

Superb Grilled Vegetable Medley



INGREDIENTS

- 3 red bell peppers, seeded and halved
- 3 yellow squash (about 1 lb. total), sliced lengthwise into long ½ inch thick pieces
- 3 zucchini (about 12 oz. total), sliced lengthwise into long ½ inch thick pieces
- 2 small eggplant, sliced lengthwise into ½ inch thick pieces
- 12 large white mushrooms or 2 portabellas sliced
- 1 bunch (1 lb.) asparagus, trimmed
- 12 green onions, roots cut off
- ¼ cup plus 2 Tbsp. olive oil
- Salt and freshly ground black pepper
- 3 Tbsp. balsamic vinegar
- 2 garlic cloves, minced
- 1 tsp. chopped fresh Italian parsley leaves
- 1 tsp. chopped fresh basil leaves
- ½ tsp. finely chopped fresh rosemary leaves



NUTRITION FACTS *6-8 servings*

Calories: 255	Total Carbohydrate: 31 g
Fat: 14 g	Dietary fiber: 14 g
Sodium: 62 mg	Protein: 9 g

DIRECTIONS

1. Place a grill pan over medium high heat or prepare the barbecue (medium high heat).
2. Use ¼ cup of the oil to lightly coat vegetables. Sprinkle the vegetables with salt and pepper.
3. Working in batches, grill the vegetables until tender and slightly charred (8-10 minutes for the bell peppers; 7 minutes for the yellow squash, zucchini, eggplant, and mushrooms; 4 minutes for the asparagus and green onions).
 - *To get nice grill marks, do not move vegetables too frequently once placed on grill.
4. Whisk together 2 Tbsp. of oil, balsamic vinegar, garlic, parsley, basil, and rosemary.
5. Arrange vegetables on a serving plate and drizzle the dressing over all veggies. Serve warm.

Quick Collard Greens



INGREDIENTS

- 1 bunch collard greens (about 1½ pounds)
- 2 Tbsp. water
- 2 oz. ham or 4 - 6 oz. smoked turkey neck
*omit meat
- 1 Tbsp. olive oil
- 1 white onion, diced (about 1 cup)
- 1 clove garlic, minced (optional)
- 1 Tbsp. cider vinegar
- 1 Tbsp. pure maple syrup or honey
- ⅛ tsp. red pepper flakes
- ¾ cup low-sodium chicken or *veggie broth
- Salt to taste

NUTRITION FACTS 4 servings

Calories: 138	Total Carbohydrate: 15 g
Fat: 6 g	Dietary fiber: 5 g
Sodium: 327 mg	Protein: 9 g

DIRECTIONS

1. Remove and discard stems and center ribs of collard greens. Cut the leaves into inch-wide strips.
2. Place greens with 2 Tbsp. water in microwave safe container and cover. Microwave on high for 5 minutes and drain in a colander.
3. If using meat, heat a large skillet over medium-high heat and cook the meat for 2 minutes on each side. Remove the meat from the pan, cut into small bits, and set aside. Sauté onion and garlic in 1 Tbsp. olive oil for about 3 minutes, or until softened. Add the microwaved collard greens, vinegar, syrup, red pepper, and broth.
4. Bring to a simmer and then reduce heat to low, cover pan, and cook for 30 minutes.
5. Stir in chopped meat, add salt to taste, and serve.

Roasted Root Veggie Medley



INGREDIENTS

Sauce:

- ¼ cup olive oil
- ¼ cup balsamic vinegar
- ¼ cup syrup (pure maple syrup preferred)
- ½ tsp. dried thyme (more or less to taste)
- ½ tsp. salt
- ½ tsp. pepper

Vegetables:

- 8 med/small red potatoes, cubed
- 1 sweet potato, cubed
- 4 carrots, peeled and sliced
- 4 beets, peeled and sliced
- 1 -2 sweet onions, peeled and thickly sliced
- 3 garlic cloves, minced

DIRECTIONS

1. Preheat oven to 400 degrees.
2. In a large bowl, whisk together oil, syrup, and vinegar. Add the veggies and toss until all are coated.
3. Spread evenly over greased baking sheets. Bake for 45 minutes, stirring every 10 minutes.
4. Remove from oven when all vegetables are tender and slightly browned. Serve warm.

NUTRITION FACTS

10 servings

Calories: 269
Fat: 8 g
Sodium: 181 mg
Total Carbohydrate: 47 g
Dietary fiber: 5.2 g
Protein: 5 g

Broccoli with Creamy Lemon Sauce

INGREDIENTS

1 Tbsp. extra virgin olive oil
2 cloves garlic, minced
1 lb. fresh broccoli or broccolini, chopped or 16 oz. frozen broccoli

SAUCE

2 tsp. lemon juice
1 Tbsp. mayonnaise
2-3 Tbsp. grated parmesan
Salt and freshly ground black pepper, to taste

SHORTCUT PREP

Steam broccoli and season with freshly ground pepper, salt, a little lemon juice, and a sprinkle of parmesan (if desired).

NUTRITION FACTS

4 servings
Calories: 110
Fat: 7 g
Sodium: 129 mg
Total Carbohydrate: 9.5 g
Dietary fiber: 3 g
Protein: 6 g

DIRECTIONS

1. Whisk together the lemon juice, mayonnaise, grated parmesan, salt and black pepper.
2. Heat olive oil over medium heat in non-stick pan. Sauté garlic for about 1 minute, stirring constantly.
3. Add the broccoli and $\frac{1}{4}$ cup water to the pan with the garlic. Cover and cook, stirring occasionally until broccoli is crisp-tender (about 5 minutes). Uncover and cook 1-2 more minutes until nearly all of the water has evaporated.
4. Drizzle sauce over warm broccoli and serve.

