

# Knowledge @ Noon

## *“New Ways with Vegetables”*



*Wednesday, May 24, 2017*

*12:00 - 1:00 p.m.*

104 S. Brayman, Paola, KS  
Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District  
Master Food Volunteers*

K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact Diane Burnett at 913-294-4306.

## ABOUT SPIRALIZERS

For a new twist on healthy cooking and new ways to eat your vegetables and fruits, consider a Spiralizer. Using a spiralizer is fast, and can makes long appealing noodle shapes that cook very quickly, they are a healthy alternative for high carbohydrate pasta. They are attractive in stir fries, soups, salads and other side dishes and make beautiful garnishes.

There are two basic types of spiralizers; large one that sit on your countertops and smaller handheld ones.

The countertop spiralizers may feature various cutting blades for making a variety of noodle widths. Blades can easily be changed and cleaned.

The handheld spiralizer is usually a blade of one width. The cutting motion is achieved by turning the vegetable or fruit with one hand while holding the spiralizer in the other hand.

Hints for using the Spiralizer:

After washing cut both ends of the fruit or vegetable to make flat surfaces. Choose firm fresh food items. Wear gloves if cutting such items as beets and carrots as their color will bleed onto your hands. Always use caution in cleaning and changing blades in the spiralizer as they are very sharp.



## The Best Vegetables and Fruits for Spiralizing

Zucchini is a very common substitute for conventional wheat pasta in recipes. However, there is a wide variety of produce you can spiralizer. The following fruits and vegetables have given the best results. All measurements are approximate. Wash all produce before use.

**APPLES** ó 3 to 4 medium apples = 1 pound, 1 medium apple = 1 cup spiralized

The best results have been with Fuji, Gala, Cameo and Hone Crisp apples for a sweeter taste, and Pink Lady and Braeburn for a tarter taste. Apples should be firm and crisp, not soft.

**Before Spiralizing** ó Remove the stems and core the apples.

-You can peel the skin, but it is not necessary. Leaving the skin on will reduce breakage of the strands.

**After Spiralizing** ó Apples start to discolor very quickly, so if you are not using the strands immediately, either spray the lightly with lemon juice or cover them with a mixture of 2 cups water and 1 tablespoon lemon juice. Drain before use.

**Ideal Cuts** – Thin strands, Medium strands

**BEETS** ó 3 to 4 medium beets = 1 pound, 1 ½ medium beets ó 1 cup spiralized

Red, orange and yellow beets work equally well. Choose beets that are 3 inches or less in diameter, as larger beets can be fibrous in the center. You may want to wear kitchen gloves when handling red beets so you don't stain your hands. Beet leaves can be washed and used in salads or cooked. Remove the red stems before use.

**Before Spiralizing** ó Remove the stems and cut the ends flat.

-You can peel the skin, if desired. If you keep the skin on, scrub it well to remove any fibers and blemishes.

**Ideal Cuts** ó All

**BELL PEPPERS** – 2 ó 3 medium peppers = 1 pound, 1 medium pepper = 1 ½ cups spiralized.

Green, red, orange and yellow peppers work equally well. You can use what is recommended in the recipe or mix it up depending upon what colors you want to use or what is available.

**Before Spiralizing** ó Remove the Stems

You can core the peppers, if desired, but the best results will be achieved if you remove the seeds and the white connective tissue after spiralizing.

**Ideal Cuts** ó Wide ribbons

**BUTTERNUT SQUASH** – Butternut squash sizes vary greatly.  
4-inch long by 3-inch diameter neck = 2 cups spiralized.

**Before Spiralizing** ó Peel the squash neck, making sure to remove not only the outer skin, but also the next layer of lighter flesh so you will spiralizer only the darker orange-colored flesh.

-Trim the peeled squash neck to 4 inches long, with the ends cut flat.

**Ideal Cuts** ó Thin Strands, Medium Strands, Wide Ribbon

**BROCCOLI STEMS** – 1 medium head broccoli, stalks only = 1 ½ cups spiralized

1 medium head broccoli, florets only = 3 ½ cups

Choose heads of broccoli with stems that are relatively straight and at least 1 ½ inches in diameter. You may be able to find just individual stems at your grocer if you do not want to use the florets.

**Before Spiralizing** ó Peel the stems to make them straighter.

**Ideal Cuts** ó Fine strands, Thin Strands

**DELICATA SQUASH** – 2 medium delicate squash = 1 pound,

1 medium delicate squash = 1 ½ cups spiralized.

**Before Spiralizing** – Cut the ends flat.

-You do not need to peel delicate squash, but if your squash has a thicker skin than you prefer, you can peel it before spiralizing. You can easily check the thickness of the skin once you have cut off the ends of the squash.

-After cutting off the ends, use a long spoon to scoop out the seeds.

**Ideal Cuts** ó Medium Strands, Wide Ribbons

**JICAMA** - medium jicama = 12 oz., 1 medium jicama = 2 cups spiralized

Choose jicama that are round and blemish-free and have no wrinkling (which suggests lower water content) or soft spots. Ideal jicamas are crisp and juicy. They should feel heavy for their size, indicating high water content.

**Before Spiralizing** - Peel the jicama and cut the ends flat.

**After Spiralizing** ó Jicama have a high water content. The strands or ribbons should be drained or patted dry with a paper towel before they are added to your dish.

