



recipe book

First Edition





braised greens

takes
30-45
minutes

ingredients

2 tablespoons olive oil
 ½ cup minced celery
 ½ cup minced carrot
 1 cup minced onion, any type
 1 clove garlic, mashed
 4 sprigs fresh thyme
 3 cups greens (i.e. swiss chard, kale, turnip, mustard),
 roughly chopped
 ⅓ cup water or broth
 Salt and freshly ground black pepper
 ½ teaspoon red pepper flakes

directions

Heat a deep skillet or shallow saucepan over medium heat. Add oil.

Add celery, carrot and onion and cook until vegetables barely begin to brown, about 25 minutes.

Add garlic and thyme and cook 2 more minutes.

Add water or broth and cover and simmer until greens are tender or al dente, about 8-10 minutes.

Season with salt and pepper.

nutrition facts

Serving Size 98g

Amount Per Serving			
Calories 87		Calories from Fat 52	
% Daily Value*			
Total Fat	5.8g	9%	
Saturated Fat	0.8g	4%	
Trans Fat	0.0g	0%	
Cholesterol	0.0mg	0%	
Sodium	45.8mg	2%	
Total Carbohydrate	8.3g	3%	
Dietary Fiber	2.0g	8%	
Sugars	2.4g		
Protein	2.1g		
Vitamin A	128%	Calcium	8%
Vitamin C	94%	Iron	8%

*All percentages are daily value based on a 2000 calorie diet

serves
4-6
people



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cabbage soup

takes
30-45
minutes

ingredients

*1 small cabbage, core and outer leaves removed,
and sliced thinly*
1 onion, peeled and diced
1 cup loosely packed parsley leaves
3 cloves garlic, 2 sliced and 1 minced
1 leek, rinsed well and sliced thinly
1 potato, peeled and cubed
5 cups water
Juice of 1 lemon—optional

directions

Place the water and all vegetables, 2 sliced garlic cloves and ½ cup parsley leaves into a large pan. Heat over medium-high heat.

Cook until all vegetables are tender.

While soup is cooking, mince the parsley leaves and remaining garlic clove together. Add lemon juice if desired.

Serve the soup garnished with the minced parsley/garlic mixture sprinkled on top.

nutrition facts

Serving Size 213g

Amount Per Serving		
Calories	72	Calories from Fat 3
% Daily Value*		
Total Fat	0.3g	1%
Saturated Fat	0.1g	0%
Trans Fat	0.0g	
Cholesterol	0.0mg	0%
Sodium	32.1mg	1%
Total Carbohydrate	17.6g	6%
Dietary Fiber	5.1g	20%
Sugars	6.0g	
Protein	3.0g	
Vitamin A	17%	Calcium 9%
Vitamin C	126%	Iron 9%

*All percentages are daily value based on a 2000 calorie diet

serves
6-8
people

Parsley photo by H. Zell. SOURCE: Wikipedia Commons.



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cauliflower dip

takes
30-45
minutes

ingredients

1 large head cauliflower, cut into florets
3 cloves garlic, peeled
1 ½ cups vegetable broth (or chicken broth)
2 teaspoons fresh oregano, chopped
1 teaspoon salt
¼ teaspoon freshly ground pepper
⅓ cup feta cheese—optional

directions

Place the cauliflower, garlic and broth (or water) in a sauce pan and bring to a boil.

Cover and reduce to a simmer for about 20 minutes.

Drain and place the cauliflower and garlic in a food processor or blender.

Add remaining ingredients, including feta if desired, and purée until smooth.

Serve with fresh veggie sticks or crackers.

nutrition facts

Serving Size 488g

Amount Per Serving			
Calories	138	Calories from Fat	7
% Daily Value*			
Total Fat	0.8g		1%
Saturated Fat	0.4g		2%
Trans Fat	0.0g		0%
Cholesterol	2.5mg		1%
Sodium	906.6mg		38%
Total Carbohydrate	21.2g		7%
Dietary Fiber	4.9g		20%
Sugars	10.2g		
Protein	5.7g		
Vitamin A	4%	Calcium	2%
Vitamin C	171%	Iron	1%

*All percentages are daily value based on a 2000 calorie diet

serves
4-6
people



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cilantro carrot salad

takes
15
minutes

ingredients

8 medium carrots
 ¼ cup cilantro
 2 tablespoons apple cider vinegar
 OR red wine vinegar
 4 tablespoons olive oil
 ½ teaspoon Dijon mustard
 Salt and pepper to taste
 1 teaspoon honey—optional

directions

Wash and peel the carrots.

Then shred them with a grater or food processor and place in a medium bowl.

Tear the leaves from the cilantro and add to the shredded carrots.

In a separate bowl, blend the vinegar, olive oil and mustard (and honey if desired).

Pour the vinaigrette over the carrots and cilantro.

Toss and season with salt and pepper.

Serve room temperature or chilled.

nutrition facts

Serving Size 96g

Amount Per Serving			
Calories 113		Calories from Fat 83	
% Daily Value*			
Total Fat	9.2g	14%	
Saturated Fat	1.3g	6%	
Trans Fat	0.0g	0%	
Cholesterol	0.0mg	0%	
Sodium	66.2mg	3%	
Total Carbohydrate	7.8g	3%	
Dietary Fiber	2.3g	9%	
Sugars	3.9g		
Protein	0.8g		
Vitamin A	273%	Calcium	3%
Vitamin C	8%	Iron	2%

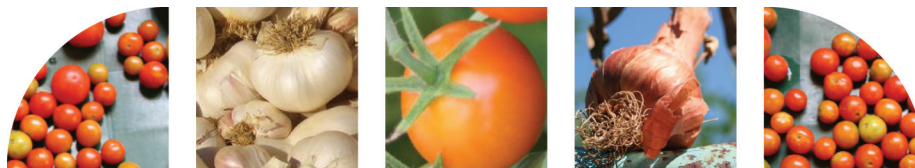
*All percentages are daily value based on a 2000 calorie diet

serves
4-6
people



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creamy tomato soup

takes
30-45
minutes

ingredients

3 cups fresh tomatoes,
peeled and chopped
2T. olive oil or butter
1 medium onion, chopped
1 garlic clove, minced
4T. flour
2 cups milk
1 bay leaf
1 tsp. sugar
1 tsp. salt
½ tsp. pepper
½ tsp. baking soda

directions

Heat soup pot over medium-high heat. Add olive oil or butter.

