fold the other half of eggs over the vegetables and cheese.
11. Turn off the heat and cover the pan with the lid until the cheese is melted, about 2-3 minutes, then serve warm.

Recipe Notes

- Substitute any of your favorite fresh or leftover vegetables, or add cooked lean meat and beans if desired.

**Nutrition Facts Per Serving: Calories: 350 | Total Fat: 22 g | Saturated Fat: 6.5 g
Sodium: 400 mg | Total Carbohydrate: 12 g | Dietary Fiber: 2 g | Protein: 28 g**



Roasted Red Pepper Romesco

Prep: 20 minutes | Cook: 15 minutes | Total: 35 minutes

Yield: 6 servings | Serving Size: ~ $\frac{1}{3}$ cup

Ingredients

- 1 large red bell pepper, stem and seeds removed, quartered
- 2 medium Roma tomatoes, halved lengthwise
- $\frac{1}{4}$ cup extra-virgin olive oil
- $\frac{1}{3}$ cup sliced almonds, toasted
- 2 tablespoons red wine vinegar or sherry vinegar
- 1 tablespoon packed fresh parsley leaves
- 2 garlic cloves, peeled and left whole
- 1 teaspoon smoked paprika
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon cayenne (optional)

Directions

1. Move an oven rack to be about 10 inches from the broiler. Preheat the oven broiler to high.
2. Place the bell pepper and tomatoes on a baking sheet, skin-side-up. Place under the broiler until the skins are blistered and slightly blackened, about 10-15 minutes. Keep a close watch and rotate halfway through for even cooking.
3. Remove from the oven. Transfer the bell pepper and tomatoes to a heatproof bowl. Cover the bowl with plastic wrap and set aside for 10-15 minutes.
4. Remove the skins from the bell pepper and tomatoes.
5. Add the bell pepper, tomatoes, oil, almonds, vinegar, parsley, garlic, paprika, salt, black pepper, and cayenne (if using) to a food processor or blender.
6. Blend until smooth, about 2-3 minutes, scraping down the sides as needed.
7. Serve right away, or store in an airtight container in the refrigerator for up to 7 days. Freeze for up to 3 months.

Recipe Notes

- Serve on top of fish, chicken, or roasted vegetables, or use as a dipping sauce for bread.

**Nutrition Facts Per Serving: Calories: 135 | Total Fat: 12 g | Saturated Fat: 2.5 g
Sodium: 195 mg | Total Carbohydrate: 4 g | Dietary Fiber: 2 g | Protein: 3.5 g**



Roasted Jalapeño Sriracha

Prep: 5 minutes | Cook: 10 minutes | Chill: 20 minutes | Total: 35 minutes

Yield: 16 servings | Serving Size: 1 tablespoon

Ingredients

½ pound (8 ounces) jalapenos, left whole (about 4-6 jalapenos)

½ medium onion, cut into large chunks or thick wedges

1 tablespoon avocado oil or canola oil

4 garlic cloves, peeled and left whole

2 limes, juiced (about ¼ cup)

¼ cup water

1½ tablespoons granulated sugar

½ teaspoon salt

Directions

1. Preheat oven broiler to high.
2. Line a baking sheet with a large piece of aluminum foil.
3. Place the jalapenos and onion on the baking sheet and toss with oil.
4. Place under the broiler, on the middle rack if your broiler is inside the oven and broil for 5 minutes.
5. Turn the jalapenos and onion pieces over, then add the garlic cloves to the baking sheet. Continue broiling until the vegetable are spotty-brown and charred in places, about 5 minutes.
6. Wrap the vegetables tightly with the foil and set aside for 20 minutes.
7. Open the foil carefully. One at a time, run the jalapenos under cool water while rubbing to remove the skins. Split the jalapenos lengthwise and scrape out the seeds.
8. Place the jalapenos, onion, garlic, lime juice, water, sugar, and salt in a blender. Blend until smooth, about 2 minutes.
9. Serve right away or chill before serving. Store in the refrigerator in an airtight container for up to 7 days.

**Nutrition Facts Per Serving: Calories: 10 | Total Fat: 0 g | Saturated Fat: 0 g
Sodium: 75 mg | Total Carbohydrate: 3 g | Dietary Fiber: 0.5 g | Protein: 0 g**



Fresh Corn and Roasted Red Pepper Salad

Prep: 30 minutes | Cook: 10 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: ~1 cup

Ingredients

3 ears corn (on the cob), husks on
¼ cup olive oil
2 lemons, zested and juiced
1 tablespoon grated fresh ginger
1 tablespoon honey
¾ teaspoon turmeric
¼ teaspoon salt
2 cups shredded red cabbage
2 roasted red bell peppers, chopped
2 peaches, pitted and diced
1 cup halved grape or cherry tomatoes
½ cup chopped fresh basil (about 3 ounces)
1 avocado, pitted and cubed
4 tablespoons (¼ cup) crumbled feta, divided

Directions

1. Place one ear of corn, with the husk on, in the microwave and cook on high (default power) for 2 minutes. Carefully remove from the microwave and set aside. Repeat with the remaining ears of corn.
2. In a large mixing bowl, whisk together the oil, ⅓ cup of the lemon juice, 1½ teaspoons of the lemon zest, ginger, honey, turmeric, and salt.
3. Add the cabbage, roasted peppers, peaches, tomatoes, and basil. Toss to combine and set aside.
4. When the corn is cool enough to handle, remove the husks but leave stalks on. Cut a small slice off the tip of each ear to create a flat surface.
5. Place a small bowl upside-down inside a larger bowl.
6. Working one ear at a time, hold the stalk of an ear of corn and place the tip on top of the small bowl. Cutting lengthwise from the stalk to the tip, cut the kernels off the ear of corn.
7. Mix the corn kernels into cabbage-pepper mixture.
8. Serve, topping each serving with a quarter of the avocado and 1 tablespoon of the feta.