**Ideal Cuts**- Thin Strands, Medium Strands, Wide ribbons

**PEARS** ó 3 to 4 medium pears = 1 pound, 1 medium pear =  $\frac{3}{4}$  cup spiralized.

For best results use green or red Anjou pears. Pears should be firm and crisp, not soft.

**Before Spiralizing** ó Remove the stems and core the pears.

You can peel the skin, but it is not necessary. Leaving the skin on will reduce breakage of the strands.

**After Spiralizing** ó Handle the pear strands or ribbons carefully, as they break easily.

Pears start to discolor very quickly, so if you are not using the strands immediately, either spray them lightly with lemon juice or cover them with a mixture of 2 cups water and 1 tablespoon lemon juice.

Drain before use.

**Ideal Cuts** ó Medium Stands, Wide Ribbons

**PLANTAINS** – 3 medium plantains = 1 pound, 1 medium plantain =  $\frac{3}{4}$  cup

Choose plantains that are green (unripened) and relatively straight. Green plantains are firmer and work better in the spiralizer. If the strands break into smaller pieces, that is fine.

**Before Spiralizing** ó Peel the plantains and cut the ends flat.

**Ideal Cuts** ó Thin Stands

**POTATOES** - 3 to 4 medium white potatoes = 1 pound, 7 to 9 small red-skinned or yellow-flesh potatoes = 1 pound. 1 medium potato = 1 cup spiralized. 2 small potatoes = 1 cup spiralized.

Russet potatoes, small red-skinned potatoes and yellow-fleshed (Yukon Gold) potatoes work well. For best results, they should be at least 1  $\frac{1}{2}$  inches in both diameter and length.

**Before Spiralizing** – Peel the potatoes and cut the ends flat.

**After Spiralizing** ó Potatoes start to discolor very quickly, so if you are not using the strands immediately, either spray them lightly with lemon juice or cover them with a mixture of 2 cups water and 1 tablespoon lemon juice. Drain before use.

**Ideal Cuts** ó All

# ROASTING TIMES FOR VEGETABLES

1. Preheat oven to 400 degrees
2. Chop into pieces around 2 inches square
3. Toss chopped vegetables in olive oil
4. Spread evenly over parchment paper-covered baking sheet



Mushrooms  
Summer Squash  
Asparagus



10-15 MINUTES



Brussels Sprouts  
Tomatoes



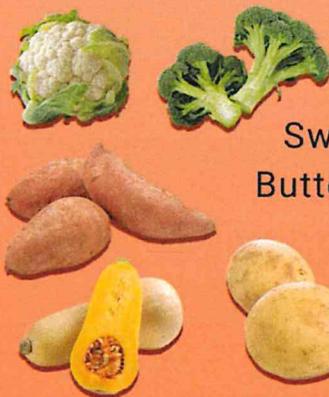
15-20 MINUTES



Bell Peppers  
Onions  
Eggplant  
Carrots



20-25 MINUTES



Cauliflower  
Broccoli  
Sweet Potatoes  
Butternut Squash  
Potatoes



25-30 MINUTES



Beets



35-40 MINUTES

Vegetables are anything but boring when you manage to roast them just right. With crispy edges and a caramelized sweetness, they are a wonderful addition to a meal. But how long do you roast them and what makes the difference between that caramelized sweetness and just mush? Hopefully this will help.

1. Choose the right veggies. Some veggies roast better than others. You want something low-moisture, and firm. (Potatoes, Brussels sprouts, peppers, onions, and carrots)
2. Cut to the right size. Cutting to the right size is especially important when using more than one type of veggie. The longer a veggie takes to cook, the smaller it should be cut.
3. Oil it up For the best browning and to be sure the veggies don't stick, be generous with the oil. Extra-virgin olive oil works well. Instead of drizzling oil over the veggies try tossing your cut veggies with the oil and your preferred seasonings in a bowl until everything is coated evenly.
4. Preheat your pan. To encourage crispy, golden exteriors, pop your roasting pan into the oven as it heats. The pan will be nice and hot, helping to sear the veggies when you add them to the pan.
5. Leave lots of room. Don't crowd your veggies on the pan. If you do, they will release steam and get soggy. Instead, leave some room between your veggies so the hot air can circulate around them and they will be crispy and golden on all sides. If you need to use two pans, do so.

5.

## Cinnamon Roasted Butternut Squash Recipe

PREP 15mins COOK 45mins TOTAL 1hr

*Not only is roasted butternut squash a perfect side dish, it's perfect to add to rice bowls or to top hearty salads. We enjoy it cold and often save some for the following day to add to salad for lunch. If you've got lots leftover, make soup. Throw leftover roasted squash into a blender with a splash or two of stock and blend. This recipe can be used for other varieties of winter squash. Simply substitute other winter squash varieties for butternut squash in our recipe below.*