Add onion and garlic and cook over medium heat, stirring, until the onion and garlic are softened but not browned.

Sprinkle flour over the mixture and continue to stir and cook for 1-2 minutes.

Slowly add milk, bay leaf, sugar, and salt and pepper.

Continue to cook and stir until slightly thickened.

Stir baking soda into the tomatoes.

Add tomatoes to the milk, and bring just to a simmer.

Remove from heat and purée.

nutrition facts

Serving Size 215g

Amount Per Serving			
Calories 162		Calories from Fat 80	
% Daily Value*			
Total Fat	8.9g		14%
Saturated Fat	2.8g		14%
Trans Fat	0.0g		0%
Cholesterol	14.0mg		5%
Sodium	646.4mg		27%
Total Carbohydrate	16.7g		6%
Dietary Fiber	1.7g		7%
Sugars	8.9g		
Protein	4.9g		
Vitamin A	15%	Calcium	14%
Vitamin C	22%	Iron	5%

*All percentages are daily value based on a 2000 calorie diet

serves
4-6
people



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crunchy beet salad

takes
30-45
minutes

ingredients

4 small-medium beets, peeled and grated
1 small onion, sliced very thinly
3 tsp. balsamic vinegar (or red wine vinegar)
3T. olive oil
½ tsp. cumin seeds—optional
Salt and pepper to taste

directions

Whisk the vinegar, olive oil, cumin seeds and salt and pepper to taste.
Toss with the grated beets and sliced onions.
Let the flavors marinate together for 10-20 minutes before serving.

nutrition facts

Serving Size 8lg

Amount Per Serving			
Calories	106	Calories from Fat	74
% Daily Value*			
Total Fat	8.2g		13%
Saturated Fat	1.1g		6%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	32.5mg		1%
Total Carbohydrate	7.7g		3%
Dietary Fiber	1.3g		5%
Sugars	5.3g		
Protein	1.0g		
Vitamin A	0%	Calcium	2%
Vitamin C	6%	Iron	3%

*All percentages are daily value based on a 2000 calorie diet

serves
4-6
people



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cucumber yogurt dip

takes
30-45
minutes

ingredients

2 cups plain whole milk yogurt
1-2 cucumbers, diced small
(about ½ cup or more)
1 clove garlic, minced
2 tablespoons fresh dill, minced
½ teaspoon white wine vinegar
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons fresh green chives
or green onions, chopped finely—optional
½ teaspoon red pepper flakes—optional

Note: Remove seeds from cucumbers if tough.

directions

Mix all ingredients in a bowl. Adjust salt and pepper to taste.

Serve with assorted vegetables for dipping: celery, snap peas, green beans, carrots, peppers, tomatoes, broccoli, cauliflower, roasted beets and/or boiled potatoes.

nutrition facts

Serving Size 121g

Amount Per Serving			
Calories	50	Calories from Fat	21
% Daily Value*			
Total Fat	2.3g		4%
Saturated Fat	1.5g		7%
Trans Fat	0.0g		0%
Cholesterol	9.1mg		3%
Sodium	364.6mg		15%
Total Carbohydrate	5.1g		2%
Dietary Fiber	0.1g		0%
Sugars	3.3g		
Protein	2.5g		
Vitamin A	2%	Calcium	9%
Vitamin C	2%	Iron	0%

*All percentages are daily value based on a 2000 calorie diet

serves
6-8
people



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curried cauliflower salad

takes
30-45
minutes

ingredients

*1 small cauliflower,
cut or broken into florets*

3 T. olive oil

2 tsp. red wine vinegar

1/4 tsp. curry powder

1 small onion, sliced very thinly

2 T. parsley leaves, chopped

directions

Bring a pot of salted water to a boil.

Add cauliflower florets and cook about 2 minutes, until just tender.

Drain and rinse with cold water to stop the cooking.

Whisk together all other ingredients and then toss with cauliflower.

Serve garnished with chopped parsley leaves.

nutrition facts

Serving Size 506g

Amount Per Serving			
Calories	239	Calories from Fat	92
% Daily Value*			
Total Fat	10.2g		16%
Saturated Fat	1.4g		7%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	136.4mg		6%
Total Carbohydrate	25.0g		8%
Dietary Fiber	6.1g		24%
Sugars	12.3g		
Protein	5.8g		
Vitamin A	3%	Calcium	1%
Vitamin C	196%	Iron	2%

*All percentages are daily value based on a 2000 calorie diet

serves
4
people

Parsley photo by H. Zell. SOURCE:Wikipedia Commons.



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easy carrot soup with parsley sauce

takes
30-45
minutes

ingredients

*1 lb. carrots, peeled and
cut into 1/2-inch rounds*
*1 medium potato, russet or Yukon Gold,
peeled and cut in quarters*
5 cups water or chicken stock
2T. unsalted butter
Salt and pepper to taste
4 tsp. sour cream—optional
4T. olive oil
Juice of 1 lemon
1/2 cup roughly chopped parsley
Water as needed to blend

directions

SOUP

Place carrots, potato, 5 cups water or stock, and butter in a saucepan and simmer over medium heat for 25-30 minutes, until carrots are tender.

Place veggies and 1 cup of the cooking liquid into a container for puréeing. Purée with butter and salt and pepper to taste. Return to soup pot and stir to blend.

Serve soup with parsley sauce (below) drizzled on top and a teaspoon of sour cream if desired.

PARSLEY SAUCE

To prepare parsley sauce, mix olive oil, lemon juice, and parsley in a blender and add water if necessary to purée.

nutrition facts

Serving Size 500g

Amount Per Serving			
Calories 289		Calories from Fat 191	
% Daily Value*			
Total Fat	21.2g		33%
Saturated Fat	6.2g		31%
Trans Fat	0.0g		0%
Cholesterol	24.8mg		8%
Sodium	1167.9mg		49%
Total Carbohydrate	24.9g		8%
Dietary Fiber	5.3g		21%
Sugars	8.0g		
Protein	4.2g		
Vitamin A	658%	Calcium	8%
Vitamin C	69%	Iron	9%

*All percentages are daily value based on a 2000 calorie diet

serves
4
people

Parsley photo by H. Zell. SOURCE:Wikipedia Commons.