**Nutrition Facts Per Serving: Calories: 375 | Total Fat: 26 g | Saturated Fat: 5.5 g
Sodium: 275 mg | Total Carbohydrate: 36 g | Dietary Fiber: 8.5 g | Protein: 6.5 g**

Recipes for Tomatoes

Summer Vegetable Ratatouille

Prep: 20 minutes | Cook: 40 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

3 large tomatoes (or 6 medium Roma tomatoes)
1 medium bell pepper, cut into bite-sized pieces (about 1½ cups)
1 medium eggplant, peeled and cut into bite-sized pieces (about 3 cups)
1 medium zucchini, cut into bite-sized pieces (about 2 cups)
1 medium yellow squash, cut into bite-sized pieces (about 2 cups)
1 medium onion, cut into bite-sized pieces (about 1½ cups)
2 tablespoons olive oil, divided
¼ teaspoon salt
2 cloves garlic, minced
¼ teaspoon dried oregano
¼ teaspoon ground black pepper
⅛-¼ teaspoon crushed red pepper flakes, to taste
2 tablespoons chopped fresh basil

Directions

1. Preheat oven to 425°F.
2. Using a box grater, grate the tomatoes over a medium mixing bowl. Pour off excess juice, as desired. Set aside.
3. Place the bell pepper, eggplant, zucchini, squash, and onion on a baking sheet. Add 1½ tablespoons of the oil and the salt. Toss to combine, then spread into a single layer.
4. Roast in the oven until well-browned and fork tender, about 20-25 minutes., tossing halfway through the cooking time.
5. While the vegetables are roasting, heat a large saucepan or stockpot over medium heat.
6. Add the remaining ½ tablespoon of oil and heat until shimmering.
7. Add the garlic and cook until fragrant, about 30-60 seconds.
8. Add the grated tomatoes, oregano, black pepper, and crushed red pepper.
9. Bring to a simmer over medium-high heat, then reduce the heat to maintain a low simmer. Cook, stirring occasionally, for 5 minutes.
10. Add the roasted vegetables. Continue cooking for 7-10 minutes.
11. Remove from the heat and stir in the basil.
12. Serve warm.

Recipe Notes

- Serve over rice, pasta, or crusty bread.
- Top with a sprinkle of parmesan or feta, if desired.

**Nutrition Facts Per Serving: Calories: 145 | Total Fat: 7.5 g | Saturated Fat: 1 g
Sodium: 225 mg | Total Carbohydrate: 19 g | Dietary Fiber: 7.5 g | Protein: 4 g**



Pico de Gallo (Salsa Fresca)

Prep: 10 minutes | Chill: 15 minutes | Total: 25 minutes

Yield: 10 servings | Serving Size: ~¼ cup

Ingredients

2 cups diced ripe Roma tomatoes (about 4-6 tomatoes)

1 jalapeño or 2 serrano chiles, ribs and seeds removed, minced

¼ cup chopped fresh cilantro leaves

2 tablespoons lime juice (about 1 lime)

½ cup onion, finely chopped (about ¼-½ medium onion)

¼-½ teaspoon salt, to taste

Directions

1. In a medium mixing bowl, add the tomatoes, jalapeno or serrano chiles, cilantro, lime juice, onion, and salt.
2. Stir to combine.
3. Set in the refrigerator to chill for at least 15 minutes before serving.
4. Serve cold or at room temperatures, as a dip or as a condiment.

Recipe Notes

- To make the salsa hotter, add a quarter to half of the chile seeds to the salsa.
- To cut down on the raw onion flavor, let the chopped onion sit in the bowl with the lime juice while you prepare the other ingredients or rinse it under cold water for 30 seconds.

**Nutrition Facts Per Serving: Calories: 10 | Total Fat: 0 g | Saturated Fat: 0 g
Sodium: 120 mg | Total Carbohydrate: 2.5 g | Dietary Fiber: 0.5 g | Protein: 0.5 g**

Garden-Fresh Gazpacho

Prep: 20 minutes | Chill: 2 hours | Total: 2 hours 20 minutes

Yield: 4 servings | Serving Size: ~1 cup

Ingredients

1½ pounds ripe medium tomatoes (about 6-10 tomatoes, depending on variety)
1 (5.5-ounce) can tomato juice, added as needed
1 medium cucumber, peeled, seeded, and finely chopped (about 1 cup)
1 medium red bell pepper, finely chopped (about 1 cup)
½ cup finely chopped onion
1 jalapeño, seeds and membranes removed, minced
1-2 garlic cloves, minced (about 1 teaspoon)
1 lime, juiced (about 2 tablespoons juice)
1 tablespoon balsamic vinegar
1 tablespoon lite (reduced-sodium) soy sauce
½ teaspoon ground cumin
¼ teaspoon salt
¼ teaspoon ground black pepper
¼ cup extra-virgin olive oil
¼ cup sliced fresh basil leaves

Directions

1. Fill a large pot or saucepan halfway full with water. Set over high heat and bring to a boil.
2. Meanwhile, prepare a large bowl with ice water and make an X cut with a paring knife on the bottom of each tomato.
3. Carefully drop the tomatoes into the boiling water and cook for 15 seconds, then remove and transfer to the ice water.
4. Let tomatoes cool until able to handle, about 1 minute, then remove from the ice water and pat dry.
5. Peel and seed the tomatoes. To seed the tomatoes, place them in a fine mesh strainer set over a large mixing bowl. Press as much of the juice and pulp through as possible.
6. Transfer the collected juice and pulp to a liquid measuring cup. Add canned tomato juice to bring the total to 1 cup.
7. Transfer the tomatoes and juice back to the bowl. Add the cucumber, bell pepper, onion, jalapeño, garlic, lime juice, vinegar, soy sauce or tamari, cumin, salt, and black pepper. Stir to combine.
8. Transfer 1½ cups of the mixture to a blender and add the olive oil. Blend on high speed until smooth and creamy, about 20-30 seconds.
9. Return the pureed mixture to the bowl and stir to combine.
10. Cover and chill for at least 2 hours, up to overnight.
11. Serve cold, garnishing with the basil.

