

Looking for ways to eat more vegetables?

Try these delicious recipes!

Zesty Bell Pepper Salad

Serves: 5

Prep time: 30 minutes

Cook time: 0 minutes

Ingredients

- 2 large lemons, juiced
- 1 clove garlic, minced
- ½ tsp. sea salt
- ¼ tsp. ground black pepper
- ½ tsp. sugar
- 1 large orange bell pepper, thinly sliced (1" lengths)
- 1 large red bell pepper, thinly sliced (1" lengths)
- 1 large yellow bell pepper, thinly sliced (1" lengths)
- ½ English cucumber, thinly sliced and halved
- ⅓ large red onion, thinly sliced
- ¼ cup fresh chives, chopped
- ½ cup fresh mint, chopped

Method of Preparation

1. In a medium bowl, whisk together the lemon juice, garlic, salt, pepper, and sugar until well blended.
2. In a large bowl, combine the bell peppers, cucumber, red onion, chives, and mint.
3. Pour the dressing over the vegetables and toss to combine. Serve immediately, or cover and refrigerate until ready to serve.

Adapted from <https://savortheflavour.com/low-carb-bell-pepper-salad/>

Nutrition Facts	
5 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	45
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Sodium 240mg	10%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 2g	4%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Sizzlin' Parmesan Zucchini Fries

Serves: 3

Prep time: 10 minutes

Cook time: 20 minutes

Ingredients

- 1/3 cup freshly grated Parmesan cheese
- 1/2 tsp. dried thyme
- 1/2 tsp. dried oregano
- 1/2 tsp. dried basil
- 1/4 tsp. garlic powder
- Salt and black pepper to taste
- 4 medium zucchinis, sliced into 3" long x 1/2" thick strips
- 1 1/2 Tbsp. olive oil

Method of Preparation

1. Preheat the oven to 350°F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside.
2. In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, salt and pepper.
3. Place zucchini on prepared baking sheet. Coat with olive oil and sprinkle with Parmesan mixture.
4. Place zucchini in the oven and bake until tender, about 15 minutes. Then, broil on high heat for 4-5 minutes, or until crisp and golden brown.
5. Remove from oven and serve warm.

Adapted from: <https://damndelicious.net/2014/06/21/baked-parmesan-zucchini/>

Nutrition Facts	
3 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	150
<small>% Daily Value*</small>	
Total Fat 11g	14%
Saturated Fat 2.9g	15%
Trans Fat 0.1g	
Cholesterol 10mg	3%
Sodium 220mg	10%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 6g	12%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Tangy Roasted Asparagus

Serves: 4

Prep time: 10 minutes

Cook time: 20 minutes

Ingredients

- 1 bunch asparagus
- 1 Tbsp. olive oil
- Salt and black pepper to taste
- 2 cloves garlic, minced
- 1 medium lemon, zested and divided

Method of Preparation

1. Preheat the oven to 400°F. Rinse the asparagus well and cut off about one inch off the bottom of the stems.
2. Place the asparagus on a baking sheet lined with aluminum foil and drizzle with olive oil.
3. Sprinkle salt and pepper over the asparagus.
4. Add the garlic and half of the lemon zest. Toss the asparagus until each spear is coated in oil and seasoning.
5. Spread the asparagus so they are in a single layer on the baking sheet.
6. Place the asparagus in the oven. After ten minutes in the oven, use a spatula to stir the asparagus and then roast for ten more minutes. After twenty minutes total, the asparagus should be tender and a bit crispy on the tips
7. Remove the asparagus from the oven and sprinkle the remaining lemon zest. Add a squeeze of lemon juice if desired. Serve warm.

