

ITALIAN VEGETABLE PASTA SALAD



Head of each cauliflower and broccoli, florets chopped into bite-size pieces (leave/stems discarded)

2 ribs/stalks of celery, diced

½ medium red onion, finely chopped

15 oz can black olives, drained and sliced

15 oz can diced tomatoes, drained well (or 1 large tomato, diced and seeded)

1 lb of your favorite pasta shapes

1 bottle (16 fl oz) of Italian dressing (zesty is a good pick!)

3 tablespoons Italian seasoning

Grated parmesan cheese, optional

- Boil water in large pot for pasta. Cook pasta according to directions on box. Do not overcook the pasta. Drain in colander.
- Place in a medium bowl and toss with 2-3 tablespoons of the Italian dressing to prevent the noodles from sticking together.
- Stir in 1 tablespoon of the Italian seasoning. Set aside.
- Wash vegetables before chopping and dicing. Prepare vegetables and olives as instructed above. Place in large bowl.
- Cover vegetables with remaining Italian dressing and Italian seasoning. Stir to mix well. (If not serving immediately, store pasta and vegetables separately in the refrigerator to prevent pasta from getting too soft.) Mix together before serving.
- Sprinkle with grated parmesan cheese if desired. If you prepare the night before (or a few hours before meal), the Italian dressing will bring great flavor to the vegetables.

SWEET POTATO FRIES

1 large sweet potato or yam

Non-stick cooking spray or 1 tbsp canola oil

Cinnamon

- Preheat oven to 400 degrees.
- Wash and peel potato/yam.
- Using knife, carefully cut potato into thin strips, like a traditional French fry.
- Oil/Spray a cooking sheet.
- Place sweet potato fries in a single layer.
- Sprinkle lightly with cinnamon if desired.
- Bake 15-18 minutes, turning once.
- Fries will brighten in color as they bake.



GRILLED VEGETABLES



Cauliflower (cut into medium florets)

Broccoli (cut into large florets)

Red potatoes (cut into thin slices for soft, thick for slightly firm)

Baby carrots (whole)

Red pepper (long, wide strips)

Italian seasoning and garlic to taste

Water, olive oil, or canola oil

Heavy duty aluminum foil

- Wash vegetables. Prepare vegetables as directed above. This will help ensure even cooking.
- Place one large piece of foil on counter. Place vegetables on foil. Sprinkle with seasonings. Add a splash of water or a drizzle of olive or canola oil (*these oils are heart healthy in moderation!*).
- Cover with a second piece of foil, and roll edges together.
- Place on heated grill.
- Grill for about 15-20 minutes, turning once.

Grilling gives vegetables a whole different taste. Try something new!

ROASTED CORN, BLACK BEAN, AND TOMATO SALAD

Great as a salsa too!

Yield: 14 servings (½ C.)

1Tbsp. canola oil
1/3 C. fresh lime juice
1 C. chopped red onion
3 Tbsp. chopped fresh cilantro
2 garlic cloves, minced
½ tsp. ground cumin

3 C. fresh corn kernels (~ 6 ears)
½ tsp. salt
2 C. diced tomato (~ 2 lbs)
1 C. chopped red bell pepper
2 (15-oz.) cans black beans, rinsed & drained
1 drained canned chipotle chiles in adobo sauce, chopped

- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion, cook for 1 minute.
- Add garlic; cook for 30 seconds.
- Stir in corn; cook for 8 minutes or until browned, stirring occasionally.
- Place corn mixture in a large bowl.
- Add tomato and remaining ingredients; stir well.



SHEEP CREATURES

Just like playing Legos, only using produce!

Large cauliflower floret

1/3 rib of celery, cut into 4 pieces

1 black olive

Toothpicks

- Use cauliflower for the sheep's body, celery pieces for its legs and the olive for its head.
- Carefully attach piece together using toothpicks.

Think about what other creatures you can create using other fruits and vegetables.

But don't forget to eat them when they are all done!