**Makes 4 servings**

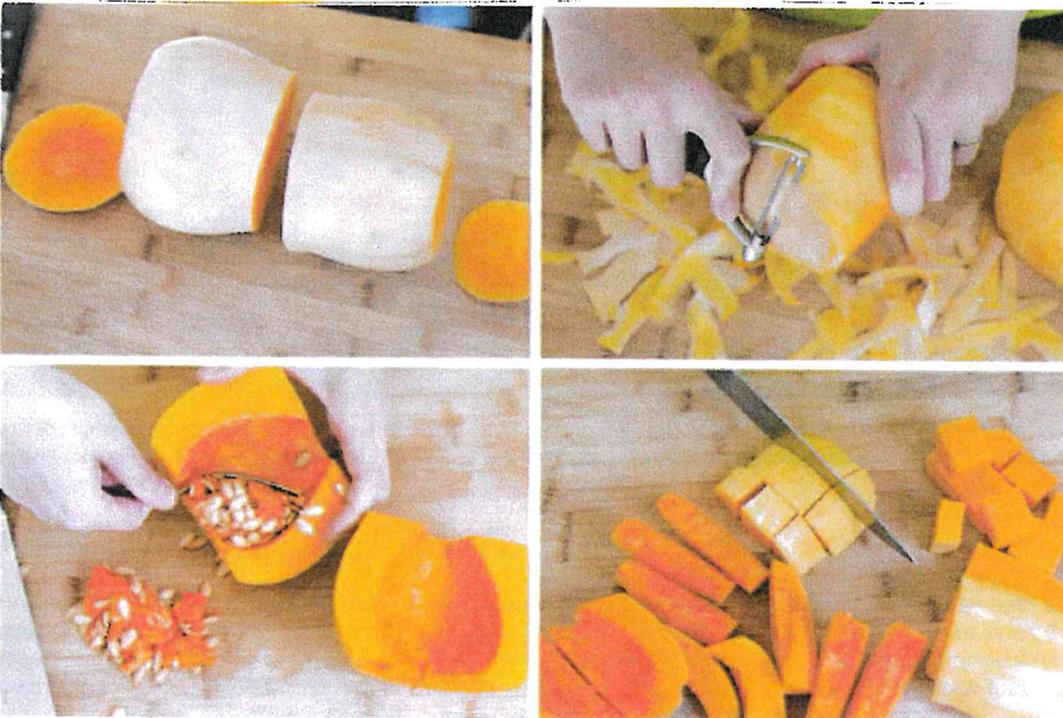
### YOU WILL NEED

- 1 large butternut squash, peeled, seeded and cut into 1-inch cubes (about 3 pounds or 8 cups, cubed)
- 2 tablespoons olive oil
- 2 tablespoons brown sugar
- 1/2 teaspoon ground cinnamon
- 1 teaspoon kosher salt
- Dash cayenne, optional

### DIRECTIONS

Heat oven to 425 degrees F and line two large baking sheets with aluminum foil.

Toss squash cubes with olive oil, brown sugar, cinnamon, salt and the cayenne until well coated. Tumble coated squash onto baking sheets and spread into one layer. Try not to crowd them too much or else they will not brown.



## Garden Stir Fry

12 oz. carrot chips or sliced carrots  
1 green pepper  
2 medium zucchini squash, sliced  
1 medium yellow squash, sliced  
1 large yellow onion, cut into wedges  
1/2 pound broccoli florets  
1 Tablespoon olive oil  
\*optional red or yellow peppers, sliced  
or 1/2 cup fresh mushrooms, sliced

## Stir Fry Sauce

1 cup chicken or vegetable broth  
2 Tablespoon cornstarch  
4 Tablespoon low sodium soy sauce  
1 teaspoon sugar or splenda

Stir fry prepared vegetables in oil until tender crisp. Add sauce and cook until thick.

Nutritional information per serving, serves 10; 70 calories, 1.5 grams fat, 420 mg sodium, 11 grams carbohydrate, 4 grams protein. *2005 Fix it Fresh! by Rosie Atwood, Master Food Volunteer*

## Cheesy Zucchini Noodles with Bacon -Serves 4

|                                      |   |
|--------------------------------------|---|
| 1 lb. zucchini (about 3 medium)      | 1/2 cup cherry tomatoes, halved             |
| 2 Tablespoons extra-virgin olive oil | Kosher salt and freshly ground black pepper |
| 2 slices bacon, chopped              | 2 teaspoons unsalted butter                 |
| 2 scallions, thinly sliced           | 2 teaspoons all-purpose flour               |
| (green and white parts separated)    | 1/2 teaspoon Dijon mustard                  |
| 1 clove garlic, minced               | Pinch of cayenne pepper                     |
| 2/3 cup milk                         | 1/3 cup shredded cheddar cheese             |

Cut zucchini into long noodles using a spiralizer. Set aside. Put a baking sheet in the oven and preheat to 425°. Toss the tomatoes with 1 T. olive oil in a bowl and season with salt and black pepper. Spread on the hot baking sheet and bake until the tomatoes are slightly softened and just browned around the edges, 7-10 minutes. Meanwhile, cook the bacon in a medium nonstick skillet over medium heat until browned and crisp, about 7 minutes. Remove to a paper towel lined plate and wipe out the skillet. Melt the butter in the skillet and add the scallion whites and garlic; cook until softened, about 1 minute. Add the flour and stir to combine, about 30 seconds. Whisk in the milk, mustard, cayenne and 1/2 t. salt. Cook, whisking, until slightly thickened, about 2 minutes. Remove from the heat and whisk in the cheese until smooth. Heat the remaining 1 T. olive oil in a large nonstick skillet over medium-high heat. Add the zucchini noodles and season with the salt and black pepper. Cook, stirring, until the zucchini is just softened, 2-3 minutes. Using tongs, transfer the zucchini to the cheese sauce, leaving any extra liquid in the skillet. Cook over medium heat, gently tossing until coated; season with salt and black pepper. Top with the roasted tomatoes, bacon, and scallion greens.