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easy ratatouille

takes
30-45
minutes

ingredients

1 cup yellow squash, cut in 1/4-inch pieces
1 cup zucchini, cut in 1/4-inch pieces
1 tablespoons olive oil
1 pepper (green or red bell, or banana)
1 large onion (any color), chopped
3 cloves garlic, minced
4 large tomatoes, chopped
3 sprigs thyme
1/8 cup basil, torn or roughly chopped
Salt and pepper to taste

directions

Heat a large skillet over medium heat, add oil.
Add the zucchini, yellow squash and thyme and cook about 3-5 minutes. Stir frequently.
Add the pepper, onion and garlic and cook about 3 more minutes. Stir frequently.
Add the tomatoes, salt and pepper and cook an additional 3 minutes. Stir frequently.
Turn off the heat, and add the basil and stir.
Serve hot or cold.

nutrition facts

Serving Size 196g

Amount Per Serving			
Calories	69	Calories from Fat	28
% Daily Value*			
Total Fat	3.1g		5%
Saturated Fat	0.5g		2%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	9.4mg		0%
Total Carbohydrate	10.0g		3%
Dietary Fiber	2.8g		11%
Sugars	5.3g		
Protein	2.2g		
Vitamin A	23%	Calcium	4%
Vitamin C	67%	Iron	6%

*All percentages are daily value based on a 2000 calorie diet

serves
4-6
people



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fall vegetable minestrone soup

takes
30-45
minutes

ingredients

1 T. olive oil
 1 medium onion, chopped
 2 garlic cloves, minced
 3 cups vegetable or chicken stock/broth
 1 medium sweet potato, peeled and cubed
 1 medium russet potato, peeled and cubed
 1 small green pepper, large dice
 1 small red or yellow pepper, large dice
 1 diced carrot
 2 tsp. fresh oregano (or 1 tsp. dried)
 1/8 tsp. red pepper flakes
 1/2 teaspoon freshly ground black pepper
 1/4 tsp. salt
 2 cups chopped greens
 (kale, swiss chard, collards)
 1/2 cup uncooked pasta (macaroni, penne, orzo)
 1 can chickpeas or cannellini beans
 or other white beans, rinsed and drained
 1/8 cup shredded Parmesan cheese—optional

directions

Heat oil in a large pan over medium-high heat.

Add onion and garlic; sauté 2 1/2 minutes or until tender.

Add stock/broth, potatoes, peppers, carrots, oregano, and red pepper flakes and simmer over medium-high heat until vegetables are almost tender.

Add greens, pasta, and beans.

Simmer until pasta is done and vegetables are tender.

Sprinkle with cheese if desired.

nutrition facts

Serving Size 274g			
Amount Per Serving			
Calories	306	Calories from Fat	56
% Daily Value*			
Total Fat	6.2g		10%
Saturated Fat	1.2g		6%
Trans Fat	0.0g		0%
Cholesterol	4.8mg		2%
Sodium	489.9mg		20%
Total Carbohydrate	51.2g		17%
Dietary Fiber	11.7g		47%
Sugars	10.2g		
Protein	14.1g		
Vitamin A	116%	Calcium	14%
Vitamin C	109%	Iron	24%

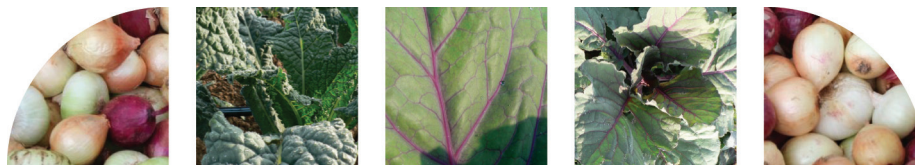
*All percentages are daily value based on a 2000 calorie diet

serves
8
people



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fresh kale salad

takes
15
minutes

ingredients

2 T. finely chopped onion
2 T. fresh lemon juice
Salt and pepper to taste
5 T. olive oil
1 lb. kale
1/8 cup shredded Parmesan

directions

Whisk together the first four ingredients until combined.

Slice kale very thinly (a technique also called chiffonade) and toss with dressing and Parmesan.

Sprinkle more pepper and salt as needed.

nutrition facts

Serving Size 160g			
Amount Per Serving			
Calories 279		Calories from Fat 200	
% Daily Value*			
Total Fat	22.2g	34%	
Saturated Fat	5.3g	27%	
Trans Fat	0.0g	0%	
Cholesterol	12.0mg	4%	
Sodium	331.9mg	14%	
Total Carbohydrate	12.9g	4%	
Dietary Fiber	2.9g	11%	
Sugars	3.0g		
Protein	10.1g		
Vitamin A	2%	Calcium	36%
Vitamin C	232%	Iron	12%

*All percentages are daily value based on a 2000 calorie diet

serves
4
people



in partnership with





garlic sautéed spinach

takes
15
minutes

ingredients

3 cups spinach leaves
2 tablespoons olive oil
4-6 cloves garlic, minced
2 teaspoons salt
½ teaspoon black pepper
Pinch nutmeg—optional
Juice of ½ lemon—optional

directions

Clean spinach well and pat or spin dry (in a salad spinner).

Heat a large saucepan over medium heat and add the oil.

Add the garlic and sauté about 1 minute.

Add the spinach, salt and pepper (and nutmeg if desired) and cover the pot.

Cook for 1-2 minutes and then uncover and stir a little longer until all the spinach is wilted.

Turn off heat and add lemon juice if desired.