Recipe Notes

- Try adding any leftover tomato pulp and seeds to other dishes such as rice, pasta, or soup.

**Nutrition Facts Per Serving: Calories: 155 | Total Fat: 13 g | Saturated Fat: 2 g
Sodium: 375 mg | Total Carbohydrate: 12 g | Dietary Fiber: 2 g | Protein: 2 g**



Roasted Fresh Tomato Soup

Prep: 10 minutes | Cook: 50 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: ~1 cup

Ingredients

3 pounds ripe tomatoes (about 12-20 tomatoes, depending on variety)

5 garlic cloves

1 medium onion, cut into large chunks (about 2 cups)

2 tablespoons extra-virgin olive oil

¼ teaspoon salt

½ cup chopped fresh basil (about one 2-ounce container; can substitute 2 tablespoons dried basil)

1-2 teaspoons sugar or honey, to taste

Directions

1. Preheat oven to 450°F.
2. Remove the cores from the tomatoes. Cut about three-quarters of the tomatoes into wedges. Cut the tomatoes into a dice.
3. Peel the garlic cloves. Mince 1 clove, leaving the rest whole.
4. On a baking sheet, toss together the tomato wedges, onion, whole garlic cloves, oil, and salt.
5. Roast until the tomatoes are soft and spotty-brown, about 30-45 minutes. Set aside to cool slightly.
6. Meanwhile, in a medium mixing bowl, stir together the diced tomatoes, minced garlic, and basil. Set aside to marinate for 30 minutes.
7. Working in batches if needed, transfer the roasted vegetables to a food processor or high-powered blender and blend until smooth, about 2-3 minutes.
8. Transfer the pureed mixture to a medium saucepan.
9. Add the marinated tomatoes and sugar or honey. Bring to a simmer and cook for 5 minutes.
10. Serve warm.

**Nutrition Facts Per Serving: Calories: 145 | Total Fat: 8 g | Saturated Fat: 1 g
Sodium: 165 mg | Total Carbohydrate: 18.5 g | Dietary Fiber: 5 g | Protein: 3.5 g**

Recipes for Zucchini



Parmesan Zucchini Noodles (Zoodles)

Prep: 10 minutes | Cook: 5 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: 1 cup

Ingredients

- 1 medium zucchini
- 1 tablespoon olive oil
- 2 tablespoons grated parmesan cheese
- ¼ teaspoon ground black pepper
- 1 tablespoon chopped fresh basil (or 1 teaspoon dried basil)

Directions

1. Using a spiralizer, cut the zucchini into noodles.
2. Heat a medium skillet or sauté pan over medium-high heat.
3. Add the oil and heat until shimmering.
4. Add the zucchini noodles and cook, tossing occasionally, until slightly wilted and tender, about 5 minutes. Be careful to not overcook or they will get mushy.
5. Remove from the heat.
6. Add the parmesan, black pepper, and basil. Toss to combine.
7. Serve warm.

Recipe Notes

- If you do not have a spiralizer, slice the zucchini lengthwise into thin strips, then slice them again to resemble long thin noodles.
- Substitute yellow summer squash for the zucchini, if desired.

**Nutrition Facts Per Serving: Calories: 110 | Total Fat: 9 g | Saturated Fat: 2 g
Sodium: 100 mg | Total Carbohydrate: 4 g | Dietary Fiber: 1 g | Protein: 4 g**



Zucchini and Corn with Parmesan

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: 1½ cups

Ingredients

- 2 teaspoons olive oil
- 1 clove garlic, minced (about ½ teaspoon)
- 2 medium zucchini, sliced (about 2 cups)
- ½ cup corn (drained and rinsed, if canned)
- 2 tablespoons grated or shredded parmesan cheese
- 1 tablespoon lime juice (about ½ lime)
- 1 tablespoon chopped fresh basil (or 1 teaspoon dried)
- ¼ teaspoon ground black pepper
- Pinch salt

Directions

1. Heat a large skillet or sauté pan over medium heat.
2. Add the oil and heat until shimmering.
3. Add the garlic and cook until fragrant, about 30-60 seconds.
4. Add the zucchini and corn. Cook, stirring occasionally, until the zucchini is tender, about 7-8 minutes.
5. Add the parmesan, lime juice, basil, black pepper, and salt. Stir to combine.
6. Serve warm.

Recipe Notes

- Lemon juice can be used instead of lime juice, if desired.

**Nutrition Facts Per Serving: Calories: 145 | Total Fat: 7 g | Saturated Fat: 2 g
Sodium: 300 mg | Total Carbohydrate: 18 g | Dietary Fiber: 3.5 g | Protein: 6 g**



Lemon-Thyme Orzo Primavera

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

- 1 tablespoon olive oil
- ½ cup uncooked whole-wheat orzo pasta (can substitute a different small whole-wheat pasta)
- 1 clove garlic, minced (about ½ teaspoon)
- 1 medium zucchini, grated or diced (about 1 cup)
- 1 medium carrot, grated or diced (about ½ cup)
- 1 cup (8 ounces) no-salt-added vegetable broth or chicken broth
- Zest of 1 lemon
- 1 tablespoon minced fresh thyme
- 4 tablespoons (¼ cup) grated parmesan cheese, divided

Directions

1. Heat a medium or large saucepan over medium heat.
2. Add the oil and heat until shimmering.
3. Add the uncooked orzo pasta. Cook, stirring often, until golden and fragrant, about 2-3 minutes.
4. Add the garlic, zucchini, and carrot. Cook, stirring often, for 2 minutes.
5. Add the broth and lemon zest. Stir to combine.
6. Bring to a boil over high heat, then reduce the heat to maintain a gentle simmer.
7. Cook until the liquid has been absorbed and orzo is al dente (tender, yet still a little chewy), about 10 minutes.
8. Stir in the thyme.
9. Serve warm, topping each serving with 1 tablespoon of parmesan cheese.