**Nutrition analysis:** Per serving: Calories 220, Total fat 18 g. ( Sat. fat 6 g., Trans fat 0g), Cholesterol 25 mg., Sodium 200 mg., Total Carbohydrate 9 g., Dietary Fiber 2 g., Sugars 3 g., Protein 9g.

*Recipe from Food Network Magazine*

## Best Zucchini Bars

|                     |                                   |
|---------------------|-----------------------------------|
| 2 cups sugar        | 2 teaspoons soda                  |
| 1 cup canola oil    | 1 teaspoon vanilla                |
| 3 eggs              | 2 cups shredded zucchini          |
| 2 cups flour        | 1 small carrot shredded           |
| 1 teaspoon cinnamon | 3/4 cup rolled oats               |
| 1 teaspoon salt     | 1 cup walnuts, chopped (optional) |

### **Frosting:**

|                          |  |
|--------------------------|--|
| 1/2 cup butter, softened | 2 1/2 cups confectioner's sugar            |
| 2 teaspoon vanilla       | 1 (3 oz.) package creamed cheese, softened |

Beat together sugar, oil, and eggs in large bowl. Beat in flour, cinnamon, salt, baking soda, and vanilla. Beat 1-2 minutes until well mixed. Fold in zucchini, carrot, oats, and nuts; mix well. Pour into greased or sprayed 15 x 10 x 1 inch pan (Jelly roll pan). Bake at 350 degrees for 15-20 minutes. Make frosting by beating all ingredients together until smooth. Spread on baked bars when they have cooled. Cut in to 36 bars.

Optional: Can be served with powdered sugar sprinkled on top instead of frosting.

Nutritional information per serving: 160 calories, 9 gram fat, 15 mg cholesterol, 170 mg sodium, 19 gram carbohydrates, 2 gram protein.

*Recipe from, Fix it Fresh! , 2005 by Cwen Sims, Master Food Volunteer.*

## Parmesan Roasted Carrots Prep time: 20 minutes

|  |                                     |
|--|-------------------------------------|
| 4 large carrots, cut diagonally into 1/4 inch slices | Dash paprika                        |
| 2 tablespoons unsweetened applesauce                 | Pepper to taste                     |
| 1 tablespoon finely chopped onion                    | 1 tablespoon grated Parmesan cheese |
| 1/4 teaspoon salt                                    |                                     |

In a small bowl, combine the first six ingredients. Transfer to a baking sheet coated with non-stick cooking spray. Bake at 425° for 10-15 minutes or until golden brown. Sprinkle with Parmesan cheese. Serve immediately. Yield 2 servings.

**Nutrition Facts:** 1/2 cup equals 82 calories. 1 g fat (1 g saturated fat), 2 mg cholesterol, 392 mg sodium, 17 g carbohydrate, 5 g fiber, 3 g protein.

## Roasted Brussels Sprouts

|  |   |
|--|---|
| 1 pound brussels sprouts, cleaned and halved                     | 1 tablespoon onion powder                 |
| 1 medium head cauliflower, cleaned and cut into bit-sized pieces | 1/4 cup real parmesan cheese, grated fine |
| 1 tablespoon garlic powder                                       | 1 tablespoon olive oil (approx..)         |

Using an oil sprayer, lightly spray a cookie sheet with oil.

Spread out the veggies on the cookie sheet and spray them with a light coat of oil as well. If you don't have an oil sprayer, simply put the veggies in a bag with the oil and shake them around until well coated with oil.

Sprinkle with the spices and parmesan.

Bake at 350 degrees F. for approximately 35-45 minutes, or until the veggies are soft and cooked to your liking. Allow to cool a bit and serve.

**Nutrition Facts:** Yields: 6 servings. Calories:103, Fat 4 gm., Sat. Fat 1 gm.,

Cholesterol 4 mg, Sodium 112 mg, Carbs. 14 gm., Dietary Fiber 6 gm., Sugars 5 gm, Protein 6 gm.

*Recipe from skinnyms.com.*

## Lemony Spinach Pesto

### Ingredients:

|                                   |   |
|-----------------------------------|---|
| 1 lemon                           | 1 ½ cup packed fresh spinach                  |
| 1/3 cup slivered almonds, toasted | 3 Tablespoons finely shredded Parmesan cheese |
| 2 cloves garlic, smashed          | ¼ cup olive oil                               |
| Salt and black pepper             |   |

Directions: Remove 1 t. zest and squeeze 3 T. juice from lemon. In a food processor combine zest, juice, almonds, cheese and garlic. Cover and pulse until chopped. With motor running, add olive oil in a steady stream through the opening in the lid until combined. Season to taste with salt and pepper.

Servings 8 ( 2 Tablespoons)

**Nutrition analysis** per serving: Calories 100, Total Fat 10 g., (Sat. Fat 1.5g), Sodium 40mg., Total Carbs. 2 g., Dietary Fiber 1g., Protein 2g.