Serve hot or cold.

nutrition facts

Serving Size 71g

Amount Per Serving		
Calories	80	Calories from Fat 62
% Daily Value*		
Total Fat	6.8g	11%
Saturated Fat	1.0g	5%
Trans Fat	0.0g	0%
Cholesterol	0.0mg	0%
Sodium	1196.7mg	50%
Total Carbohydrate	4.6g	2%
Dietary Fiber	1.8g	7%
Sugars	0.4g	
Protein	1.5g	
Vitamin A	55%	Calcium 6%
Vitamin C	40%	Iron 9%

*All percentages are daily value based on a 2000 calorie diet

serves
4
people



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gazpacho

takes
30-45
minutes

ingredients

5 large tomatoes, quartered
1 cucumber, peeled and chopped
1 green or red bell pepper, chopped
2 cloves garlic, minced
(or smashed in a mortar and pestle)
2 tablespoons olive oil
Salt and pepper to taste

directions

Place all ingredients in a food processor or blender and process until smooth (or you can leave slightly chunky).

Serve immediately or chill before eating.

nutrition facts

Serving Size 185g

Amount Per Serving					
Calories		79	Calories from Fat	52	
% Daily Value*					
Total Fat		5.7g	9%		
Saturated Fat		0.8g	4%		
Trans Fat		0.0g	0%		
Cholesterol		0.0mg	0%		
Sodium		7.7mg	0%		
Total Carbohydrate		6.8g	2%		
Dietary Fiber		2.0g	8%		
Sugars		4.2g			
Protein		1.5g			
Vitamin A		17%	Calcium		2%
Vitamin C		49%	Iron		3%

*All percentages are daily value based on a 2000 calorie diet

serves
4-6
people



in partnership with





grated carrot salad

takes
30-45
minutes

ingredients

6-10 carrots, or about 1½ cups
peeled and grated
1 clove garlic, minced
2 T. chives, minced
2 T. olive oil
2 T. fresh lemon juice
(or 1 T. apple cider vinegar)
1 tsp. Dijon-style mustard
Salt and pepper to taste
½ cup pecans, walnuts or sliced almonds—optional

directions

Whisk together all the wet ingredients, garlic and salt and pepper in a bowl.

Add the carrots and chives and toss.

Serve garnished with nuts if desired.

nutrition facts

Serving Size 50g			
Amount Per Serving			
Calories	161	Calories from Fat	150
% Daily Value*			
Total Fat	16.6g		26%
Saturated Fat	1.8g		9%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	17.3mg		1%
Total Carbohydrate	5.1g		2%
Dietary Fiber	2.6g		10%
Sugars	1.2g		
Protein	1.6g		
Vitamin A	1%	Calcium	3%
Vitamin C	36%	Iron	3%

*All percentages are daily value based on a 2000 calorie diet

serves
4
people



in partnership with





herbed grain and garden salad

takes
30-45
minutes

ingredients

- 1 cup of dry bulghur OR brown rice
(see cooking directions at right)
- ¼ cup olive oil
- ⅓ cup red wine vinegar OR apple cider
OR fresh lemon juice
- ¾ cup fresh parsley, minced
- ¼ cup fresh spearmint, minced
- ¼ cup fresh green onions, minced
OR ½ onion (any type), minced
- 2 cloves fresh garlic, minced
- 1 cucumber, minced (about ½ cup)—optional
- 3 tomatoes, chopped
- Salt and pepper to taste

Note: Remove seeds from cucumbers if tough.

nutrition facts

Serving Size 82g			
Amount Per Serving			
Calories	141	Calories from Fat	60
% Daily Value*			
Total Fat	6.7g		10%
Saturated Fat	1.0g		5%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	4.3mg		0%
Total Carbohydrate	18.3g		6%
Dietary Fiber	1.3g		5%
Sugars	1.5g		
Protein	2.1g		
Vitamin A	7%	Calcium	1%
Vitamin C	11%	Iron	3%

*All percentages are daily value based on a 2000 calorie diet

directions

BULGHUR

Each of these two easy methods uses a 2- to 3-quart saucepan and yields approximately 3½ cups cooked bulghur.

1. Boil 2 cups of water; add 1 cup bulgur and simmer for 20-30 minutes. Let stand 10 minutes before using.

OR

2. Boil 2½ cups water. Add 1 cup bulgur; remove from heat, cover and let stand about 45 minutes. Pour off any excess liquid.

BROWN RICE

Combine 1 cup brown rice and 2¼ cups water in a 2- to 3-quart saucepan. Bring to a boil and stir a few times. Reduce heat to low. Cover and simmer for 45 minutes.

Yields approximately 3 ½ cups cooked brown rice.

SALAD ASSEMBLY

Place bulghur or brown rice in a large bowl.

In a separate bowl, blend vinegar (or lemon juice) with oil.

Add all ingredients, including the vinaigrette, to large bowl and toss to mix.

Serve immediately OR even better, chill for 1 hour before serving. Serve alone or over lettuce.

serves
8-10
people

Brown rice photo by Ranveig. SOURCE:Wikipedia Commons.



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mint/stevia tisane

takes
15
minutes

ingredients

½ cup packed mint leaves (peppermint, spearmint, apple mint, and/or chocolate mint)

5 leaves stevia

4 cups water

directions

Boil water.

Place mint and stevia into teapot.

Pour boiling water over mint and stevia.

Steep 5 minutes and strain.

Serve hot or over ice.

nutrition facts

Serving Size 4g

Amount Per Serving			
Calories	2	Calories from Fat	0
% Daily Value*			
Total Fat	0.0g		0%
Saturated Fat	0.0g		0%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	1.0mg		0%
Total Carbohydrate	0.6g		0%
Dietary Fiber	0.3g		1%
Sugars	0.0g		
Protein	0.1g		
Vitamin A	3%	Calcium	1%
Vitamin C	2%	Iron	1%

*All percentages are daily value based on a 2000 calorie diet

serves
4
people

Mint photo by Kham Tran, www.khamtran.com. SOURCE: Wikipedia Commons.



