



## OODLES OF IDEAS FOR ENJOYING VEGGIES

Adding more vegetables to your family's meals has never been easier. Prepare your favorite vegetables with these techniques and see how the method of preparation can change their texture and taste - you'll be delightfully surprised.

### ROASTING

Tossing vegetables lightly with olive oil or misting them with an oil spray and then roasting them on a baking sheet at 400°F brings out their sweetness. Get into the habit of roasting a sheet or two whenever you're working in the kitchen, so you can use them, hot or leftover, in new ways:

- **Beets.** Peel and chop. Roast for 20 minutes. Add hot to rice or other grains. Or cool and add to salads and wraps.
- **Celery.** Slice on the diagonal and roast for 20 minutes. Let cool and toss with diced apples, walnuts, pomegranate seeds, and a sprinkling of lemon juice.
- **Carrots.** Peel, or not as you prefer. Cut them on the diagonal to create large ovals. Roast for about 15 minutes. Cool and serve as dippers with hummus. Or add to sandwiches and wraps.
- **Onions.** Slice onions into thick rings and roast for 30 minutes, turning several times until they are soft and lightly browned. Serve hot, along with beans and guacamole, as a taco filling, or cool and use in sandwiches and wraps.
- **Squash (Winter).** Peel, cut into small cubes, and roast for 30 minutes. Serve hot, tossed with raisins or dried cranberries or cherries, and brown rice.
- **Tomatoes.** Cut Roma or grape tomatoes in halves, sprinkle lightly with salt, and roast for 15 minutes. Toss with hot pasta, along with a bit of olive oil and chopped fresh basil or a spoonful of pesto.



### GRATING

Put your food processor grating disk, or your box grater, to work to come up with new ways to serve vegetables:

- **Beets.** Peel, grate, and sauté lightly in olive oil with thinly-sliced Swiss chard and raisins.
- **Cabbage.** Grate and add to green salads along with slivered almonds and dried cranberries.
- **Carrots.** Peel or not, as you prefer. Grate and toss with raisins, a spoonful of yogurt or mayonnaise, a bit of Dijon-style mustard, and dried tarragon or mint for a refreshing salad.
- **Sweet Potatoes.** Peel, grate and add to pancake batter.