Adapted from: <https://www.budgetbytes.com/2011/03/lemon-garlic-roasted-asparagus/>

Nutrition Facts	
4 servings per container	
Serving size	Approx. 4 asparagus spears
Amount Per Serving	
Calories	50
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	4%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Savory Italian Zucchini Spaghetti

Serves: 4

Prep time: 15 minutes

Cook time: 20 minutes

Ingredients

- 4 zucchini squash, cut into thin noodles (with a vegetable slicer or spiralizer*)
- 1 Tbsp. olive oil
- ½ cup white onion, chopped
- 4 cloves garlic, minced
- 1 - 15 oz. can low sodium diced tomatoes
- ¼ tsp. dried oregano
- ¼ tsp. dried rosemary
- ¼ tsp. dried thyme
- ⅛ tsp. red pepper flakes
- 1 Tbsp. fresh basil, chopped and optional
- ¼ cup Parmesan cheese, optional
- Salt and black pepper to taste

Method of Preparation

1. Place zucchini noodles in a colander and sprinkle lightly with salt. Allow the zucchini noodles to drain. Toss and squeeze out any extra moisture. Set aside.
2. Heat olive oil in a large saucepan over medium-high heat. Add onion and cook for 2-3 minutes until tender.
3. Add garlic and cook for an additional minute, until the garlic is fragrant.
4. Add in tomatoes, oregano, rosemary, thyme, and red pepper flakes. Stir to combine.
5. Lower heat and bring to a light simmer. Allow tomato sauce to simmer for 10 minutes.
6. Add zucchini noodles to the sauce and cook for 2-3 minutes.
7. Stir in basil and Parmesan cheese, if desired. Season with salt and pepper as needed. Serve hot.

Adapted from: <http://chefsavvy.com/zucchini-pasta-with-tomato-sauce/>

*Pre-sliced zucchini noodles are also available at most grocery stores in the produce and/or frozen sections. If looking to purchase a spiralizer, popular versions are available at most stores that sell kitchen supplies and appliances.

Nutrition Facts	
4 servings per container	
1 cup zucchini noodles and 1/2 cup sauce	
Serving size	
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.6g	8%
Trans Fat 0.1g	
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Not a significant source of vitamin D, calcium, iron, and potassium	
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Ultimate Crunchy Asian Slaw

Serves: 4

Prep time: 30 minutes

Cook time: 0 minutes

Ingredients

- 2 inches fresh ginger, peeled
- 1 cloves garlic, peeled
- ¼ cup low sodium vegetable broth
- 2 Tbsp. rice vinegar
- 1 Tbsp. low sodium soy sauce (additional may be needed to taste)
- 1 ½ tsp. sugar (or sugar substitute)
- 1 ½ tsp. tahini
- 1 ½ Tbsp. sesame oil
- ½ medium head red cabbage, sliced into very thin strips
- 1 medium (6-7" long) carrot, peeled and grated (or shredded carrots)
- ½ bunch green onions, sliced into thin rounds
- ½ bunch cilantro, leaves pulled from stems
- ¼ cup unsalted peanuts

Method of Preparation

1. Grate the ginger across a small-holed cheese grater straight into a blender to catch the juices.
2. Add the garlic, vegetable broth, rice vinegar, soy sauce, sugar, tahini, and sesame oil to the blender. Blend the mixture until smooth. Add additional soy sauce or rice vinegar to taste.
3. Refrigerate dressing until ready to use. You can keep it refrigerated for up to one week.
4. Combine the shredded cabbage, green onions, carrots, cilantro, and peanuts in a large bowl. Toss to mix.
5. Pour the dressing over the top and toss. Serve immediately or refrigerate until ready to eat.

Adapted from: <https://www.budgetbytes.com/2012/02/crunchy-asian-salad/>

Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Sodium 200mg	9%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 2g Added Sugars	4%
Protein 5g	10%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
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Creamy Spinach and Artichoke Stuffed Mushrooms

Serves: 4

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients

- Nonstick spray (recommend olive oil spray)
- 4 large portobello mushrooms
- 4 cups spinach leaves, roughly chopped
- 1 cup artichoke hearts, chopped
- 2 cloves garlic, minced
- Salt and black pepper to taste
- ½ cup shredded part-skim mozzarella cheese
- ½ cup plain nonfat Greek yogurt
- 1 Tbsp. grated Parmesan cheese, divided

