



**it's more than just a box of food.**

*Adapted from carrotsncake.com*

## Honey Garlic Green Beans



### Ingredients

- 4 tablespoons honey
- 2 tablespoons reduced-sodium soy sauce
- 4 garlic cloves, minced
- 1/4 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 1+1/2 to 2 pounds green beans

### Instructions

- Whisk together first five ingredients into a sauce and set aside. In a 6-quart stockpot, bring 10 cups water to a boil. Add beans in batches; cook, uncovered, just until crisp-tender, about 2-3 minutes. Remove beans and immediately drop into ice water. Drain and pat dry.
- Coat stockpot with cooking spray. Add beans; cook, stirring constantly, over high heat until beans are slightly blistered, 2-3 minutes. Add sauce; continue stirring until beans are coated and sauce starts to evaporate slightly, 2-3 minutes. Remove from heat.

*Adapted from [tasteofhome.com](http://tasteofhome.com)*

## Awesome Roasted Baby Carrots



### Ingredients

- 3-4 cups (about one pound) baby carrots
- 1/4 cup olive oil
- 3-4 garlic cloves, minced
- 1 Tablespoon grated Parmesan
- 2 Tablespoons Panko bread crumbs
- 1 teaspoon kosher salt
- 1/2 teaspoon fresh ground black pepper
- 1/4 cup chopped parsley (optional)

### Instructions

- Preheat oven to 400 degrees.
- Spray a baking sheet with nonstick cooking spray.
- Toss the carrots in a bowl with the oil, garlic, Parmesan, breadcrumbs, and seasoning.
- Spread onto roasting pan and roast 20-25 minutes, until the carrots are tender, stirring once or twice with a spatula while roasting.
- When done, place in your serving dish and sprinkle the parsley on top.
- Serve immediately,

*Adapted from [mysteryloverskitchen.com](http://mysteryloverskitchen.com)*

## Parmesan Garlic Cabbage



### Ingredients

- 2 1/2 Tablespoons olive oil
- 3 garlic cloves minced
- 1 onion finely sliced
- 7 handfuls shredded green cabbage
- 1/2 cup shredded parmesan
- Salt and pepper to taste

### Instructions

- Heat oil in a large skillet over high heat.
- Add garlic and onion - cook for 2 minutes until onion is translucent.
- Add cabbage and cook until wilted.
- Stir through parmesan, season to taste with salt and pepper. Serve!

*Adapted from [realhousemoms.com](http://realhousemoms.com)*