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pumpkin soup

takes
30-45
minutes

ingredients

1 T. olive oil or unsalted butter
1 onion, diced
1 potato, peeled and cubed
5 cups pumpkin, seeds removed, peeled and cubed
4 cups water or stock (vegetable or chicken)
2 sprigs thyme—optional
Salt and pepper to taste
½ cup Swiss cheese—optional

directions

Heat a large pan over medium-high heat and add the olive oil or butter.
Add the onion and cook until it begins to turn translucent.
Add the potato, pumpkin, thyme and water.
Cook over medium heat until the potato and pumpkin are fork tender.
Purée in food processor, blender or with an immersion blender.
Season with salt and pepper.
Serve with cheese sprinkled on top if desired.

nutrition facts

Serving Size 263g			
Amount Per Serving			
Calories	75	Calories from Fat	18
% Daily Value*			
Total Fat	2.1g		3%
Saturated Fat	0.3g		2%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	316.8mg		13%
Total Carbohydrate	12.4g		4%
Dietary Fiber	1.1g		4%
Sugars	3.3g		
Protein	2.6g		
Vitamin A	122%	Calcium	3%
Vitamin C	19%	Iron	5%

*All percentages are daily value based on a 2000 calorie diet

serves
6-8
people



in partnership with





red pepper soup

takes
30-45
minutes

ingredients

2 tablespoons olive oil
4-5 onions, sliced
12-15 large red bell peppers, large diced
3 large cloves garlic, mashed
3 tablespoons red wine vinegar
or apple cider vinegar
2 cups broth (chicken or vegetable) OR water
3 tablespoons fresh thyme leaves
2 tablespoons fresh parsley, minced
Salt and pepper to taste
½ teaspoon red pepper flakes—optional

directions

Heat a large pot on medium heat and then add oil.

Add onion and cook about 3-5 minutes until starting to color.

Add garlic and cook 1-2 more minutes.

Add remaining ingredients.

Cover and simmer about 30 minutes until peppers are tender.

Purée in batches in a food processor or blender.

Salt and pepper to taste.

Serve hot or cold.

Garnish with more chopped fresh parsley and serve with croutons or fresh bread as desired.

nutrition facts

Serving Size 307g

Amount Per Serving			
Calories	113	Calories from Fat	45
% Daily Value*			
Total Fat	4.9g		8%
Saturated Fat	0.8g		4%
Trans Fat	0.0g		0%
Cholesterol	0.7mg		0%
Sodium	175.3mg		7%
Total Carbohydrate	15.5g		5%
Dietary Fiber	3.8g		15%
Sugars	7.0g		
Protein	3.0g		
Vitamin A	20%	Calcium	15%
Vitamin C	202%	Iron	7%

*All percentages are daily value based on a 2000 calorie diet

serves
6-8
people



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roasted broccoli

takes
30-45
minutes

ingredients

2 small broccoli, cut or broken into florets
4 cloves garlic, sliced
3T. olive oil
½ tsp. ground black pepper
1 tsp. salt
Juice and zest of 1 lemon—optional

directions

Preheat oven to 425°F.
Wash broccoli and pat dry.
Toss all ingredients in a bowl and spread on a pan lined with foil or parchment paper.
Cook in the center of the oven for 15-25 minutes until slightly browned, but still slightly crisp (not mushy!)

nutrition facts

Serving Size 97g			
Amount Per Serving			
Calories	98	Calories from Fat	77
% Daily Value*			
Total Fat	8.6g		13%
Saturated Fat	1.1g		6%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	482.8mg		20%
Total Carbohydrate	6.4g		2%
Dietary Fiber	3.1g		12%
Sugars	1.8g		
Protein	2.4g		
Vitamin A	0%	Calcium	2%
Vitamin C	29%	Iron	2%

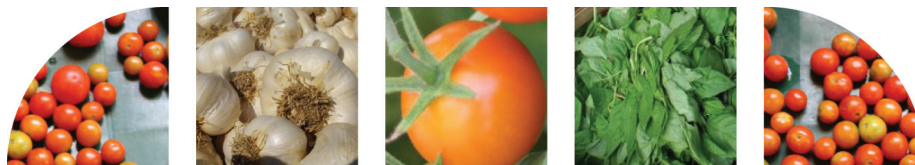
*All percentages are daily value based on a 2000 calorie diet

serves
4-6
people



in partnership with





roasted cherry tomatoes

takes
30-45
minutes

ingredients

4 cups cherry tomatoes
2 cloves garlic, sliced thin
2 tablespoons olive oil
½ teaspoon salt
¼ teaspoon pepper
⅛ cup fresh basil leaves,
torn or roughly chopped

directions

Preheat oven to 400°F.

Place all ingredients except the basil in a bowl and toss.

Pour onto an oiled or foil-lined cookie sheet (with a lip).

Roast for about 20 minutes.

Sprinkle with basil.

Serve on crostini (or thin toast).

nutrition facts

Serving Size 106g

Amount Per Serving			
Calories	60	Calories from Fat	42
% Daily Value*			
Total Fat	4.7g		7%
Saturated Fat	0.7g		3%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	199.0mg		8%
Total Carbohydrate	4.3g		1%
Dietary Fiber	1.2g		5%
Sugars	2.6g		
Protein	1.0g		
Vitamin A	17%	Calcium	1%
Vitamin C	22%	Iron	2%

*All percentages are daily value based on a 2000 calorie diet

serves
4-6
people



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roasted okra

takes
30-45
minutes

ingredients

25 pods okra, sliced lengthwise
into 2 long halves
1 tablespoon olive oil, plus 1 teaspoon olive oil or
pan spray to coat cookie sheet
Salt and pepper to taste
1 tablespoon chopped fresh herbs
as desired and available*

*Can use any of the following together or alone:
parsley, basil, dill, oregano, marjoram, cilantro

directions

Preheat oven to 450 degrees.

Trim ends from okra.

Lightly spray or oil sheet pan.

Toss okra with oil, salt and
pepper in a bowl and spread on sheet pan.