Recipe Notes

- Place the zested lemon in a zip-top plastic bag and store in the refrigerator for juicing later, within 5-7 days.
- Consider serving with baked chicken or fish and a salad for a complete meal.
- If you do not have fresh thyme, add ¼-1 teaspoon dried thyme (to taste) with the broth and lemon zest.

**Nutrition Facts Per Serving: Calories: 180 | Total Fat: 6 g | Saturated Fat: 1 g
Sodium: 100 mg | Total Carbohydrate: 35 g | Dietary Fiber: 2.5 g | Protein: 8.5 g**



Calabacitas con Elote

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

- 1 tablespoon olive oil
- 2 medium tomatoes, cut into 1-inch pieces (about 2 cups)
- ½ medium onion, diced (about ½ cup)
- 1 jalapeño, seeded and minced
- ¼ teaspoon salt
- 2 medium zucchini, trimmed, halved lengthwise and cut into 1-inch chunks (about 4 cups)
- 1 cup frozen corn
- 2 tablespoons chopped fresh cilantro
- ½ lime, juiced (about 1 tablespoon)

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the tomatoes, onion, jalapeño, and salt.
4. Cook, stirring often, until the tomatoes release their juice and the onion is softened, about 5-7 minutes.
5. Add the zucchini and corn.
6. Increase the heat to high and cook, stirring occasionally, until the zucchini is just starting to soften and the corn is thawed, about 6-8 minutes.
7. Add the cilantro and lime juice. Stir to combine.
8. Serve warm.

Recipe Notes

- A little charring on the vegetables is okay and adds a nice flavor.
- If a crust forms on the bottom of the pan, use a rubber spatula to scrape it up and mix it into the vegetables. Adding the lime juice at the end will help to remove any that is still stuck on.

**Nutrition Facts Per Serving: Calories: 100 | Total Fat: 4.5 g | Saturated Fat: 0.5 g
Sodium: 165 mg | Total Carbohydrate: 15.5 g | Dietary Fiber: 3.5 g | Protein: 3.5 g**



Chocolate Zucchini Muffins

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 12 servings | Serving Size: 1 muffin

Ingredients

Nonstick cooking spray

1½ cups white whole-wheat flour

¼ cup unsweetened cocoa powder

1 teaspoon ground cinnamon

1 teaspoon baking soda

½ teaspoon salt

¼ teaspoon baking powder

2 eggs

½ cup plain yogurt (regular or Greek)

½ cup canola oil

½ cup granulated sugar

1½ cups grated zucchini (about 2 medium zucchini)

¼ cup semi-sweet or dark chocolate chips

Directions

1. Preheat the oven to 350°F. Grease a 12-cup muffin tin with cooking spray and set aside.
2. In a medium mixing bowl, whisk together the flour, cocoa powder, cinnamon, baking soda, salt, and baking powder.
3. In a separate medium mixing bowl, whisk together the eggs, yogurt, oil, and sugar.
4. Add the yogurt mixture, zucchini, and chocolate chips to the flour mixture. Gently fold to combine.
5. Divide the batter between the prepared muffin tin cups, filling each about three-quarters of the way full.
6. Bake for 22-25 minutes. Press down gently on the top of one of the muffins to test for doneness. If it springs back up, the muffins are done.
7. Let the muffins sit in the muffin tin for 5 minutes, then remove and allow to cool completely on a cooling rack.
8. Serve room temperature or warm.

Recipe Notes

- For traditional zucchini muffins, omit the cocoa powder and chocolate chips.
- Substitute dried fruit (chopped if large) or chopped toasted nuts for the chocolate chips, if desired.

**Nutrition Facts Per Serving: Calories: 190 | Total Fat: 7 g | Saturated Fat: 1.5 g
Sodium: 230 mg | Total Carbohydrate: 30 g | Dietary Fiber: 3.5 g | Protein: 5 g**

Appendix



Cooking Safely

Did you know that 1 in 6 Americans will get sick from food poisoning this year? Food poisoning not only sends 128,000 Americans to the hospital each year, it can also have long-term health effects.

The keys to basic food safety are cooking it to the right temperature and handling it properly. Follow these guidelines to keep you, your family, and your guests safe.

For more information on these and other food safety guidelines, please visit www.foodsafety.gov.

Practice Good Hygiene

Use hot water and regular soap to wash your hands. Scrub the backs of your hands, between your fingers, and under your nails for at least 20 seconds. Need a timer? Try humming the “Happy Birthday” song from beginning to end twice. Rinse hands, then dry with a clean towel.

Wash your hands often, especially during these key times when germs can spread:

- Before, during, and after preparing food
- Before serving food or eating
- After handling raw meat, poultry, seafood, eggs, or their juices
- After using the toilet, touching garbage, touching an animal or picking something up off the floor
- After changing a diaper or taking care of someone who is sick
- After blowing your nose, coughing, or sneezing

Cook to Safe Temperatures

Cook all food to the minimum safe internal temperatures on the chart above. Use a food thermometer to be sure your food is safe. When you think your food is done, place the food thermometer in the thickest part of the food, making sure not to touch bone, fat, or gristle.

Safe Internal Food Temperatures	
Poultry	
Whole or Pieces	165°F
Ground	165°F
Beef, Pork, and Lamb	
Steaks/Roasts/Chops	145°F
Ground	160°F
Pre-Cooked Ham	140°F
Seafood	
Fish Fillet/Whole Fish	145°F
Shrimp/Lobster/Crab	Cook until flesh is pearly and opaque
Leftovers and Casseroles	165°F
Egg Dishes	160°F

Separate Hazardous Foods

Use one cutting board for hazardous foods (e.g. raw meat, poultry, seafood, eggs) and another for non-hazardous foods (e.g. fresh produce, cooked foods, foods that won't be cooked).

Use separate plates and utensils for cooked and raw foods. Use hot, soapy water to wash all plates, utensils, and cutting boards that touched hazardous foods before using them again.