Method of Preparation

1. Preheat the oven to 400°F. While the oven is preheating, place a large piece of aluminum foil on a baking sheet, and spray with nonstick spray.
2. Remove portobello mushroom stems. Chop stems into small pieces and set aside.
3. Place mushroom caps on the center of the foil with the mushroom top facing down.
4. Cover mushroom caps with another large piece of foil. Fold the edges to seal all four corners of the baking sheet, forming a well-sealed packet.
5. Bake mushrooms for 15 minutes.
6. While the mushrooms are baking, warm a large skillet with nonstick spray over medium heat.
7. Add chopped mushroom stems, spinach, artichoke hearts, garlic, salt, and pepper. Cook and stir until spinach has wilted, about 2-3 minutes.
8. Reduce heat to medium-low. Add part-skim mozzarella, yogurt, and ½ Tbsp. Parmesan cheese. Stir until hot and well mixed, about 2 minutes.
9. When mushrooms are finished baking, cut the foil packet to release excess steam, then open the foil packet entirely.
10. Plate the cooked mushrooms and blot them dry.
11. Add spinach and artichoke filling and sprinkle with remaining Parmesan cheese. Serve immediately.

Adapted from: <http://www.hungry-girl.com/weekly-recipes/spinach-artichoke-stuffed-mushrooms>

Nutrition Facts	
4 servings per container	
Serving size 1 stuffed mushroom	
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.9g	10%
Trans Fat 0.1g	
Cholesterol 10mg	3%
Sodium 200mg	9%
Total Carbohydrate 11g	4%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Not a significant source of vitamin D, calcium, iron, and potassium	
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Decadent Garlic Parmesan Spaghetti Squash

Serves: 4

Prep time: 10 minutes

Cook time: 50 minutes

Ingredients

- Nonstick spray (olive oil recommended)
- 1 (2-3 lb.) spaghetti squash
- Salt and black pepper to taste
- 1 Tbsp. olive oil
- 3 Tbsp. unsalted butter, divided
- 4 cloves garlic, minced
- ¼ cup low sodium vegetable broth
- ¼ cup grated Parmesan cheese, optional
- 2 Tbsp. parsley leaves, chopped and optional

Method of Preparation

1. Preheat the oven to 375°F. While the oven is preheating, lightly coat a baking sheet with nonstick spray.
2. Cut the spaghetti squash in half (lengthwise) from stem to tail and scrape out the seeds. Spray with nonstick spray and season with salt and pepper.
3. Place squash, cut-side down, onto the prepared baking dish. Place into the oven and roast until tender, about 40-45 minutes.
4. When the spaghetti squash is done baking, remove it from the oven and let rest until cool enough to handle.
5. While the spaghetti squash cools, heat olive oil in a large skillet over medium high heat. Add garlic, and cook, stirring frequently, until fragrant, about 1 minute.
6. Stir in vegetable broth. Bring to a boil; reduce heat and simmer until reduced by half, about 1-2 minutes.
7. Stir in butter, 1 Tbsp. at a time, until melted and smooth.
8. Once spaghetti squash has cooled, use a fork to scrape the flesh to create long strands.
9. Stir in spaghetti squash to garlic butter sauce and gently toss to combine until heated through, about 2 minutes.
10. Serve immediately, topped with Parmesan and garnished with parsley, if desired.

Adapted from: <https://damndelicious.net/2016/05/06/garlic-parmesan-spaghetti-squash/>

Nutrition Facts	
4 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	200
<small>% Daily Value*</small>	
Total Fat 14g	18%
Saturated Fat 7g	35%
Trans Fat 0.4g	
Cholesterol 30mg	10%
Sodium 170mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 4g	8%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
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Tangy Thai Cucumbers

Serves: 2

Prep time: 10 minutes

Cook time: 0 minutes

Ingredients

- ¼ cup rice vinegar
- 1 ½ tsp. sugar (or sugar substitute)
- ¼ tsp. toasted sesame oil
- ¼ tsp. red pepper flakes
- Salt to taste
- 1 large (8" long) cucumber, thinly sliced and halved
- 1 green onion, thinly sliced into rounds
- 2 Tbsp. peanuts, chopped

Method of Preparation

1. In a small bowl, combine the rice vinegar, sugar, sesame oil, red pepper flakes, and salt.
2. Place the sliced cucumbers and green onions in a separate bowl.
3. Add the rice vinegar dressing and peanuts to the cucumber. Toss to combine.
4. Serve immediately or refrigerate until ready to eat.