Bake for 5-10 minutes and then turn with
spatula and bake for another 5-10 minutes until
lightly browned on edges.

nutrition facts

Serving Size 63g

Amount Per Serving			
Calories	50	Calories from Fat	33
% Daily Value*			
Total Fat	3.7g		6%
Saturated Fat	0.5g		3%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	4.8mg		0%
Total Carbohydrate	4.2g		1%
Dietary Fiber	1.9g		8%
Sugars	0.7g		
Protein	1.2g		
Vitamin A	5%	Calcium	5%
Vitamin C	21%	Iron	3%

*All percentages are daily value based on a 2000 calorie diet

serves
4-6
people



in partnership with





sautéed okra, corn & tomatoes

takes
30-45
minutes

ingredients

2 cups okra, small pods
2 tablespoons olive oil
1 onion (any type), sliced in strips lengthwise
2 cloves garlic, minced
2 cups tomatoes, chopped
3 cobs corn
3 tablespoons parsley, chopped
3 tablespoons basil, chopped
Salt and pepper to taste

directions

Trim stem ends of okra.
Cut corn from the cob.
Heat a large skillet over medium heat.
Add oil.
Sauté onions until soft.
Add okra and sauté for 2-4 minutes, stirring and turning okra.
Remove okra and onions and place on a plate.
Add tomatoes and garlic and cook 2 minutes.
Add corn, okra, onions and parsley and simmer about 5 minutes until okra is al dente (or slightly firm, but not mushy).
Sprinkle with basil.
Serve hot or cold.

nutrition facts

Serving Size 134g			
Amount Per Serving			
Calories	122	Calories from Fat	56
% Daily Value*			
Total Fat	6.2g		10%
Saturated Fat	0.9g		5%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	14.2mg		1%
Total Carbohydrate	16.3g		5%
Dietary Fiber	3.0g		12%
Sugars	5.2g		
Protein	3.1g		
Vitamin A	11%	Calcium	5%
Vitamin C	30%	Iron	5%

*All percentages are daily value based on a 2000 calorie diet

serves
4-6
people



in partnership with





shell-bean hummus

takes
30-45
minutes

ingredients

2 cups shell beans, shelled
2 cloves garlic, minced
(or smashed in a mortar and pestle)
1/8 cup olive oil
1 tablespoon fresh parsley plus
1 teaspoon parsley, finely chopped
Salt and pepper to taste
Water as needed

directions

Place beans in a saucepan and fill with water to cover beans by a few inches.

Boil until beans are very soft (easy to mash), about 30-45 minutes.

Drain beans and return them to the pan with the garlic and olive oil. Cook about 5 minutes longer to soften garlic.

Add 1 tablespoon parsley.

Smash bean mixture by hand with a potato masher until smooth or puree in a food processor or blender. Add water as needed to create a smooth texture.

Place on a plate or in a bowl and garnish with the chopped parsley.

Serve warm or cold on toast, crackers or use as a dip for fresh vegetables.

nutrition facts

Serving Size 72g

Amount Per Serving			
Calories	25	Calories from Fat	3
% Daily Value*			
Total Fat	0.4g		1%
Saturated Fat	0.1g		0%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	234.6mg		10%
Total Carbohydrate	4.7g		2%
Dietary Fiber	2.4g		10%
Sugars	0.5g		
Protein	1.3g		
Vitamin A	5%	Calcium	2%
Vitamin C	6%	Iron	4%

*All percentages are daily value based on a 2000 calorie diet

serves
6-8
people

Parsley photo by H. Zell. SOURCE:Wikipedia Commons.



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simple salad with balsamic vinaigrette

takes
30-45
minutes

ingredients

FOR SALAD

2 cups chopped various salad greens

FOR BALSAMIC VINAIGRETTE

(Yields ¼ cup)

1 clove garlic, minced

1 T. Dijon-style mustard

1 T. honey or maple syrup

2 T. balsamic vinegar

¼ cup olive oil

Salt and pepper to taste

directions

Wash salad greens under running water. Spin dry in a salad spinner or pat dry with paper towels.

Mix first four ingredients in a bowl and then drizzle the olive oil in as blending with a whisk. OR place all ingredients in a jar and shake.

Season with salt and pepper to taste. Pour over salad greens.

nutrition facts

Serving Size 48g

Amount Per Serving			
Calories 149		Calories from Fat 122	
% Daily Value*			
Total Fat	13.5g		21%
Saturated Fat	1.9g		9%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	90.9mg		4%
Total Carbohydrate	7.2g		2%
Dietary Fiber	0.2g		1%
Sugars	6.5g		
Protein	0.3g		
Vitamin A	22%	Calcium	1%
Vitamin C	5%	Iron	1%

*All percentages are daily value based on a 2000 calorie diet

serves
4
people



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simple soybean sauté

takes
30-45
minutes

ingredients

2 cups soybeans, shelled and cooked
2 tablespoon olive oil
1 onion (any color), large diced
3 garlic cloves, minced
(or smashed in a mortar and pestle)
4 sprigs fresh parsley chopped
and/or 2 sprigs fresh thyme (leaves only)
Salt and pepper

directions

Cook soybean pods in salted boiling water about 3-5 minutes. Drain and reserve.

Heat sauté pan over medium heat; add olive oil.

Add onion and cook until translucent, about 2-3 minutes. Add garlic and sauté 1-2 more minutes.

Add soybeans and herbs and cook until soybeans are heated through.

Season with salt and pepper and enjoy hot or at room temperature.

nutrition facts

Serving Size 135g

Amount Per Serving		
Calories	229	Calories from Fat 131
% Daily Value*		
Total Fat	14.5g	22%
Saturated Fat	2.1g	10%
Trans Fat	0.0g	0%
Cholesterol	0.0mg	0%
Sodium	3.1mg	0%
Total Carbohydrate	13.3g	4%
Dietary Fiber	6.1g	24%
Sugars	4.2g	
Protein	15.0g	
Vitamin A	2%	Calcium 11%
Vitamin C	14%	Iron 27%

*All percentages are daily value based on a 2000 calorie diet

serves
4
people



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summer squash with basil pistou

takes
15
minutes

ingredients

2 cloves garlic
1 cup basil
2 tablespoons olive oil
Pinch salt
Pinch pepper
4-6 small yellow summer squash
and/or zucchini, thinly sliced
Juice of ½ lemon—optional
2 tablespoons toasted, slivered almonds—optional

directions

To make the pistou, blend the first five ingredients in a food processor, blender or mortar and pestle.

Place thinly sliced squash and/or zucchini on a large plate.