Refrigerate and Freeze Properly

Your refrigerator should be set to 40°F or below and your freezer to 0°F or below. Use a refrigerator and/or freezer thermometer to be sure. Place raw meat, poultry, and seafood on plates, in containers, or in sealed plastic bags. Freeze them if you're not planning to use them within a few days. Freezing does not kill harmful germs, but it does keep food safe until you can cook it.

Avoid the Danger Zone

Bacteria that cause food poisoning grow quickest between 40°F and 140°F, also known as the danger zone. Never leave perishable foods at room temperature for more than two hours. If the food is exposed to temperatures above 90°F, refrigerate it within one hour.

If you're not serving food right after cooking, keep it out of the temperature danger zone by using a heat source like a chafing dish, warming tray, or slow cooker. Cold foods can be kept on ice or in a cooler for longer serving times.

Never thaw or marinate foods at room temperature. The safest way to thaw or marinate is in the refrigerator. Leftovers should be placed in small shallow containers and refrigerated promptly to allow for quick cooling.

Wash Produce

Cut away any damaged or bruised areas on fruits and vegetables, then rinse under warm running water. Scrub firm produce like melons, potatoes, or cucumbers with a clean produce brush. Air dry or pat dry with a paper towel or clean cloth towel. Don't rinse raw meat, poultry, seafood, or shell eggs.

When In Doubt, Throw It Out

The germs that make you sick are not always the same ones that cause food to go bad. Don't use smell, taste, and appearance as your only guides. Use the storage times on the table above to guide you. If you're still not sure whether a food item is safe, it's better to be safe than sorry and throw it away.

Safe Food Storage Times (Refrigerated at 40°F or Below)

Raw Poultry

Whole, Pieces, or Ground	1-2 days
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Raw Beef, Pork, and Lamb

Steaks/Roasts/Chops	3-5 days
Pre-Cooked Ham	3-4 days
Ground	1-2 days
Stew Meat	1-2 days

Raw Seafood

Fish Fillet/Whole Fish	1-2 days
Shrimp/Lobster/Crab	1-2 days

Raw Eggs

In shell	3-5 weeks
Out of Shell	2-4 days

Cooked Leftovers

Beef, Pork, and Lamb	3-4 days
Poultry	3-4 days
Seafood	3-4 days
Egg Dishes	3-4 days
Hard-Cooked Eggs, In Shell	7 days
Vegetables and Fruit	5-7 days
Soups and Stews	3-4 days



Measurements and Abbreviations

Common Abbreviations

- c — cup
- Tbsp — tablespoon
- tsp — teaspoon
- oz — ounce (usually weight, unless referring to a liquid)
- fl oz — fluid ounces
- lb — pound
- g — gram
- mg — milligram
- ~ — about/roughly

Volume Conversions

- 3 teaspoons = 1 tablespoon
- ½ tablespoon = 1 ½ teaspoons
- 2 tablespoons = 1 (fluid) ounce = ⅓ cup
- 4 tablespoons = 2 (fluid) ounces = ¼ cup
- 5 tablespoons + 1 teaspoon = ⅓ cup
- 1 cup = 8 (fluid) ounces
- 2 cups = 16 (fluid) ounces = 1 pint
- 4 cups = 32 (fluid) ounces = 1 quart
- 2 quarts = 64 (fluid) ounces = ½ gallon
- 16 cups = 128 (fluid) ounces = 1 gallon

Fresh to Dried Herbs Ratios

Dried leafy herbs (e.g. oregano, basil, tarragon)

1 tablespoon fresh = 1 teaspoon dried

Dried ground herbs and spices (e.g. ginger, garlic, ground thyme)

4 parts fresh = 1 part dried

Dried leafy herb to dried ground herb

1 teaspoon dried leaf = ½ teaspoon ground herb

Reducing Recipes for Fewer Servings

When the Recipe Says...	To Make Half, Use...	To Make a Third, Use...
¼ cup	2 tablespoons	1 tbsp + 1 tsp
⅓ cup	2 tbsp + 2 tsp	1 tbsp + 2¼ tsp
½ cup	¼ cup	2 tbsp + 2 tsp
⅔ cup	⅓ cup	3 tbsp + 1½ tsp
¾ cup	¼ cup + 2 tbsp	¼ cup
1 cup	½ cup	⅓ cup
1 tablespoon	1 ½ teaspoon	1 teaspoon
1 teaspoon	½ teaspoon	¼ teaspoon
½ teaspoon	¼ teaspoon	Scant ¼ tsp
¼ teaspoon	⅛ teaspoon	Scant ⅛ tsp
⅛ teaspoon	Dash	Pinch



Reducing Your Food Waste

According to Feeding America, 25-40% of all the food grown, processed, and transported in the United States will never be eaten. Food waste is not only bad for the environment, but it also means wasted money for you.

Use these tips to help reduce food waste in your kitchen:

Make a Food Plan

- Plan meals and snacks in advance.
- Shop from a list, based on the plan you made.
- Cook only what is going to be eaten, or create a plan to use up any leftovers.

Shop Wisely for Ingredients

Produce

- Avoid produce with cuts, holes, bruises, sunken spots, moldy spots on the skin, or strong unpleasant odors.
- Avoid leafy greens that appear limp or damaged.

Fish and Shellfish

- If buying fresh fish or seafood, plan to cook it or freeze it the day you buy it.
- Purchase frozen or canned fish and shellfish for longer shelf-life.

Dairy and Refrigerated

- Choose the package with the furthest expiration date (or use-by, best-by, or sell-by date).
- Some cheese varieties should have visible mold (e.g. bleu cheese, gorgonzola) but avoid mold in other varieties.

Eggs

- Choose the carton with the furthest sell-by date.
- Check your eggs, avoiding those that stick to the carton and those that have cracks or wet spots.

Meat and Poultry

- Avoid any meat or poultry that is discolored or has a strong odor.
- Avoid packages of meat or poultry that are damaged, leaking, or torn.

Canned Foods

- Choose cans with the furthest expiration date (or use-by, best-by, or sell-by date).
- Avoid cans that are dented, bulging, or dusty.

