

Garlic-Parmesan Roasted Cauliflower



Ingredients

- 1 medium head cauliflower, cut into florets
- 3 Tablespoons extra-virgin olive oil
- 1 1/2 teaspoons paprika
- 3/4 teaspoon kosher salt
- 1/2 teaspoon cracked black pepper
- 3 garlic cloves, minced
- 2 to 3 Tablespoons grated Parmesan cheese
- Juice of 1/2 lemon
- 2 Tablespoon finely chopped fresh parsley

Instructions

1. Place a large rimmed baking sheet on the center rack of the oven; preheat oven to 450°F.
2. Cut the cauliflower into small florets and add to a large bowl. Toss with olive oil, paprika, salt, and black pepper.
3. Empty cauliflower out onto **preheated baking sheet**. Arrange florets in a single layer, avoiding overcrowding. Roast for 20 to 25 minutes, tossing once midway through, until lightly charred and tender.
4. Sprinkle Parmesan cheese and garlic over cauliflower and place back in the oven for 5 more minutes.
5. Spritz lemon juice ovetop and garnish with fresh parsley; toss and serve.

Adapted from dishingoutthealth.com

Salt & Vinegar Smashed Potatoes



Ingredients

- 2 pounds new or Yukon Gold potatoes
- 1 1/2 cups white wine vinegar
- 1 1/2 Tablespoons olive or avocado oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon garlic powder

Instructions

1. Preheat oven to 450°F.
2. Place potatoes in a large pot. Add vinegar and just enough water to cover potatoes. Bring to a boil, reduce to medium-low, and simmer for 15 minutes, until fork-tender. Drain and transfer potatoes to a rimmed baking sheet. Let cool slightly.
3. Use the bottom of a measuring cup to smash each potato. Brush each side with oil. Season evenly with salt, pepper, and garlic powder. Roast potatoes until crispy and golden brown, 30-35 minutes, flipping once halfway through.
4. Place roasted potatoes on a plate or serving platter. Scatter chives over the top.
5. Serve with low-sugar ketchup or light Ranch dressing.

Adapted from dishingoutthealth.com

**NEXT
DATE:**



ORDER BY THURSDAY, JAN 16. PICK-UP WEDNESDAY, JAN 22.
ORDER BY THURSDAY, JAN 30. PICK-UP WEDNESDAY, FEB 5.

Stuffed Mini Sweet Peppers

Cream cheese stuffed mini sweet peppers make the best quick snack or appetizer, with endless options! Just 10 minutes and 3 ingredients.



Ingredients

- 8 ounces (8-12) mini peppers
- 7 ounces low-fat cream cheese
- 1 Tablespoon Everything bagel seasoning (or more to taste)

Instructions

1. Cut the mini peppers in half and remove the seeds.
2. Fill the pepper halves with cream cheese. Sprinkle with everything seasoning.

Adapted from wholesomeyum.com

Roasted Yellow Squash



Ingredients

- 1 pound yellow squash (about 2 medium), cut into 1/2-inch rounds
- 1 Tablespoon olive oil
- Kosher salt and ground black pepper, to taste
- 3 Tablespoons grated Parmesan cheese
- Optional garnish: chopped fresh herbs such as parsley, thyme, or basil

Instructions

1. Preheat oven to 400°F. Place squash rounds in a large bowl. Drizzle with olive oil and season with salt and pepper to taste. Toss to coat.
2. Arrange squash in a single layer on a rimmed baking sheet. Top with Parmesan cheese.
3. Roast in the oven for 12-14 minutes, or until squash is tender. Transfer to the broiler for 1-2 more minutes, or until the cheese on top is crispy and golden brown.
4. Garnish with fresh herbs and season with additional salt and pepper if desired. Serve immediately.

Adapted from theseasonedmom.com

Baked Banana-Nut Oatmeal Cups

Ingredients

- 3 cups rolled oats
- 1 1/2 cups low-fat milk
- 2 ripe bananas, mashed (about 3/4 cup)
- 1/3 cup packed brown sugar
- 2 large eggs, lightly beaten
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/2 cup toasted chopped pecans (optional)



Instructions

1. Preheat oven to 375°F. Coat a muffin tin with cooking spray.
2. Combine oats, milk, bananas, brown sugar, eggs, baking powder, cinnamon, vanilla and salt in a large bowl. Fold in pecans. Divide the mixture among the muffin cups (about 1/3 cup each). Bake until a toothpick inserted in the center comes out clean, about 25 minutes. Cool in the pan for 10 minutes, then turn out onto a wire rack. Serve warm or at room temperature.

Adapted from eatingwell.com