Drizzle with pistou (and, if desired, squeeze lemon juice over and/or sprinkle almonds) and serve.

nutrition facts

Serving Size 122g			
Amount Per Serving			
Calories	101	Calories from Fat	76
% Daily Value*			
Total Fat	8.5g		13%
Saturated Fat	1.0g		5%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	61.0mg		3%
Total Carbohydrate	6.0g		2%
Dietary Fiber	2.4g		9%
Sugars	2.5g		
Protein	2.8g		
Vitamin A	13%	Calcium	5%
Vitamin C	43%	Iron	5%

*All percentages are daily value based on a 2000 calorie diet

serves
4-6
people



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summer succotash

takes
30-45
minutes

ingredients

2 tablespoons olive oil
1 large sweet onion, chopped
1 red bell pepper, seeded and chopped
1 pinch sugar
3 sprigs thyme and/or
2 tablespoons chopped basil—optional
1 cup shelled soybeans
4 ears corn, kernels cut from the cobs
Salt and pepper to taste

directions

Heat sauté pan over medium heat; add olive oil.
Add onion and cook until translucent, about 2-3 minutes.
Add bell pepper, sugar and thyme, if desired, and cook for 5 minutes.
Add soybean pods and corn kernels and cook for 5 more minutes.
Season with salt and pepper.
Stir in chopped basil, if desired.
Serve hot, room temperature or chilled.

nutrition facts

Serving Size 147g

Amount Per Serving		
Calories	133	Calories from Fat 46
% Daily Value*		
Total Fat	5.1g	8%
Saturated Fat	0.7g	4%
Trans Fat	0.0g	0%
Cholesterol	0.0mg	0%
Sodium	9.1mg	0%
Total Carbohydrate	21.8g	7%
Dietary Fiber	2.7g	11%
Sugars	5.5g	
Protein	4.0g	
Vitamin A	2%	Calcium 2%
Vitamin C	28%	Iron 5%

*All percentages are daily value based on a 2000 calorie diet

serves
6-8
people



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sweet potato colcannon

takes
30-45
minutes

ingredients

*4 medium sweet potatoes,
peeled and cut into 1-inch pieces*

3T. olive oil or butter

*1 leek, finely sliced
(all but the very green ends)*

*3 cups finely chopped kale,
well-rinsed and ribs removed*

¼ tsp. nutmeg

Salt and pepper to taste

directions

Cover sweet potatoes with water and bring to a boil.

Cook potatoes until soft (15-20 minutes). Drain and set aside.

Heat a medium sauté pan over medium heat.

Add the olive oil or butter and then the sliced leeks and kale. Cook until slightly tender, about 5 minutes.

Mash sweet potatoes with the nutmeg and salt and pepper.

Mix in the leeks and kale.

Serve hot.

nutrition facts

Serving Size 177g

Amount Per Serving			
Calories 189		Calories from Fat 77	
% Daily Value*			
Total Fat	8.5g		13%
Saturated Fat	1.2g		6%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	77.1mg		3%
Total Carbohydrate	26.9g		9%
Dietary Fiber	4.2g		17%
Sugars	5.8g		
Protein	3.2g		
Vitamin A	124%	Calcium	9%
Vitamin C	86%	Iron	9%

*All percentages are daily value based on a 2000 calorie diet

serves
4-6
people



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sweet potato soup with rosemary

takes
30-45
minutes

ingredients

2 medium sweet potatoes, peeled and cubed
2 cups chicken or vegetable stock/broth
1 T. fresh rosemary, chopped fine
½ medium yellow onion, sliced
2 T. unsalted butter
Salt and pepper to taste

directions

Boil sweet potato cubes in stock/broth with rosemary and onions until very tender.

Purée in a blender, food processor or with an immersion blender.

Add butter and salt and pepper to taste.

Garnish with a rosemary sprig if desired.

nutrition facts

Serving Size 171g			
Amount Per Serving			
Calories	106	Calories from Fat	51
% Daily Value*			
Total Fat	5.7g		9%
Saturated Fat	3.1g		16%
Trans Fat	0.0g		0%
Cholesterol	13.2mg		4%
Sodium	261.9mg		11%
Total Carbohydrate	12.0g		4%
Dietary Fiber	1.9g		7%
Sugars	2.8g		
Protein	1.8g		
Vitamin A	4%	Calcium	17%
Vitamin C	5%	Iron	2%

*All percentages are daily value based on a 2000 calorie diet

serves
4-6
people



in partnership with





sweet/sour dilled cucumbers

takes
30-45
minutes

ingredients

3 large cucumbers, sliced thinly
1 large onion, sliced thinly
 $\frac{2}{3}$ cup vinegar (any kind)
2 tablespoon olive oil
2 teaspoons salt
 $\frac{1}{4}$ teaspoon black pepper
 $\frac{1}{4}$ teaspoon sugar
 $\frac{1}{8}$ cup finely chopped fresh dill—optional

directions

Place sliced cucumbers and onions in a bowl.
In a separate bowl, combine all other ingredients.
Pour mixture over vegetables and toss.
Serve immediately or for enhanced flavor, chill
for a while before serving.

nutrition facts

Serving Size 114g

Amount Per Serving		
Calories	20	Calories from Fat 1
% Daily Value*		
Total Fat	0.2g	0%
Saturated Fat	0.0g	0%
Trans Fat	0.0g	0%
Cholesterol	0.0mg	0%
Sodium	667.0mg	28%
Total Carbohydrate	4.1g	1%
Dietary Fiber	1.0g	4%
Sugars	2.2g	
Protein	0.8g	
Vitamin A	0%	Calcium 2%
Vitamin C	7%	Iron 1%

*All percentages are daily value based on a 2000 calorie diet

serves
6-8
people



in partnership with





tomato basil salad

takes
15
minutes

ingredients

4 large tomatoes, sliced 1/4-inch thick
 1/4 cup packed fresh basil
 3 to 4 tablespoons olive oil
 Salt and pepper to taste
 1 pound fresh mozzarella,
 sliced 1/4-inch thick—optional
 2 tablespoons balsamic vinegar—optional

directions

On a large platter arrange tomato and basil leaves, alternating and overlapping them. If desired use mozzarella to alternate and overlap as well.

Sprinkle with olive oil and balsamic vinegar if desired.