Frozen Foods

- Choose the frozen food package with the furthest expiration date (or use-by, best-by, or sell-by date).
- Avoid frozen food packages with visible ice crystals or with pieces of the food clumped together.

Ensure a Longer Shelf-Life

- Keep food packages tightly sealed in the refrigerator or in a cool, dry place, depending on the item. Most shelf-stable items should be refrigerated after opening.
- Make it easy for yourself to follow the “first in, first out” rule by placing new items behind older items on your shelves.
- Once a food is opened, keep it fresh and safe. Avoid putting a contaminated spoon or knife back into the container (double-dipping).

Understand Product Dates

- One source of food waste comes from consumers and stores throwing away food because of confusion about the meaning of the dates displayed on the label.
- Manufacturers print dates on packages to help consumers and retailers decide when food is of best quality. After these dates, the quality may deteriorate. However, most products are still safe if handled and stored properly.
- Spoiled foods will develop an off odor, flavor, color, or texture. If a food meets any of these criteria, it should be thrown away and not be eaten.
- Food banks and shelters can still accept donated food that has passed the printed date. They will inspect the food for safety and spoilage.

Types of product dates and what they mean:

- **Best-by:** Indicates when a product will be of best flavor or quality. It is not a purchase or safety date.
- **Sell-by:** Tells the store how long to display the product for sale for inventory management. It is not a safety date.
- **Use-by:** The last date recommended for the use of the product while at peak quality. It is not a safety date except when used on infant formula.

Store Food Properly

All food goes bad eventually, but where and how food is stored plays a crucial role in how quickly this happens.

Refrigerator	Freezer
Eggs	Foods from the freezer section
Dairy products	Perishable foods you will not be using right away:
Opened condiment containers and canned foods (take the item out of the can for storage)	<ul style="list-style-type: none"> Meat, poultry, fish, shellfish Cooked or partially cooked vegetables
Meat, poultry, fish, shellfish	<ul style="list-style-type: none"> Fruit Cooked whole grains
Leftovers	<ul style="list-style-type: none"> Bread Fresh ginger
Fresh herbs, except basil (with the stem ends in water)	<ul style="list-style-type: none"> Tortillas Shredded cheese
Cut or peeled vegetables and fruits	Baking yeast
Tofu and tempeh	Countertop
Certain vegetables:	Fresh basil (with the stem ends in water)
<ul style="list-style-type: none"> Artichokes Eggplant Asparagus* Green onions* Green beans Leafy greens Beets Leeks Belgian endive Lettuce Broccoli Mushrooms Brussels sprouts Okra (in paper bag) Cabbage Peas Carrots Peppers Cauliflower Radishes Celery Summer squash Cucumbers Winter greens 	Certain fruit:
	<ul style="list-style-type: none"> Apples (<7 days) Persimmons Bananas Plantains Citrus (<7 days) Pomegranates Melons
	Counter until ripened, then move to the refrigerator:
	<ul style="list-style-type: none"> Avocados Papaya Guava Peaches Kiwi Pears Nectarines Plums Mangoes Tomatoes
	Cupboard or Pantry
	Certain vegetables (keep in a cool, well-ventilated area):
	<ul style="list-style-type: none"> Garlic Sweet potatoes Onions Jicama Potatoes Winter squash
Certain fruit:	Dry goods (e.g. salt, spices, sugar, baking powder, baking soda, most oils, most flours, canned foods, vinegar, honey, dried fruit, dried beans)
<ul style="list-style-type: none"> Apples (>7 days) Citrus (>7 days) Apricots Fresh figs Asian pears Grapes Berries Pineapple Cherries 	

*with the root ends or stem ends in water

Know How Long Foods Can Last

Product	Refrigerator	Freezer (Note: For best quality, not safety)
Eggs		
Fresh eggs, in shell	3-5 weeks	Do not freeze
Raw egg yolks or whites (separated)	2-4 days	1 year
Hard-cooked eggs	7 days	Don't freeze well
Liquid pasteurized eggs or egg substitutes, opened	3 days	Do not freeze
Liquid pasteurized eggs or egg substitutes, unopened	10 days	1 year
Egg casserole, quiche, or omelet	3-4 days	2 months
Mayonnaise (store-bought), opened	2 months	Do not freeze
Fish and Shellfish		
Lean fish, raw (e.g. cod, catfish, tuna, halibut, tilapia)	1-2 days	6 months
Fatty fish, raw (e.g. salmon, sardines, herring, mackerel)	1-2 days	2-3 months
Shellfish, raw (e.g. shrimp, crab, oysters, scallops, squid)	1-2 days	3-6 months
Cooked fish or shellfish	3-4 days	4-6 months
Smoked fish	14 days	2 months
Canned seafood, opened	3-4 days	2 months
Soups and Stews		
TV Dinners and Frozen Casseroles		n/a (keep frozen until ready to heat)
Deli and Vacuum-Packed Products		
Store-prepared or homemade egg, chicken, tuna, ham, or macaroni salads	3-5 days	Don't freeze well
Store-cooked convenience meals	5-7 days	Don't freeze well
Commercial brand vacuum-packed dinners with USDA seal, unopened	Use-by date (or 14 days if undated)	1-2 months
Ham and Corned Beef		
Corned beef in pouch with pickling juices	5-7 days	Drained, 1 month
Ham, canned, labeled "keep refrigerated", unopened	6-9 months	Do not freeze
Ham, canned, labeled "keep refrigerated", opened	3-5 days	1-2 months
Ham, fully cooked, whole	7 days	1-2 months
Ham, fully cooked, half or slices	3-5 days	1-2 months

Know How Long Foods Can Last (continued)

