

# Create Amazing Veggies

Create delicious and nutritious vegetable dishes from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each dish serves four adults.

## 1 Choose one or more vegetables to make 4 cups

- Arugula
- Asparagus
- Avocado
- Bamboo Shoots
- Bell Pepper
- Beets
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Corn
- Cucumber
- Eggplant
- Green Beans
- Jalapeno
- Jicama
- Kale
- Leek
- Lettuce
- Mushrooms
- Mustard Greens
- Okra
- Onion
- Parsnip
- Peas
- Potato
- Pumpkin
- Radish
- Rutabaga
- Shallot
- Spinach
- Squash
- Swiss Chard
- Sweet Potato
- Tomatillo
- Tomato
- Turnip
- Water Chestnut
- Watercress
- Yam
- Zucchini

## 2 Choose a cooking method

- **Fresh:** no cooking method required (salads, veggie trays, etc.).
- **Roast:** Chop vegetables into uniform 1" cubes. Combine with 1-2 tablespoons olive oil and herbs as desired. Put on a baking sheet in single layer. Roast at 425°F til tender, 10-50 minutes depending on vegetable. Stir occasionally. Roasting brings out naturally sweet flavor of vegetables!
- **Steam:** Bring water to a boil in sauce pan with steamer basket. Place vegetables in the steamer. Cover and steam until tender (3-10 minutes depending on vegetable). If vegetables are green, leave lid askew to help retain color. Season as desired.
- **Sauté:** Heat a small amount of oil or water on low heat. Turn heat to medium-high and when pan is hot, add food. Don't over-crowd food. The goal is to create a crust around each piece of food in the pan so that it is browned and crispy outside and tender inside. Do not over-stir.
- **Grill/broil:** Spray grill rack or broiler pan with cooking spray. Heat grill or broiler pan for 10-15 minutes. Add cubed or sliced vegetables. Leave ¾ inch between food items to ensure even cooking. "Flip" vegetables only once during cooking to sear. Use seasonings for flavor; add sticky sauces just before serving or pass sauce around table.
- **Boil:** Place cubed vegetables in large pot and add enough water or stock to barely cover. Cover and bring to low boil over high heat; reduce heat and simmer until vegetables are tender. Do not overcook.

## 3 Choose one or more flavors (optional)

- Chopped onion, celery, green pepper, hot pepper
- Minced garlic and/or ginger
- Lemon juice and/or zest
- 1 – 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, sage, dill, etc.)
- Salt and pepper to taste
- Soy sauce, balsamic vinegar, red wine vinegar, sesame oil, or olive oil

## 4 Choose one or more extras (optional)

- ¼ cup breadcrumbs
- 2 tablespoons grated parmesan cheese
- ¼ cup grated cheddar or mozzarella cheese

### Directions

Select vegetables and cooking method. Choose flavors and extras. Cook according to instructions above. Add extras before serving.

# Amazing Veggie Recipes

A pantry that is stocked with whole foods will help you create great tasting vegetables like these!

## ROASTED POTATOES

- 1 tablespoon olive oil
- 1 teaspoon paprika
- ¾ teaspoon chili powder
- ½ teaspoon salt
- ¾ teaspoon pepper
- 6 cups diced baking potato
- Cooking spray
- Aluminum foil

Preheat oven to 400°F . Combine all ingredients in a large bowl and stir to coat potatoes in seasonings and oil. Line baking sheet with foil and spray with cooking spray. Spread potatoes on sheet in a single layer. Bake 30 minutes or until browned.

*Yield: 5 (1 cup) servings*

## SWEET SEASONED CARROTS

- 6 – 8 large carrots, thin sliced on the diagonal
- 1 yellow onion, diced
- 1 teaspoon butter
- 1 – 2 tablespoons brown sugar
- ½ - ¾ teaspoon Italian seasoning
- Salt and pepper to taste

Place carrots, onion, and butter in large skillet with just enough water to cover carrots. Bring to boil, reduce heat, and simmer until water is evaporated and carrots are tender but not mushy.

Add brown sugar and seasonings. Stir well to coat each carrot with seasoning and cook another 5 minutes.

*Yield: 4 servings*

**You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:**

**Mexican**-use cumin, oregano, chili powder, cilantro, and garlic

**Italian**-use basil, oregano, parsley, and garlic

**Asian**-use soy sauce, ginger, garlic, chiles, and turmeric

**Savory/Thanksgiving**-use rosemary, sage, thyme, and parsley