Adapted from: <https://www.budgetbytes.com/thai-cucumber-salad-2/>

Nutrition Facts	
2 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	100
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Sodium 5mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 3g Added Sugars	6%
Protein 4g	8%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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One-Skillet Crispy Cabbage

Serves: 4

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients

Nonstick cooking spray (olive oil recommended)
3 slices low sodium turkey bacon
½ medium sweet onion, chopped
1 medium head of cabbage, cut into 4 wedges
1 cup low sodium chicken (or vegetable) broth
½ tsp. sugar (or sugar substitute)
1 ½ tsp. rice wine vinegar
Black pepper to taste

Method of Preparation

1. Heat a large skillet over medium heat. Spray with nonstick cooking spray. Add turkey bacon strips to skillet and cook until crisp, about 8-10 minutes.
2. Remove turkey bacon and place on a paper towel to cool. Once cool, crumble the turkey bacon and set aside.
3. Add the onion to the pan once the turkey bacon has been removed and cook for approximately 5 minutes.
4. Add the cabbage, broth, and sugar to the skillet with the onion. Cover the skillet and cook for 5 minutes.
5. Remove cover and cook until cabbage wilts and broth is almost evaporated (about 5-7 minutes), stirring occasionally.
6. Add turkey bacon pieces and vinegar. Stir to combine. Allow the dish to heat evenly throughout.
7. Remove the skillet from heat and serve warm.

Adapted from: <http://www.webmd.com/food-recipes/pan-fried-cabbage-recipe>

Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 160mg	7%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 1g Added Sugars	2%
Protein 8g	16%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Bronzed Brussels Sprouts with a Crunch

Serves: 2

Prep time: 10 minutes

Cook time: 25 minutes

Ingredients

- ½ lb. brussels sprouts, sliced into quarters
- 1 shallot, sliced 1/4-inch thick
- 1 Tbsp. olive oil
- ⅓ tsp. salt
- 2 fresh thyme sprigs
- 1 garlic clove, minced
- 2 tsp. Worcestershire sauce
- ½ tsp. lemon juice

Method of Preparation

1. Preheat the oven to 450°F.
2. In a medium bowl, toss together brussels sprouts, shallots, olive oil and salt.
3. Place the coated brussels sprouts and shallots on a baking sheet, spreading everything into one layer. Top with thyme sprigs.
4. Roast the brussels sprouts and shallots until they are tender, golden and lightly charred in spots, about 20 to 25 minutes. Toss Brussel sprouts & shallots once about halfway through baking time.
5. While Brussel sprouts and shallots are roasting, mix garlic, Worcestershire sauce and lemon juice in a small bowl.
6. As soon as the baking pan emerges from the oven, immediately drizzle with Worcestershire dressing and toss to combine.
7. Taste and add more salt, lemon juice, or Worcestershire if needed. Serve hot.

Adapted from: <https://cooking.nytimes.com/recipes/1020618-crispy-roasted-brussels-sprouts-and-shallots>

Nutrition Facts	
2 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Sodium 250mg	11%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes < 1g Added Sugars	1%
Protein 4g	8%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Balsamic-Glazed Vegetable Medley

Serves: 8

Prep time: 15 minutes

Cook time: 40 minutes

Ingredients

- 2 Tbsp. olive oil
- 3 Tbsp. balsamic vinegar
- 1 Tbsp. brown sugar (or brown sugar substitute)
- 2 Tbsp. low sodium soy sauce
- 2 tsp. Dijon mustard
- ½ tsp. dried basil
- Black pepper to taste
- 8 oz. baby Bella mushrooms, sliced in half
- 1 large red onion, sliced into 1-inch wedges
- 3 medium (6"-7" long) carrots, peeled and sliced into 1-inch pieces
- 2 medium (7"-8" long) parsnips, peeled and sliced into 1-inch pieces
- 1 bunch radishes, sliced in half

Method of Preparation

1. Preheat the oven to 400°F.
2. While oven is heating, combine the olive oil, balsamic vinegar, brown sugar, soy sauce, Dijon mustard, dried basil, and pepper in a small bowl. Set the marinade aside.
3. Spread the prepared vegetables out on a large baking sheet in a single layer. Pour the balsamic marinade over top, then toss the vegetables until they're all well coated.
4. Transfer the baking sheet to the oven and roast for 35-40 minutes. Toss the vegetables once about halfway through baking time.
5. Remove vegetables from oven and serve hot.