## Glazed Carrots with Pecans and Nutmeg

|                               |  |
|-------------------------------|--|
| 1 tablespoon olive oil        | 2 tablespoon dark brown sugar                    |
| 4 cups sliced carrots         | ¾ teaspoon freshly grated nutmeg                 |
| ¼ teaspoon kosher salt        | ¼ teaspoon cinnamon                              |
| Freshly ground black pepper   | ¼ cup water                                      |
| 2 tablespoons unsalted butter | 2 tablespoon flat-leaf parsley leaves (optional) |
| ½ cup roughly chopped pecans  |  |

Heat oil in a large skillet over medium heat. Add carrots, salt, and pepper. Cook, stirring occasionally, 2minutes. Add butter, pecans and brown sugar and cook until carrots are tender and sugar has melted, about 2 ½ minutes.

Stir in nutmeg and cinnamon. Add water and cook, stirring occasionally, until sauce reduces to a glaze-like consistency, about 30 seconds.

Remove from heat, stir in parsley, if using, and serve. Serves 6.

Nutrition Per Serving: Calories 170, Total Fat 13 g ( Sat. Fat 3.5 g) Cholesterol 10mg., Sodium 140 mg., Total Carbs 14 g., Dietary Fiber 3 g., Sugars 8 g., Protein 2 g.

## Paleo Cauliflower Rice

1 large cauliflower, cut into large chunks  
salt and black pepper to taste  
2 tablespoons extra-virgin olive oil

Place cauliflower chunks in a food processor and pulse until broken down into rice-size pieces.

Heat oil in a skillet over medium heat—add cauliflower —rice salt, and pepper.

Cover skillet and cook until heated through, 3 to 5 minutes. Remove lid and fluff —rice with a fork.

4 Servings. Nutrition per serving: Calories 110, Total fat 8 g., Sodium 65 mg., Total Carbs 10 g., Dietary Fiber 4g., Sugars 4 g., Protein 4 g.

## Toasted Sesame Balsamic Asparagus

2 teaspoons sesame oil  
1 lb. asparagus spears, trimmed  
2 teaspoons sesame seeds, toasted  
2 teaspoons balsamic vinegar  
2 teaspoons sugar  
2 teaspoons reduced sodium soy sauce  
1/8 teaspoon crushed red pepper

SPREAD sesame oil in foil-lined shallow baking pan. Roll asparagus in sesame oil.

Sprinkle with sesame seed. Arrange asparagus in single layer.

ROAST in preheated 425 degree oven for 10 minutes or until tender-crisp. Place on serving platter.

MIX vinegar, sugar, soy sauce and red pepper in small bowl. Drizzle asparagus with soy sauce mixture.

Garnish with thin strips of lemon peel, if desired.

Servings 4. **Nutritional analysis:** Calories 60, Total Fat 3.5 g., Sodium 70mg., Total Carbs. 7g., Dietary Fiber 2 g., Sugars 4 g., Protein 3g.

## Low Carb Zucchini Lasagna with Spicy Turkey Meat Sauce

**Prep time: 45 mins Cook time: 45 minutes**

A noodle-less, low carb zucchini lasagna with an incredible turkey meat sauce!

|   |                                |
|---|--------------------------------|
| 4 large zucchini, sliced about 1/4 inch thick             | 1 teaspoon olive oil           |
| 3 cloves garlic, minced                                   | 1 small yellow onion, diced    |
| 1 green pepper, diced                                     | 1 lb. extra lean ground turkey |
| 1 - 14 oz can tomato sauce                                | 1 14 oz can crushed tomatoes   |
| 2 teaspoon dried oregano                                  | 1/4 cup finely chopped basil   |
| 1/4 cup finely chopped parsley                            | red pepper flakes, if desired  |
| salt and pepper, to taste                                 | 15 oz. part skim ricotta       |
| 1 egg white   | 1/4 cup grated Parmesan cheese |
| 12 oz reduced fat or part skim shredded mozzarella cheese |                                |

Preheat oven to 375 degrees F. Place sliced zucchini on large baking sheet coated with non stick cooking spray. Sprinkle with salt and roast in the oven for 15-20 minutes to help dry out the zucchini a bit. This is a critical step. While the zucchini noodles are roasting, you can make the turkey meat sauce. Heat olive oil in a large skillet over medium high heat. Add garlic, onions, and peppers and cook a few minutes until onions become translucent and garlic is fragrant; stir occasionally so that you don't burn it. Add in ground turkey and cook until no longer pink. Add in tomato sauce, crushed tomatoes, oregano, basil, parsley, and a few dashes of red pepper flakes. Bring to a boil, then reduce heat to low and simmer 25 to 30 minutes or until sauce REALLY thickens up! Season with salt and pepper to taste. Remove from heat to cool.

In a medium bowl, combine egg white, ricotta, and Parmesan. Season with a bit of salt and pepper. Add in 1/2 cup of the slightly cooled meat sauce and stir to combine.

To assemble lasagna, spread 1/2 of the turkey meat sauce into the bottom of a 9x13 inch baking pan coated with nonstick cooking spray. Place zucchini slices evenly over meat sauce, spread on 1/2 of the ricotta mixture, then sprinkle 1/2 of the mozzarella on. Repeat layers again starting with the meat sauce, zucchini slices and ricotta mixture and finishing with mozzarella. Cover with foil and bake for 30 min. Remove foil and bake for 15 minute longer uncovered. Serve with a side salad. Makes 8 generous servings.