Product	Refrigerator	Freezer (Note: For best quality, not safety)
Raw Poultry		
Chicken or turkey, whole	1-2 days	1 year
Chicken or turkey, pieces	1-2 days	9 months
Chicken breast, pre-stuffed	1 day	Doesn't freeze well
Ground turkey or chicken, raw patties	1-2 days	3-4 months
Giblets	1-2 days	3-4 months
Poultry Leftovers		
Pieces, plain or fried	3-4 days	4 months
Cooked poultry dishes, including casseroles	3-4 days	4-6 months
Pieces in broth or gravy	3-4 days	6 months
Chicken nuggets or patties	3-4 days	1-3 months
Raw Meat (Beef, Lamb, Pork, Veal, Game Meat)		
Steaks	3-5 days	6-12 months
Chops	3-5 days	4-6 months
Roasts	3-5 days	4-12 months
Chops, pre-stuffed	1 day	Don't freeze well
Ground meat, hamburger, and stew meat	1-2 days	3-4 months
Variety meats (tongue, kidneys, liver, heart, chitterlings)	1-2 days	1-2 days
Meat Leftovers		
Cooked meat and meat dishes, including casseroles	3-4 days	2-3 months
Meat gravy and broth	3-4 days	2-3 months
Bacon, Sausage, Hot Dogs, and Lunch Meat		
Bacon	7 days	1 month
Sausage, raw (pork, beef, or poultry)	1-2 days	1-2 months
Smoked breakfast links or patties	7 days	1-2 months
Summer sausage labeled "keep refrigerated", unopened	3 months	1-2 months
Summer sausage labeled "keep refrigerated", opened	3 weeks	1-2 months
Hot dogs or lunch meats, unopened	14 days	1-2 months
Hot dogs, opened	7 days	1-2 months
Lunch meats, opened	3-5 days	1-2 months



Growing Herbs for Cooking

Herbs are considered some of the easiest plants to grow. When you grow your own herbs, it can be simple and cost-effective to snip off just the amount that you need for cooking every day. Use these tips to help you get started:

Consider Your Growing Space

- **Indoors** – Pick a sunny east- or south-facing window if possible. If not, consider installing a skylight or purchasing a grow light to place over your herbs. Easy herbs to grow indoors are basil, parsley, and rosemary.
- **Small Outdoor Space** – Plant herbs along walkways or at the edge of your garden for easy harvesting.
- **Patio or Balcony** – Find ways to use vertical space. Hanging baskets and multi-level plant stands are excellent ways to add more herbs per square foot. If you have a rail, use the long window boxes and attach them to your balcony. Another option is to use re-purposed pallets.

Easiest Herbs to Grow and Using Them in Cooking

These herb varieties tend to be easiest to grow and keep alive. Here are some ways to use them in your recipes. Remember to always wash fresh herbs before adding them to food.

- **Rosemary** – Use to add flavor to poultry, beef, fish, potato dishes, or pizza dough
- **Thyme** – Use to add flavor to beef, pork, lamb, vegetable dishes, fish, soups, sauces, or egg dishes
- **Sage** – Use to add flavor to poultry, poultry stuffing, beef, pork, sauces, bean dishes, or sausage
- **Parsley** – Chop and sprinkle onto any dish
- **Chives** – Add to egg or potato dishes
- **Mint** – Add to tea, desserts, grain dishes, salads, pork, lamb, peas, or sauces
- **Oregano** – Add to pizza, sauces, pork, vegetable dishes, fish, or chili
- **Tarragon** – Use to flavor poultry, seafood, egg dishes, or sauces
- **Cilantro** – Use in fresh salsa or guacamole
- **Basil** – Use in salads, pesto, peas, pizza, sauces, egg dishes, or pasta dishes

Tips for Growing Herbs in Containers

If you have outdoor space to plant herbs, that is great, but many herbs actually do better in containers – especially mint, basil, thyme, parsley, and rosemary. You can also place the containers right near your kitchen for quick access.

- **Select hardy varieties** – Choose the herbs that you cook with the most frequently and try to find heirloom varieties whenever possible. If you're not sure how to get started, the staff at the nursery or gardening department should be able to answer your questions.
- **Companion-plant** – Plant herbs with other herbs, vegetables, and flowers that do well together.
- **Choose a sunny location** – Position your pots directly beneath your window to maximize sunlight effectiveness. Don't forget that pots can be moved around, when seasons and light conditions shift. Remember to rotate your pots occasionally, so that your herbs grow evenly.
- **Use a container with good drainage** – Choose pots with drains and saucers. If you only have a sealed pot, place rocks in the bottom of the pot and add some vermiculite to the soil, or use potting soil, to help with drainage.
- **Water and fertilize carefully** – Most plants die from too much attention, rather than not enough. Fertilizer should be added every three to six weeks, depending on whether the plant is indoor or outdoor. Use a calendar to keep track. To check for water, put your finger in the soil about two inches deep. If it is dry, the plant needs water. Otherwise, don't water it.

Harvesting Fresh Herbs Properly

Wait until the plant is mature to harvest for the first time. Never harvest more than one third of the plant at one time. Wait for that one third to grow back before you harvest again.

Quickly remove all flowers that appear to ensure the most vibrant flavor. Herbs will grow quicker and fuller if you prune them correctly. Do a little research to find out specific pruning needs for each herb.

Preserving Fresh Herbs After Harvest

Some herbs are perennials (e.g. chives, mint, rosemary, sage, thyme, oregano), meaning they come back each year in certain growing locations and can be harvested year after year. Other herbs are annuals (e.g. basil, dill, cilantro, marjoram) and will only produce herbs for one growing season.

At the end of the growing season, or anytime you have more than you can use, you can dry or freeze fresh herbs for later use. Follow the steps below to preserve fresh herbs:

- **To dry herbs** – Use a food dehydrator (follow the manufacturer's directions) or simply tie the fresh herbs together and hang them upside down in a cool dry area until completely dried. Then remove the leaves from the stem and store in an airtight container. Dried herbs will keep for up to one year.
- **To freeze herbs** – Remove the leaves from stems. Keep the leaves whole or cut up as desired. The herbs can then be stored in a zip-top plastic bag in the freezer or you can freeze the herbs in ice cube trays covered with a small amount of olive oil. Once frozen, pop out the cubes and store them in a zip-top plastic bag in the freezer for up to six months.