Season salad with salt and pepper.

nutrition facts

Serving Size 335g

Amount Per Serving			
Calories	509	Calories from Fat	353
% Daily Value*			
Total Fat	39.3g	60%	
Saturated Fat	16.8g	84%	
Trans Fat	0.0g		
Cholesterol	89.6mg	30%	
Sodium	743.2mg	31%	
Total Carbohydrate	10.7g	4%	
Dietary Fiber	1.0g	4%	
Sugars	7.6g		
Protein	28.0g		
Vitamin A	70%	Calcium	60%
Vitamin C	86%	Iron	12%

*All percentages are daily value based on a 2000 calorie diet

serves
4
people



in partnership with





tomato and green bean salad

takes
30-45
minutes

ingredients

3 cups green beans
3 cups cherry tomatoes, sliced in half,
and/or large tomatoes, large diced
1 small onion (any color), finely diced
½ cup olive oil
2 T. vinegar (apple cider, red wine or white wine)
Salt and pepper
Fresh corn kernels cut from 2 cobs of corn—
optional
Basil or parsley, chopped—optional

directions

Bring a pot of salted water (about 6 cups) to a boil.

In the meantime, snap the ends from the green beans. Then parboil the beans in the boiling water. This will take 3-6 minutes depending on the size of the beans. Drain water and lay beans out on a sheet pan to cool.

Slice and/or dice tomatoes and place in bowl.

Add onions, olive oil, vinegar and parboiled green beans.

Toss and serve room temperature or chilled.

nutrition facts

Serving Size 177g

Amount Per Serving			
Calories	68	Calories from Fat	14
% Daily Value*			
Total Fat	1.6g		2%
Saturated Fat	0.3g		1%
Trans Fat	0.0g		
Cholesterol	0.0mg		0%
Sodium	11.4mg		0%
Total Carbohydrate	13.1g		4%
Dietary Fiber	3.1g		12%
Sugars	6.1g		
Protein	2.6g		
Vitamin A	20%	Calcium	3%
Vitamin C	33%	Iron	5%

*All percentages are daily value based on a 2000 calorie diet

serves
6-8
people



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whole wheat pasta with roasted red pepper sauce and parsley

takes
30-45
minutes

ingredients

1 package whole-wheat spaghetti or penne
4 red peppers, washed
1 T. extra-virgin olive oil
1 tsp. balsamic vinegar (or red wine vinegar)
2 garlic cloves, chopped
¼ teaspoon dried crushed red pepper—optional

directions

Place the peppers directly on an open flame or under a broiler. Roast until skin is charred black.

Place in a bowl covered with plastic wrap to sweat about 10 minutes.

Peel the blackened skin off the peppers. It's fine if there's some black bits left here and there.

Cut off the stem, remove seeds and chop.

Purée peppers, olive oil, balsamic vinegar, garlic and dried crushed red pepper if desired in food processor or blender until smooth.

Season to taste with salt and pepper.

nutrition facts

Serving Size 188g			
Amount Per Serving			
Calories	327	Calories from Fat	32
% Daily Value*			
Total Fat	3.8g		6%
Saturated Fat	0.6g		3%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	254.6mg		11%
Total Carbohydrate	64.2g		21%
Dietary Fiber	7.1g		28%
Sugars	6.4g		
Protein	12.5g		
Vitamin A	31%	Calcium	5%
Vitamin C	81%	Iron	19%

*All percentages are daily value based on a 2000 calorie diet

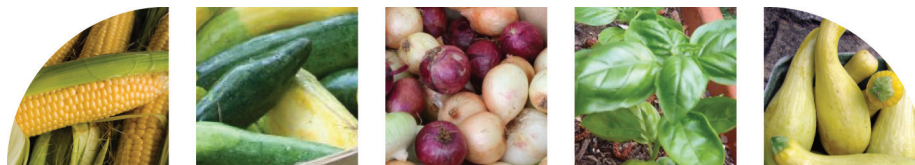
serves
4-6
people

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zucchini and corn cakes

takes
30-45
minutes

ingredients

5 ears corn
8 small to medium zucchini
1 medium onion, chopped
2 large eggs, slightly beaten
½ cup milk
1 ½ teaspoons salt
1 teaspoon pepper
1 ½ teaspoons baking powder
1 cup flour
Vegetable or canola oil for cooking
2 tablespoons fresh chopped herbs:
chives, parsley, basil, thyme—optional

directions

Break or slice corn in half. Stand ears upright on a cutting board and slice kernels off with a knife. Place in a large mixing bowl.

Grate zucchini by hand or in a food processor. Add to the corn along with the chopped onion.

Stir in eggs, milk, salt and pepper.

Blend the baking powder and flour in a separate bowl and then mix into the wet ingredients.

Form patties by hand that are about ½-inch thick by 3 inches wide.

Heat oil in skillet and cook the cakes on each side (about 2-3 minutes per side) until golden brown. Use a spatula to flip cakes.

Serve warm.

nutrition facts

Serving Size 59g

Amount Per Serving			
Calories	72	Calories from Fat	14
% Daily Value*			
Total Fat	1.5g		2%
Saturated Fat	0.5g		3%
Trans Fat	0.0g		
Cholesterol	40mg		13%
Sodium	387.7mg		16%
Total Carbohydrate	11.9g		4%
Dietary Fiber	0.6g		2%
Sugars	1.2g		
Protein	3.5g		
Vitamin A	2%	Calcium	4%
Vitamin C	9%	Iron	4%

*All percentages are daily value based on a 2000 calorie diet

serves
10-12
people



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zucchini and yellow squash salad

takes
30-45
minutes

ingredients

4 young zucchini
4 young yellow squash
3 tsp. olive oil
1 clove garlic, minced
 $\frac{3}{4}$ cup parsley leaves, minced

directions

Steam whole zucchini and squash about 5-8 minutes, or until lightly fork-tender.

Remove and let cool slightly.

Cut into $\frac{1}{2}$ -inch rounds and drizzle with the olive oil, salt and pepper.

Serve garnished with the garlic and parsley sprinkled over the top.

nutrition facts

Serving Size 378g

Amount Per Serving			
Calories	83	Calories from Fat	28
% Daily Value*			
Total Fat	3.2g		5%
Saturated Fat	0.6g		3%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	33.3mg		1%
Total Carbohydrate	12.0g		4%
Dietary Fiber	3.9g		16%
Sugars	9.3g		
Protein	4.7g		
Vitamin A	11%	Calcium	7%
Vitamin C	125%	Iron	10%

*All percentages are daily value based on a 2000 calorie diet

serves
6-8
people

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