**Nutrition Information :** Serves: 8 Calories: 308, Fat: 12.6g, Carbohydrates: 15.1g, Sugar: 6.9g, Fiber: 3.2g, Protein: 37.3g *Recipe adapted from All Recipes.*

## Crock Pot Low Carb Lasagna – 6 servings

Made with zucchini and eggplant in place of pasta. Healthy, gluten free, and your slow cooker does all the work!

### Ingredients:

|  |                           |
|--|---------------------------|
| 2 medium zucchini  | 1 medium eggplant         |
| Kosher salt  | 1 medium red onion, diced |
| 2 cups good-quality store-bought tomato-based pasta sauce (or homemade)  | 2 large eggs              |
| 2 cups low-fat cottage cheese (do not use skimô I used 1%)   | 1 red bell pepper, diced  |
| 8 ounces part-skim shredded mozzarella or provolone cheese, divided (about 2 cupsô I used a blend of both cheeses) |                           |

For serving: Parmesan cheese, freshly chopped herbs such as basil or parsley

### Directions:

With a 5andolin or very sharp knife, slice the eggplant and zucchini length-wise into long, thin (1/4-inch) sections so that they resemble lasagna noodles. Spread the vegetable slices out onto a kitchen towel or layers of paper towels and sprinkle them lightly with kosher salt. Let stand for 15 minutes to allow some of the excess liquid to drain off. Pat dry. Prepare the zucchini and eggplant according to one of the three methods below:

*GRILL METHOD:* Preheat an outdoor grill or indoor grill pan to medium. Lightly coat the grill with canola oil, then grill the eggplant and zucchini strips until cooked and lightly brown, about 2 to 3 minutes per side.

*BROIL METHOD:* Place the top oven rack about 5 inches from the upper heat element. Set the oven to broil at 500 degrees F. Arrange the zucchini and eggplant slices in a single layer on a baking sheet. (Do not line the baking sheet pans with wax paper or parchment, as they will burn.) Lightly brush the slices with olive oil and season with salt and pepper. Flip over the slices and repeat for the other side. Broil for 8 minutes, or until lightly brown, working in multiple batches as needed. Remove from the oven and allow to cool slightly. Place the slices on paper towels to remove excess moisture.

*NEITHER:* Move ahead with the recipeô skip grilling or broiling the zucchini completely. The lasagna will have a lot of excess liquid around the veggie slices in the slow cooker (even after salting them in step 1), but if this doesn't bother you, you can scoop out the noodles and discard it.

Lightly coat a 6-quart crock pot with nonstick spray. Spread ½ cup tomato sauce on the bottom of the crock potô the layer will seem very thin. In a small bowl, beat the cottage cheese together with the eggs. Create the first veggie lasagna layer in the crock pot as follows: 1 layer of eggplant ðnoodlesö; one-third of the cottage cheese (about 2/3 cup); one-third of the bell peppers and onions; one-third of the mozzarella; ½ cup tomato sauce. Create the second veggie lasagna layer, this time using zucchini: 1 layer of zucchini ðnoodlesö; one-third of the cottage cheese; one-third of the bell peppers and onions; one-third of the mozzarella; ½ cup of tomato sauce. Create the final layer: 1 layer of eggplant ðnoodlesö; remaining cottage cheese; remaining bell peppers and onions; 1 layer of zucchini noodles; ½ cup tomato sauce; remaining mozzarella. Cover the crock pot and cook on high for 2 to 3 hours, until the eggplant is tender. To test, insert a long, thin knife into the lasagna and ensure the eggplant feels tender. Recover, turn off the slow cooker, and let stand until any remaining liquid is absorbed, about 30 minutes to 1 hour. (Note: if you did not grill or broil the vegetables first, you will have a lot of remaining liquid.) To serve, slice and scoop desired portions, then sprinkle with Parmesan cheese and herbs as desired.

Depending upon the size of jarred tomato sauce you can find, you may have some leftover. Most jars come in a 24-ounce size, so you will have some sauce remaining. The extra sauce is great for reheating leftovers (top with a bit before microwaving), or if you like a saucier lasagna, you can heat it separately on the side and spoon it over individual servings.

Store leftovers in the refrigerator for up to 5 days and reheat gently in the microwave. Top with a little leftover sauce if you have it available.

I have not tried cooking this recipe on low heat, but I estimate it would take about 4 to 5 hours covered, depending upon your crockpot.

I also have not tried making this recipe in the oven instead of a slow cooker but would anticipate that it could be assembled in a 9×13-inch baking dish, then baked, covered, at 350 degrees F for 35 to 45 minutes, until the vegetables are tender. Uncover the pan for the last 10 minutes of baking. I would recommend grilling or broiling the noodles first.

**NUTRITION FACTS** Calories: 273, Total Fat: 12g, Saturated Fat: 6g, Cholesterol: 88mg, Sodium: 963mg, Carbohydrates: 22g, Fiber: 6g, Sugar: 12g, Protein: 23g

## Gluten Free Mini Pizzas with Spaghetti Squash Crusts

### Ingredients

|                                    |                        |
|------------------------------------|------------------------|
| 1 3 1/2 pound spaghetti squash     | 1 Tablespoon olive oil |
| Gluten-free nonstick cooking spray | 1 egg, lightly beaten  |
| 1 Tablespoon snipped fresh basil   | 1/2 teaspoon salt      |
| OR 1 teaspoon dried basil, crushed |                        |