Adapted from: <https://www.budgetbytes.com/balsamic-roasted-vegetables/>

Nutrition Facts	
8 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	90
<small>% Daily Value*</small>	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 2g	4%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Sweet 'n' Savory Cucumber Mango Salad

Serves: 4

Prep time: 10 minutes

Cook time: 0 minutes

Ingredients

- ¼ cup rice vinegar
- 1 Tbsp. sugar (or sugar substitute)
- ⅛ tsp. salt
- ⅛ tsp. red pepper flakes
- 1 mango, sliced into ½ inch cubes
- 1 medium cucumber, sliced into half rounds

Method of Preparation

1. Combine the rice vinegar, sugar, salt and red pepper flakes in a small bowl. Stir until the sugar is completely dissolved.
2. Add the sliced cucumber and mango to a large bowl, then pour the dressing over top. Stir to combine the ingredients and coat the cucumber and mango in dressing.
3. Serve immediately or refrigerate until ready to eat. Stir well before serving each time to redistribute the dressing.

Adapted from: <https://www.budgetbytes.com/cucumber-mango-salad/>

Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	70
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Sodium 75mg	3%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 16g	
Includes 3g Added Sugars	6%
Protein 1g	2%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Asian-Inspired Peanut Lime Cauliflower Salad

Serves: 4

Prep time: 20 minutes

Cook time: 5 minutes

Ingredients

- Nonstick cooking spray (olive oil recommended)
- 3 cups riced cauliflower
- 1/8 tsp. salt
- 1 tsp. freshly grated ginger
- 1 fresh lime, juiced
- 1/2 Tbsp. low sodium soy sauce
- 1/2 Tbsp. chili garlic sauce or sriracha sauce
- 1 medium red bell pepper, finely diced
- 1/4 medium red onion, finely diced
- 1/4 cup peanuts, chopped
- 1 cup fresh cilantro leaves, chopped

Method of Preparation

1. Heat a large skillet over medium heat. Add nonstick cooking spray.
2. Add the riced cauliflower and salt. Sauté the cauliflower for about 5 minutes, or until it reaches your desired level of tenderness.
3. Transfer the cauliflower to a bowl and allow it to cool as you prepare the rest of the ingredients.
4. Place the lime juice, ginger, soy sauce, and chili garlic sauce in a small bowl. Stir to combine.
5. Add the bell pepper, onion, cilantro, and peanuts to the bowl with the cooled cauliflower. Pour the dressing over top and toss to combine.
6. Serve immediately or refrigerate until ready to eat.

Adapted from: <https://www.budgetbytes.com/peanut-lime-cauliflower-salad/>

Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	90
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Sodium 230mg	10%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 5g	10%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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General guide to cook crisp and delicious roasted vegetables:

1. Preheat oven to 425°F.
2. Chop into pieces (around 1.5"-2" thick).
3. Toss chopped vegetables in a small amount of olive oil* and any desired spices, herbs, salt and/or pepper.
4. Spread evenly over parchment paper or aluminum foil covered baking sheet.
5. Roast vegetables according to recommended times in chart, or until cooked to desired doneness.

*If you are focused on weight management, it can be helpful to limit olive oil portion to 1-2 tsp. per serving of vegetables or use olive oil spray.

	Mushrooms Summer Squash Asparagus  10-15 MINUTES
	Brussels Sprouts Tomatoes  15-20 MINUTES
	Bell Peppers Onions Eggplant Carrots  20-25 MINUTES
	Cauliflower Broccoli Sweet Potatoes Butternut Squash Potatoes  25-30 MINUTES
	Beets  35-40 MINUTES

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