

Cubano Roasted Broccoli Florets

This low-carb side dish pairs up great with a main protein, and adds a little kick to a nutrient-packed super food! This simple roasted broccoli dish should do the trick. The cumin and lime add spice and citrus to provide a tangy Caribbean flavor.



Ingredients

- 3 cloves garlic (peeled and thinly sliced)
- 1/4 teaspoon ground cumin
- 1 teaspoon lime juice
- 1/8 teaspoon freshly ground black pepper
- 2 Tablespoons extra-virgin olive oil or avocado oil
- 16 ounces broccoli cut into florets and pieces

Instructions

1. Preheat oven to 350°F.
2. In a bowl, combine the garlic, cumin, lime juice, pepper and onion and toss well so the seasoning spreads evenly. Add olive or avocado oil and broccoli florets to bowl and toss again.
3. Place all ingredients on a parchment paper-lined baking sheet and roast for 25 minutes.

Adapted from diabetesfoodhub.org

Chili Lime Cantaloupe



Red pepper and salt on cantaloupe? Trust us! This quick and easy recipe is a refreshing way to dress this fruit. Pairs well with any spicy meal.

Ingredients

- 1/2 medium cantaloupe
- 1 1/2 or 2 Tablespoons fresh lime juice
- 1/2 Tablespoon honey
- 2 Pinches of salt
- 2 or 3 shakes crushed red pepper flakes

Instructions

1. Cut the cantaloupe in half and scrape out the seeds with a spoon. Reserve half of the cantaloupe for breakfast or other meals. Take the remaining half and cut it into quarters. Using a sharp knife, carefully run the knife between the flesh and the rind. Once the rind is removed, slice the melon into thin pieces.
2. In a small bowl, combine the lime juice, honey, salt, and crushed red pepper. Stir until the honey is dissolved.
3. Pour the dressing over the sliced cantaloupe and toss to coat the melon in the dressing. You can serve immediately, or chill until ready to eat. Give the melon a brief stir before serving.

Adapted from budgetbytes.com

Mushroom French Dip Sandwich

Try this on Meatless Mondays or when you want to add an extra savory flavor to your sandwich. Mushrooms are a good source of B vitamins and an excellent source of vitamin D and potassium.



Ingredients

- 2 Tablespoons extra-virgin olive oil, divided
- 1/2 medium onion, thinly sliced
- 2 cloves garlic, thinly sliced
- 8 ounces mushrooms, trimmed and sliced
- 2 teaspoon Dijon mustard
- 1 Tablespoon chopped fresh thyme
- 3/4 cups reduced-sodium vegetable broth or mushroom broth
- 2 Tablespoon dry sherry (optional)
- 2 small whole-wheat hoagie rolls, halved lengthwise
- 4 slices provolone cheese

Instructions

1. Heat 1 Tablespoon oil in a large cast-iron or heavy skillet over high heat. Add onion and cook, stirring frequently, until lightly browned, 3 to 4 minutes. Add garlic and cook until fragrant, less than 1 minute. Transfer to a medium bowl.
2. Add 1 Tablespoon oil to the pan. Add mushrooms and cook, stirring occasionally, until browned, 5 to 6 minutes. Return the onions to the pan. Stir in mustard and thyme; cook for 1 minute. Stir in broth and sherry and simmer for 5 minutes.
3. Position oven rack in upper third of oven. Preheat the broiler to high. Scoop out some of the inside of the rolls (reserve for making breadcrumbs, if desired). Place the rolls cut-side up on a baking sheet. Using a slotted spoon, divide the mushroom mixture among the bottom halves of the rolls (reserve the sauce). Top with cheese.
4. Broil until the cheese is bubbly and lightly browned, 1 to 2 minutes. Place the top halves of the rolls on the sandwiches and serve with the sauce.

Adapted from eatingwell.com

Budget-Friendly Stuffed Peppers



Ingredients

- 4 bell peppers (any color)
- 3/4 pound lean, ground turkey
- 1/2 medium onion (chopped)
- 1/2 cup uncooked brown rice
- 14.5 ounce canned, no-salt-added, diced tomatoes
- 1 clove fresh, minced garlic (or 1 teaspoon garlic minced from jar)
- 1 teaspoon reduced-sodium Italian seasoning (lowest sodium available)
- 1/4 teaspoon crushed red pepper flakes (for spiciness), (optional)
- 8 ounce canned, no-salt-added tomato sauce

Instructions

1. Preheat oven to 350 degrees. Cook rice to package instructions (omitting salt). While the rice is cooking, in skillet over medium heat, brown the turkey. Add the onion and cook for 3 minutes more (until onion becomes translucent).
2. Wash the bell peppers and remove the tops, seeds and membranes. Set peppers in a 9x9 baking dish or line them up in a loaf pan, so they stand upright.
3. In a medium mixing bowl, mix turkey, rice, tomato, garlic, Italian seasoning, and pepper. Spoon into each pepper. Spoon tomato sauce evenly over the top of the 4 peppers. Bake 1 hour in the oven, until peppers are tender.

NOTE: You can half or double the recipe if you have more or fewer peppers!

Adapted from recipes.heart.org