

Some Ideas

Enjoy some new flavours, gain some creative options and benefit from the added minerals, vitamins and fiber by incorporating some of the following foods, preparation methods and recipe options into your repertoire:

Asparagus

- steam and serve with butter, lemon juice, mayonnaise, hollandaise
- sauté in butter, salt and pepper
- add to stir-fry
- serve chilled with vinaigrette dressing
- add to omelets or scrambled eggs
- raw with dip

Beans (Green and Yellow)

- serve raw with dip
- steam and serve hot with butter, chives, dill, or crumbled bacon
- serve blanched and chilled with vinaigrette, or on top of salad

Beets

- cover beets with water in a saucepan and boil until tender, about 20-45 minutes depending on size of beets
- serve hot with butter, lemon juice, grated orange peel, or dash of wine vinegar
- use shredded raw beets or cold cooked beets in salad
- add to soup
- *appeal to the biologist in your kid by having them watch to see the colour of their pee after eating lots of beets

Bok Choy

- boil, steam or sauté and serve with butter, minced garlic, toasted sesame seeds, soy sauce, or sesame oil
- use in stir fries

Broccoli

- microwave, steam or stir-fry and serve with butter seasoned with dill, rosemary, or lemon juice
- top with shredded cheese or hollandaise sauce
- serve raw with dip

Cabbage

- serve shredded raw cabbage in salads, tortilla wraps and coleslaws
- serve cooked wedges with butter as a side dish
- add to soup and stir-fry dishes

Celery

- serve raw with dip, peanut butter or soft cheese
- add sliced or diced celery to sandwich filling, egg salad, soups, casseroles, pasta sauce

Corn

- eat on the cob in season with butter, lime wedges
- add cooked kernels to muffins, pancakes, cornbread
- use raw kernels in soups, stews, casseroles, stir-fries and wraps

Jicama

- serve raw, peeled and thinly sliced with lime juice, chili-seasoned salt
- add diced to seafood, poultry, salads or stir-fries

Mushrooms

- serve cleaned and raw with dip
- add to green salads and soups
- butter-steam to add to omelet's, top steaks and hamburgers
- top with cheese sauce or seasoned butter
- add minced to spaghetti sauce

Peas

- serve edible pea pods raw as a snack
- top cooked peas with butter and season with nutmeg, fresh mint, tarragon, chives, or crumbled cooked bacon
- combine with sautéed mushrooms, small thin-skinned potatoes
- add to potato, rice, or green salad
- use edible pea pods in stir-fries

Squash

- top hot cooked winter squash with butter, seasoned with allspice, cinnamon, or nutmeg or sprinkle with chopped nuts and brown sugar.
- add small chunks of peeled squash to soups and stews
- make a squash slaw using shredded, raw squash, raisins, nuts and a seasoned mayonnaise
- use baked whole or half squash as serving containers for meat stew or baked beans

Peppers

- stuff whole or half peppers with a meat, rice or vegetable mixture, then bake
- use raw peppers as a snack
- add chopped or diced peppers to salads
- add sautéed peppers to wraps, fajitas, omelets
- add to stir fries
- drizzle with oil and grill

Spinach

- serve raw in a salad
- add to sandwiches, wraps
- serve chopped, cooked spinach with rice
- add to lasagna
- serve as spanokopita
- top cooked spinach with crumbled bacon, butter, lemon peel, or chopped hard-cooked eggs
- add to stuffing for poultry or fish
- serve as an alternative to rice as a bed for curried, creamed and sauced entrees

Tomatoes

- serve cherry tomatoes as a snack
- make into a fresh salsa with chopped onion, cilantro and chilies
- serve sliced topped with vinaigrette
- add to sandwiches and salads
- use chopped in soups, stews, and sauces

Yams or Sweet Potatoes

- serve hot seasoned with butter, lemon peel and juice, orange peel and juice, brown sugar and chopped pecans.

Asparagus with Orange Butter Sauce

2 pounds asparagus
½ cup butter or margarine
1/3 cup minced shallots
1 tsp. Dijon mustard
1 cup orange juice

Prepare asparagus, leaving spears whole; then boil, steam, or microwave as previously directed. Drain and keep warm. Melt 1 Tbsp. of the butter in a wide frying pan over medium heat. Add shallots; cook, stirring until soft. Add mustard and orange juice. Bring to a boil over high heat; boil until reduced to 2/3 cup. Remove from heat. Add remaining butter in one chunk and stir until incorporated. Top asparagus with sauce and serve.

Roasted Cauliflower

1 head cauliflower
2 cloves garlic, minced
¼ cup olive oil
½ tsp salt

Preheat oven to 350 degrees. Cut cauliflower into florets and place in single layer in baking proof dish. Coat with olive oil and toss with garlic. Sprinkle salt on top and bake for 45 minutes. Turn cauliflower every 20 minutes until edges become golden brown.