Healthy Mexican Corn on the Cob

INGREDIENTS

4 ears corn, husked
Salt and pepper
2 Tbsp. light mayo
2 Tbsp. nonfat plain yogurt
Tabasco sauce to taste
 $\frac{1}{2}$ tsp. chili powder (or less)
 $\frac{1}{2}$ cup Cotija cheese, crumbled or parmesan cheese
1 lime, cut into wedges
Fresh cilantro, chopped, optional

NUTRITION FACTS 4 servings

Calories: 122 Total Carbohydrate: 22 g
Fat: 3 g Dietary fiber: 2 g
Sodium: 122 mg Protein: 4 g

DIRECTIONS

1. Mix together mayo, yogurt, and a little Tabasco sauce to taste. Set aside.
2. Coat corn lightly with olive oil cooking spray or brush with a little olive oil.
3. GRILL: Preheat grill to medium-high. Grill for 8-12 minutes, turning every few minutes until tender and lightly browned. Sprinkle with a little salt and pepper.
4. BROIL: Instead of grilling, corn can be broiled. Line a baking pan with foil. Coat corn with cooking spray. Broil for about 5-6 minutes until browned. Turn over and broil about 5 minutes more. Sprinkle each with a little salt and pepper.
5. While corn is still warm, brush each ear with 1 Tbsp. of the sauce. Squeeze lime wedges over each piece of corn. Sprinkle each ear with Cotija or parmesan cheese, a little chili powder, and cilantro.

NOTE: You can find Cotija cheese (similar to parmesan) with other specialty cheeses in most supermarkets.

Fiery Smothered Cabbage



INGREDIENTS

- 1 napa cabbage (or other cabbage)
- 1 Tbsp. olive oil
- 1 cup coarsely chopped onion
- 1 cup low sodium vegetable broth or chicken broth
(*omit chicken broth)
- 1 oz. dry white wine (regular or non-alcoholic)
- ½-1 tsp. black pepper
- 1½ tsp. salt-free herb seasoning, such as garlic-herb
- 1 tsp. crushed red pepper flakes
- ¼ tsp. onion powder
- ¼ tsp. garlic powder
- ¼ tsp. salt
- 1 small red bell pepper, cut lengthwise



NUTRITION FACTS *4-6 servings*

Calories: 72	Total Carbohydrate: 9 g
Fat: 3.7 g	Dietary fiber: 1 g
Sodium: 152 mg	Protein: 2 g

DIRECTIONS

1. Wash cabbage, remove outer leaves and core. Cut cabbage leaves into long, fine shreds to measure 4 cups.
2. Cook onion in oil for approximately 2 minutes. Add cabbage and stir to combine.
3. Add broth, white wine, and black pepper and simmer for 5 minutes. Add seasoning and red pepper – simmer covered for 5 minutes.

Grilled BBQ Mushroom Rollups



INGREDIENTS

- 1 lb. (16 oz.) baby portabella mushrooms - 2 (8 oz.) containers
- 1 medium red onion, chopped
- 1 cup apple cider vinegar
- ½ cup honey
- 2 Tbsp. lemon juice
- 1 tsp. smoked paprika
- 1 tsp. chili powder
- 1 tsp. salt
- 2 Tbsp. Worcestershire sauce
- ¼ cup no-salt-added tomato paste
- ¼ cup cheddar cheese, shredded
(*omit cheese)
- 1 cup cilantro, chopped
- 12 small, whole grain, flour tortillas



DIRECTIONS

1. In a medium size bowl, combine vinegar, honey, lemon juice, paprika, chili powder, Worcestershire sauce, and tomato paste. Whisk with a fork until completely combined. Add mushrooms and onions and push them down in the marinade until covered. Refrigerate for at least 30 minutes; longer is better.
2. When finished marinating, remove from marinade and set liquid aside. This may be used to flavor cooked grains or salad dressings.
3. Heat a skillet to medium heat and add mushroom mixture. Sauté for 5-7 minutes, until onions are translucent. Remove from heat.
4. Place ½ cup of the mixture down the center to each tortilla, sprinkle with crumbled cheese and chopped cilantro, and roll.
5. Heat a griddle/grill to medium-high heat. Carefully place seam side of the tortilla roll down against the hot grill. Grill until crisp and then turn. Continue to turn until all sides are golden brown and crisp. If tortilla is sticking, then a small amount of oil can be brushed onto the outside of the tortilla prior to grilling.

NUTRITION FACTS		12 servings
Calories: 230	Total Carbohydrate: 37 g	
Fat: 6 g	Dietary fiber: 5 g	
Sodium: 290 mg	Protein: 7 g	

Smoky Brussels Sprouts (V) (GF)

INGREDIENTS

- 2 cups small Brussels sprouts
- ¼ cup water
- ½ tsp. liquid smoke
- 2 Tbsp. maple syrup
- ¼ cup chopped pecans

DIRECTIONS

1. Place water and sprouts in small saucepan. Simmer until tender.
2. Remove lid and turn heat up to medium high. Add maple syrup and pecans and sauté until most of the liquid has evaporated. Salt and pepper to taste.

NUTRITION FACTS <i>2 servings</i>	
Calories: 93	Total Carbohydrate: 22 g
Fat: .3 g	Dietary fiber: 4 g
Sodium: 27 mg	Protein: 3 g

No Salt Spice Mix (V) (GF)*

INGREDIENTS

- ⅓ cup garlic powder
- ⅓ cup onion powder
- ⅓ cup oregano
- 1½ Tbsp. thyme
- 1 Tbsp. parsley flakes
- 1 tsp. ground pepper

DIRECTIONS

1. Mix and store in air tight container. Use to enhance foods without all the sodium.