Adding Flavor with Herbs

Adding herbs to the dishes you make is an excellent way to bring in a new world of flavor without adding extra salt. Herbs come in a variety of forms and varieties, and can be used to bring out the best in many types of recipes.

The most common forms of herbs available are fresh and dried. Fresh herbs can be used to bring in a bright or hearty flavor, depending on the variety used. Dried herbs lend deep, complex flavors to dishes and are certainly more convenient to use than fresh herbs.

Substituting Dried Herbs for Fresh Herbs

It is important to keep in mind that dried herbs do best in recipes with long cooking times (20 minutes or more). Dried herbs will not work in dishes that must use herbs raw (e.g. pesto) or when needed to finish a dish.

- 1 part whole dried herbs = 3 parts fresh herbs (example: use 1 teaspoon dried whole herb in place of 1 tablespoon fresh herb)
- 1 part ground/rubbed dried herbs = 4 parts fresh herbs (example: use ¼ teaspoon dried ground or rubbed herb in place of 1 teaspoon fresh herb)

Hardy Herbs (e.g. Rosemary, Oregano, Thyme, Sage, Marjoram)

Some herbs have a hardy, almost woody texture. The leaves are sturdy and the stems can be tough. They are potent and only a small amount of these herbs is needed to flavor a dish (usually fractions of teaspoons to a tablespoon). Dried versions of these herbs work well in cooking.

These herbs benefit from long cooking to release maximum flavor and ensure that their texture is not unpleasant. Add these herbs at the beginning of cooking.

Delicate Herbs (e.g. Basil, Cilantro, Dill, Chives, Mint, Parsley, Tarragon)

Other herbs have a delicate, leafy texture. The stems are tender, and can even be edible. Delicate herbs are prone to wilting and discoloration, and their flavor tends to quickly disappear when cooked. They tend to have a mild flavor so a larger amount is often needed to flavor a dish (usually tablespoons to fractions of a cup).

These herbs are best used to finish dishes or used raw in sauces. Add these herbs at the end of cooking, or use as a garnish.

How to Preserve Fresh Herbs

Sometimes we might harvest or purchase more fresh herbs than we can use right away. Rather than let them go to waste, here are three ways to save your fresh herbs for later:

Air Drying: Works best for hardy herbs.

1. Shake the fresh herbs to remove any dirt. You can gently wash the herbs, but be sure to dry them well afterward to prevent mold growth.
2. Secure the herb stems together using twine or a rubber band.
3. Hang the herbs upside down in a warm, dry, well-ventilated place away from sunlight. If you don't have a dark spot, or if dust is a concern, cover the bundle loosely with a paper bag.
4. Leave the herbs to dry until the leaves crumble, anywhere from 1-4 weeks. Store in an airtight container for up to 1 year.

Freezing: The best option for both delicate herbs and hardy fresh herbs.

- **Method A**

1. Wash and dry the fresh herbs.
2. Chop the fresh herbs.
3. Pack the chopped herbs into an ice cube tray.
4. Top the herbs off with oil, broth, or water. Oil is best for preventing freezer burn.
5. Freeze the herbs, then pop out the cubes.
6. Store the frozen herb cubes in an airtight container in the freezer for up to 3 months.

- **Method B**

1. Wash and dry the fresh herbs.
2. Blend the fresh herbs into a paste with a little oil, broth, or water. Oil is best for preventing freezer burn.
3. Pack the herb paste into an ice cube tray.
4. Freeze the herb paste, then pop out the cubes.
5. Store the frozen herb paste cubes in an airtight container in the freezer for up to 3 months.



Common Herbs and How to Use Them		
Herb	Description	Suggested Uses
Basil	Aromatic green leaf. Member of the mint family.	Tomato dishes, pesto, egg dishes, salads, marinades, fish, and compound butters.
Bay Leaf	Stiff dark green, oblong leaf with a pungent aroma similar to sassafras.	Stocks, sauces, soup, stews, and braised meats.
Chervil	Small, delicate, green leaf. Mild flavor of parsley and tarragon.	Soups, salads, sauces, egg, dishes, chicken, fish, and dressing.
Chives	Fine, hollow, green top of a very small onion.	Salads, egg and cheese dishes, fish soups, and sauces.
Cilantro	Light green aromatic leaf. Shaped like flat parsley, but much more pungent flavor.	Salads, salsa, sauces, soup, eggs, and dressings.
Dill (herb)	Herb with "dill pickle" flavor.	Salads, soups, fish & shellfish, vegetables, sauces, and potatoes.
Marjoram	Gray green herb from mint family. Similar to oregano, but milder.	Beef, veal, lamb, sausage, pates, poultry, stews, soups, vegetables, salads, and sauces.
Mint	Aromatic herb with cool flavor. Spearmint and peppermint are most common.	Lamb, fruits, tea, fruit beverages, peas, carrots, potatoes, jellies, soups, and sauces.
Oregano	Pungent herb. Similar to marjoram, but stronger.	Italian and Mexican dishes, tomato sauces, soups, sauces, stews, meats, salads, and marinades.
Parsley	Green leaf, curly or flat, with a delicate sweet flavor. An excellent source of vitamin C.	Garnish, fries, stews, sauces, salads, vegetables, and potatoes.
Rosemary	Very aromatic light green leaf resembling pine needles. Plant stays healthy and strong, even in cold or very hot weather.	Lamb, fish, beef, sauces, soups, stews, salads, and marinades.
Sage	Pungent gray green herb with fuzzy oblong leaves.	Stuffing, meat, poultry, soups, stews, salads, and fish.
Savory	Fragrant herb of the mint family.	Salads, eggs, vegetables, stuffing, soups, meats, fish, and sauces.
Tarragon	Delicate green herb with small oblong leaves. Flavor is similar to mint and licorice.	Béarnaise sauce, vinegar, chicken, fish, salads, dressings, and eggs.
Thyme	Tiny brownish green leaf, very aromatic.	Soups, chowders, stocks, sauces, meats, poultry, and salad dressing.