My Yammy Spice from Crazy Plates

4 medium yams
1 Tbsp olive oil
½ tsp each ground cumin, paprika, and dried oregano
¼ tsp each salt and pepper

Spray a baking sheet with non-stick spray and set aside. Wash potatoes and pat dry using paper towels. Leave skins on. Slice potatoes into French-fry-like wedges, about ½ inch thick. Toss wedges with oil in a large bowl. In a small bowl, stir together remaining ingredients. Add to yams and toss until they're evenly coated with spice mixture. Arrange yams in a single layer on baking sheet. Bake at 450 degrees for 25 minutes, turning wedges over halfway through cooking time. Serve hot.

Glazed and Confused Carrots

1 pound baby carrots
3 Tbsp peach jam
1 tsp each grated orange zest, and Dijon mustard
¼ tsp ground thyme

Steam or boil carrots until tender. While carrots are cooking, prepare glaze. Combine jam, orange zest, mustard and thyme in a small saucepan. Cook over medium heat until bubbly, about 2 minutes. Toss carrots with glaze serve ASAP.

Broiled Parmesan Tomatoes

Cut 2 to 4 medium sized tomatoes in half crosswise and place, cut side up in a 9-inch square baking pan. Sprinkle with ¼ to ½ cup parmesan cheese. Broil 4 to 6 inches below heat just until cheese is lightly toasted and tomatoes are warm (about 10 minutes).

Hail A Cabbage from LooneySpoons

½ cup sliced onion rings
1 clove garlic minced
½ cup apple juice
1 cup peeled and grated apple
2 Tbsp red wine vinegar
1-1/2 Tbsp brown sugar
1 bay leaf
¼ tsp black pepper
4 cups shredded red cabbage
2 Tbsp chopped fresh parsley

Spray a large saucepan with non-stick spray. Add onions and garlic. Cook and stir over medium heat until tender, about 5 minutes. Dilute apple juice with ½ cup water to make 1 cup total. Add to onions and garlic, along with apples, vinegar, brown sugar, bay leaf and pepper. Stir and bring mixture to a boil. Stir in cabbage. Cover and simmer over medium heat until cabbage is tender-crisp, about 12 minutes. Discard bay leaf and stir in parsley before serving.

Old-Fashioned Corn Fritters

3 eggs
2 cups corn kernels
¼ cup all-purpose flour
1 tsp sugar
¼ cup butter or margarine, melted
Salt
¼ cup vegetable oil
Maple syrup

In a bowl, beat together eggs, corn, flour, sugar and 1 Tbsp of the butter. Season to taste with salt. Pour 1 ½ Tbsp of the batter and 2 Tbsp of the oil into a wide frying pan over medium-high heat. When fat is hot, drop batter into pan in 1 ½ Tbsp portions. Cook until bottoms are well browned and tops look slightly dry (about 3 minutes); turn over and cook until bottoms are well browned (another 2 to 3 minutes). Lift from pan and keep warm. Heat remaining butter and oil in pan and cook remaining batter. Serve hot with syrup.

Spinach and Broccoli Enchiladas

1 (300-g) package of frozen chopped spinach, thawed
1 Tbsp vegetable oil
1 medium onion, chopped
2 garlic cloves, minced
1 ½ cups grated old cheddar cheese, divided
1 cup ricotta cheese
1 cup finely chopped broccoli
1 cup mild or medium salsa, divided
1 tsp ground cumin
Salt
8 (7-inch) flour tortillas

Drain spinach and squeeze out excess moisture; set aside. In large heavy fry pan, heat oil over medium-high heat. Add onion and garlic; sauté for about 3 minutes or until tender. Stir in spinach. Remove from heat and add ½ cup cheddar cheese, ricotta cheese, broccoli, 1/3 cup salsa, cumin and salt to taste. Spoon 1/3 cup of the spinach mixture down centre of each tortilla; roll up. Place seam side down in lightly greased 11x7 inch shallow baking dish. Spoon remaining salsa evenly over enchiladas. Cover with foil and bake at 350 degrees for about 25 minutes or until heated through. Sprinkle with remaining 1 cup cheddar cheese.

Spaghetti Squash with Spinach, Feta and Herbed White Beans

1 (398-mL) can navy beans, drained and rinsed
1 Tbsp chopped fresh basil
½ tsp dried oregano
2 Tbsp olive oil, divided
1 Tbsp white wine vinegar
1 (3-pound or 1.5kg) spaghetti squash
1 bunch spinach
1 Tbsp butter
½ cup chopped onion
2 garlic cloves, minced
½ cup crumbled feta cheese
Salt and pepper
Grated parmesan cheese

In a small bowl, combine beans, basil, oregano, 1 Tbsp oil and vinegar; set aside. Wash and pierce squash deeply with knife in several places. Place in glass pie plate. Microwave at high for about 15 minutes or until squash yields to pressure, turning squash over after 7 minutes. Let stand for 5 minutes. Cut in half and scrape out seeds and fibres. Pull out long strands of flesh by twisting with a fork; place in large bowl. Meanwhile, wash and trim stems from spinach. Stack leaves and cut crosswise into ¼ inch strips; set aside. In large fry pan, heat butter and remaining 1 Tbsp oil over medium heat. Add onion and garlic; sauté for 1 minute. Add spinach and sauté for 2 to 3 minutes or until spinach is just wilted. Add feta cheese and bean mixture, heat through. Add salt and pepper to taste. Add spinach mixture to squash and toss. Sprinkle with parmesan cheese and serve.