Desired pizza toppings, such as Quick Gluten-Free Marinara Sauce (recipe below) or purchased gluten-free pizza sauce, sliced pepperoni, chopped Canadian-style bacon, sliced or chopped vegetables, gluten-free shredded mozzarella cheese, and/or gluten-free grated Parmesan cheese

### Directions

Preheat oven to 400 degrees F. Cut squash in half lengthwise; remove and discard seeds. Brush the insides of squash halves with oil. Place squash halves, cut sides down, in a 15x10x1-inch baking pan. Bake for 50 to 60 minutes or until squash is tender. Remove from oven; cool slightly. Preheat broiler. Using a fork, remove squash pulp from shells. Place squash pulp in a colander set in the sink and press with a spatula to remove any excess moisture. For crusts, line two large baking sheets with foil; coat foil with cooking spray. In a medium bowl combine egg, basil, and salt. Stir in drained squash. Spoon squash mixture into six mounds (about 1/2 cup each) onto the prepared baking sheets. Spread each mound into a 6-inch circle; lightly coat with cooking spray. Broil crusts, one baking sheet at a time, about 4 inches from the heat about 5 minutes or until lightly browned. Top with desired pizza toppings. Broil about 2 minutes more or until toppings are heated through and cheese(s) (if using) are melted.\* After broiling one pan of mini pizzas, place them on the bottom oven rack to keep warm while broiling the second pan of pizza.

**Nutrition Information:** (Serves 6) 91 cal, 4 g fat (1 g sat), 31 mg chol, 238 mg sodium, 13 g carb, 3 g fiber, 5 g sugars, 2 g protein

## Gluten Free Pizza on Zucchini-Sage Crust

### Ingredients

|  |  |
|--|--|
| 1 Tablespoon gluten-free stone-ground cornmeal | 2 1/2 cups packed shredded zucchini        |
| 1 egg, lightly beaten                          | 6 oz. shredded cheddar cheese (1 1/2 cups) |
| 1/4 cup gluten-free all-purpose flour          | 1/4 cup gluten-free stone-ground cornmeal  |
| 1 Tablespoon snipped fresh sage                | 6 cloves garlic, minced                    |
| 2 Tablespoons olive oil                        |  |

Desired pizza topping such as purchased gluten-free pizza sauce, sliced pepperoni, chopped Canadian-style bacon, and/or sliced or chopped vegetables

### Directions

Preheat oven to 400 degrees F. Line a 12-inch pizza pan with parchment paper. Sprinkle with the 1 tablespoon cornmeal; set pan aside. Place shredded zucchini in a colander set in the sink; press several times with paper towels to remove excess moisture (you should have 2 cups packed zucchini after draining). For crust, in a large bowl combine egg, 1 cup of the cheese, the flour, the 1/4 cup cornmeal, the sage, and garlic. Stir in the drained zucchini. Spoon mixture onto the prepared pizza pan. Using your hands, press into an even layer. Drizzle with oil. Bake for 25 to 30 minutes or until golden. Remove from oven; cool slightly. Using a spatula, loosen crust but do not remove from pan (this keeps the crust from sticking after the final baking). Top with desired pizza toppings and the remaining 1/2 cup cheese. Bake about 8 minutes more or until toppings are heated through and cheese is melted. To serve, cut into 12 wedges.

**Nutrition Information** Serves 6: 262 cal, 17 g fat (8g sat), 67 mg chol, 292 mg sodium, 15 g carbs, 1 g fiber, 2 g sugars, 13 g protein

Note: can also be made without gluten free ingredients-measurements would be the same.

## Summer Vegetable Ratatouille

|  |                                    |
|--|------------------------------------|
| 2 onion, sliced into thin rings        | 1 chopped red bell pepper          |
| 3 cloves garlic, minced                | 4 roma (plum) tomatoes, chopped    |
| 1 medium eggplant, cubed               | ½ cup olive oil                    |
| 2 zucchini, cubed                      | 1 bay leaf                         |
| 2 medium yellow squash, cubed          | 2 tablespoon chopped fresh parsley |
| 2 green bell peppers, seeded and cubed | 4 sprigs fresh thyme               |
| 1 yellow bell pepper, diced            | salt and pepper to taste           |

### Directions

1. Heat 1 ½ tablespoon of the oil in a large pot over medium-low heat. Add the onions and garlic and cook until soft.
2. In a large skillet, heat 1 ½ tablespoon of olive oil and sauté the zucchini in batches until slightly browned on all sides. Remove the zucchini and place in the pot with the onions and garlic.
3. Sauté all the remaining vegetables one batch at a time, adding 1 ½ tablespoon olive oil to the skillet each time you add a new set of vegetables. Once each batch has been sautéed add them to the large pot as was done in step 2.
4. Season with salt and pepper. Add the bay leaf and thyme and cover the pot. Cook over medium heat for 15 to 20 minutes.
5. Add the chopped tomatoes and parsley to the large pot, cook another 10-15 minutes. Stir occasionally.
6. Remove the bay leaf and adjust seasoning.

8 servings. Nutritional analysis: Calories 180, Total fat 15 g., (Sat fat 2g.) Sodium 10 mg., Total Carbs 14 g., Dietary fiber 5 g., Sugars 7g., Protein 3 g.

