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Vegetable Recipes

Oven Roasted Vegetables

2 large carrots
1 large onion
2 Sweet Dumpling, Carnival, Delicata Squash or Acorn Squash
½ green cabbage, quartered
2 Tbs. olive oil
¼ tsp. sea salt
¼ tsp. black pepper

Preheat oven to 400 degrees. Slice carrots, onions into 2 inch pieces. Cut unpeeled potatoes into 4-6 pieces each. In a large bowl, toss vegetables with oil and seasonings to coat. Place in shallow baking pan. Bake 35-40 minutes- until potatoes are tender. Toss 2-3 times during baking to roast evenly. Serves 4

Blanched Baby Vegetables

You can purchase baby vegetables from your local store (Whole Foods or Trader Joes has pre-packed and washed...for convenience). Carrots, zucchini and string beans work really well.

Boil water in medium size pan. Remove vegetables from their bags (do not slice vegetables) and boil one type of vegetable at a time for about 1-2 minutes (zucchini may take 3 depending on thickness). Remove vegetables with a slotted spoon, drain and plunge vegetables into an ice water bath to halt cooking. After about a minute, remove vegetables from the ice bath and place on a paper towel, blot dry. Wrap each bags worth of vegetables separately in a dry paper towel and place in refrigerator. These will keep 4-5 days in the refrigerator. You can toss them with oil and vinegar, fresh herbs, etc. Reheat in skillet.

Baked Vegetables:

Preheat oven to 400 degrees:

On a cookie sheet arrange thickly sliced vegetables: any root vegetables, bell peppers, squash, onions, etc and brush lightly with olive oil. Sprinkle with Mrs. Dash and fresh ground pepper.

Cook for approximately 20 minutes or until vegetables are slightly browned and still slightly crisp.

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