



Vegetable Preparation Ideas

Marinated Fresh Veggies

Ingredients:

- 2.5 cups fresh veggies
- Marinade:
 - 2 Tbsp olive oil
 - 1 1/2 Tbsp honey
 - 2 tsp white vinegar
 - 1/2 tsp poppy seeds
 - 1/8 tsp ground mustard
 - 1/8 tsp salt

Instructions:

Whisk together all marinade ingredients. Pour over veggies. Toss to coat. Cover and refrigerate at least 3 hrs.

Suggestion: Serve as a side, toss with whole grain pasta or rice for a quick meal, or eat as-is for a tasty snack.

Slow Cooker Veggies

Ingredients:

- Variety of vegetables, cut into bite-size pieces (fresh or frozen)
- Salt/pepper to taste
- Seasoning (optional):
 - Bay leaves, Italian seasoning, or minced garlic add extra depth of flavor

Instructions:

Place all vegetables into crock pot. Add salt/pepper as desired. Cook on low for 6-8 hrs, or until vegetables are tender.

Tip: Use crock pot liners for easy clean-up.

Parmesan Crusted Roasted Veggies

Ingredients:

- 4 cups vegetables, chopped into bite-size pieces (fresh or frozen)
- 1 1/2 cups panko breadcrumbs
- 3 Tbsp parmesan cheese, grated
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/4 cup Italian dressing (may substitute 2 whisked eggs if desired)

Instructions:

Preheat oven to 425°F. Place vegetables in a zip-top bag and pour in Italian dressing. Shake the bag until vegetables are fully coated.

In a shallow dish, mix together breadcrumbs, Parmesan cheese, paprika, and garlic powder. Add vegetables, a handful at a time, into the breadcrumb mixture and coat on all sides. Place vegetables on baking sheets and repeat until all vegetables are coated. Bake for 15-18 minutes until tender and breadcrumb coating is golden brown and crispy. Serve immediately.

Tip: Line sheet pan with parchment paper for easy clean up.



Simple Oven Roasted Veggies

Ingredients:

- 3 cups veggies (fresh or frozen)
 - Recommend broccoli, cauliflower, brussels sprouts, carrots
- 2-3 Tbsp olive oil
- 3 springs fresh rosemary or thyme (optional)
- 2 cloves garlic, minced
- Salt, pepper, and Italian seasoning, to taste

Instructions:

Preheat oven to 400 degrees. Chop all vegetables into bite-size pieces (if frozen, you may be able to skip this step). In a large bowl, stir together vegetables, olive oil, salt, pepper, and Italian seasoning. Toss to coat. Spread into an even layer on a sheet pan. Place in oven and roast for about 40 minutes, or until tender.

Note: Softer vegetables may take less time to cook.

Tip: Line sheet pan with parchment paper for easy clean up.

Stir-Fried Veggies

Ingredients:

- 3 cups veggies (fresh, canned, or frozen)
- 2-3 Tbsp olive oil
- May use simple salt/pepper or try this flavorful stir-fry sauce:
 - 1 Tbsp soy sauce
 - 1 tsp garlic powder
 - 1 tsp ground ginger
 - 2 tsp sesame seeds

Instructions:

Chop all vegetables into bite-sized pieces (if frozen, you may be able to skip this step). Add olive oil to large deep skillet on medium high heat. Once hot, add vegetables. Cook 5-7 minutes, stirring periodically, until vegetables are tender-crisp and warmed through.

Stir-Fry Sauce: mix all ingredients together and pour over vegetables just before serving.

Suggestion: Serve over rice or noodles or plain as a healthy side. Add chicken, lean beef, or venison for a protein boost.

Note: When cooking vegetables, it's recommended to cook all hard vegetables or all soft vegetables for even cooking. Hard vegetables take a little longer to cook than soft vegetables, so times may need to be adjusted accordingly.

Hard Vegetables:

- Beets
- Broccoli
- Cauliflower
- Cabbage
- Carrots
- Celery
- Parsnips
- Winter Squash
- Sweet Potato

Soft Vegetables

- Asparagus
- Eggplant
- Mushrooms
- Peppers
- Summer Squash
- Tomatoes
- Zucchini

Can stand up to cooking with either soft or hard vegetables:

- Green Beans
- Garlic
- Okra
- Onions
- Pea Pods