*Printed From Allrecipes.com 5/11/2017*

## HOW TO MAKE YUMMY CARROT 'BACON'

Okay, okay let's get this straight ó carrots are not the same as bacon. I know that. However, I also know that carrots can be just as good as bacon. Making carrot bacon is simplicity itself; simply peel and top & tail your carrots, slice really thinly (I use a Y peeler for this), blitz the rest of the ingredients together, marinate for half an hour, then bake in the oven for around 20 minutes.

### Ingredients

|                                     |                          |
|-------------------------------------|--------------------------|
| 1 large carrot                      | 1 Tablespoon tahini      |
| 1 Tablespoon light oil (e.g.canola) | 1 Tablespoon maple syrup |
| 1 ½ teaspoon coconut aminos         | 1 teaspoon liquid smoke  |

### Instructions

Peel and top & tail the carrot, then slice very thinly. Blitz the rest of the ingredients together for 30 seconds or so, until you have a thick marinade. Place the carrot and marinade into a dish, mix together so that all of the carrot slices are coated, and set to one side for 30 minutes. Heat your oven to 400°F. Place the carrot strips side-by-side on cookie sheet (line it with parchment or a silicone mat if it's not non-stick), spread the rest of the marinade evenly over the strips, and then bake for 15-25 minutes, depending on how crispy you want your 'bacon' to be.

### Notes:

If you're fine with soy, then do feel free to use soy sauce or tamari instead of liquid aminos. Same quantity.

Not all ovens are created equal, so if you know that your oven runs hot or cool, do adjust the temperature and/or cooking time accordingly. Similarly, if you use a fan oven, it will need to be a few degrees cooler than the recipe states.

Options for cutting the carrots finely: Y peeler, mandolin, food processor with slicing blade, box grater

**Nutrition Facts:** Serves 2 Calories: 149, Total fat 11 f ( 1 g sat), Sodium 104 mg, Total carbs 13 g (fiber 2 g, sugars 8 g), Protein 2 g

## Garden Patch Cake ( MAKES 13 X 11 INCH CAKE OR 30 CUPCAKES)

Ingredients:

|                                     |                            |
|-------------------------------------|----------------------------|
| 1 1/2 cups (3 sticks) melted butter | 3 cups flour               |
| 6 eggs                              | 1/2 Tablespoon cinnamon    |
| 2 1/2 cups sugar                    | 1/2 teaspoon salt          |
| 1/2 Tablespoon vanilla              | 1 teaspoon baking soda     |
| 5 cups shredded vegetables*         | 1 Tablespoon baking powder |

\*Shredded vegetables can be any combination of: carrots, parsnips, beets, zucchini, summer squash.

1. Preheat oven to 350 degrees and oil or spray baking pans or muffin pans.
2. Melt butter. In a large bowl, mix together butter, eggs, sugar, and vanilla. Stir in vegetables.
3. Combine flour, cinnamon, salt, baking powder and baking soda. Stir dry ingredients into wet ingredients.
4. Pour batter into prepared pans and spread evenly. Cupcakes should be filled 3/4 full. Bake for 25-30 minutes until cake is golden and springy and toothpick inserted in center comes out clean. Let cool completely.

Cake can be spread with cream cheese icing or sprinkled with powdered sugar before serving.

**Nutrition analysis:** Calories 190, Total Fat 10g., (Sat fat 6 g) Cholesterol 60 mg., Sodium 240 mg., Total Carbs 24g., Dietary Fiber 1 g, Sugars 13g., Protein 3g.

*Recipe taken from: Heifer International magazine World ark, Summer 2017*

## Broccoli Cheese Soup ( 4 servings)

|  |   |
|--|---|
| 1 onion, peeled and ends cut flat            | 2 cups reduced sodium chicken broth               |
| 2 large carrots, peeled and ends cut flat    | 2 cups half and half                              |
| 1 head broccoli, florets and stems separated | 1 teaspoon dry mustard                            |
| 1 tablespoon olive oil                       | 1 teaspoon salt                                   |
| 5 tablespoons butter, melted, divided        | 1/2 teaspoon black pepper                         |
| 1 clove garlic, minced                       | 1/2 teaspoon ground ginger                        |
| 2 tablespoons cornstarch                     | 1 1/4 cups shredded sharp cheddar cheese, divided |

Using a Spiralizer, cut onions into medium strands. Cut carrots into wide ribbons. Peel broccoli stems and cut into medium strands. Break broccoli florets into 1 1/2 inch pieces.

In a medium skillet, heat oil over medium heat. Add carrot and broccoli strands and cook 4 to 5 minutes until softened. Transfer to a plate. In same skillet, melt 1 tbsp. butter and cook for 4-5 minutes. Add garlic and cook for about 30 seconds. Remove from heat and set aside. In a heavy bottomed pot, melt remaining butter over medium heat. Gradually whisk in cornstarch and cook, stirring for 2 to 3 minutes. Gradually add broth and cream stirring continuously. Stir in mustard, salt, pepper, and ginger. Reduce heat and cook broccoli florets for 20 to 30 minutes until tender. Stir in carrots, onion, and broccoli stems. Cover and simmer for 5 to 7 minutes. Stir in 1 cup cheese stirring until cheese is melted. Serve with remaining cheese.

Servings 4. **Nutritional analysis:** Calories 520, Total fat 43g.,(Sat.fat 25g.,Trans fat 1g) Cholesterol 120 mg., Sodium 1180mg., Total Carbs 21g. Dietary fiber 4g, Sugars 5g., Protein 17g.