

Maple Roasted Rutabagas

This roasted rutabaga recipe is a wonderful addition to your dinner table, the rutabaga is roasted in the oven and then finished with maple syrup to give it a wonderful crunch and sweetness.



Ingredients

- 2 rutabagas
- 2 Tablespoons olive oil
- 3 Tablespoons maple syrup
- Salt to taste
- 1 teaspoon dried or fresh thyme
- Black pepper to taste

Instructions

1. Preheat the oven to 390°F. Place a roasting sheet in the oven to heat up.
2. Peel the rutabagas and cut them into large chunks.
3. Place the rutabagas in a large bowl drizzle with the olive oil, maple syrup, dried thyme and a good sprinkle of salt and pepper.
4. Be sure to save the mixture that is left in the bowl.
5. Roast in the oven, for 25 minutes, then drizzle over the reserved mixture and cook for a further 15-20 minutes until crisp and golden.
6. Serve with a sprinkling of fresh thyme if using.

Adapted from sprinklesandsprouts.com

Fried Rice

A simple and easily adaptable recipe that uses whatever vegetables you like.

Ingredients

- 2 Tablespoons low-sodium soy sauce
- 1/2 teaspoon garlic powder or 2 cloves of garlic, minced
- 1 teaspoon black pepper
- 1/2 pound lean pork or chicken, ground or small cubes
- 1 teaspoon oil
- 1/4 cup sliced or grated carrot
- 1 cup chopped onion
- 1/3 cup chopped snap beans
- 1/3 cup chopped broccoli
- 1/3 cup chopped celery
- 2 cups cooled cooked rice (brown or white)



Instructions

1. Rinse or scrub fresh vegetables under running water before preparing.
2. In a small dish, mix together soy sauce, garlic powder and pepper. Set aside.
3. In a large skillet over medium-high heat, sauté pork in oil until just lightly browned. If using ground pork, break into crumbles as it cooks.
4. Add carrot, onion and chosen vegetables. Sauté until tender, stirring frequently.
5. Stir in rice and soy sauce mixture, breaking up any clumps of rice. Continue to heat and stir until heated through.
6. Refrigerate leftovers within 2 hours.

Adapted from foodhero.org



Rutabaga Colcannon



Ingredients

- 2 cups red potatoes, scrubbed and diced
- 1 cup rutabagas, peeled and diced
- 4 cups green cabbage, shredded
- 1 tablespoon olive oil (or butter if you prefer)
- 1 medium onion, chopped
- 2 cloves garlic, minced or 2 teaspoons of garlic powder
- 1/2 cup milk
- 1/4 cup plain Greek yogurt
- Salt and pepper, to taste
- Chopped fresh or dried parsley (optional)

Instructions

1. In a large pot, combine the red potatoes and rutabagas. Add enough water to cover them. Bring to a boil over medium-high heat and cook until both the potatoes and rutabagas are fork-tender, about 15-20 minutes.
2. While the potatoes and rutabagas are cooking, heat the olive oil in a large pan over medium heat.
3. Add the chopped onion and sauté until soft and translucent, about 5 minutes.
4. Add the garlic and shredded cabbage, stirring occasionally, and cook until the cabbage has softened, about 8-10 minutes. You want it tender but still bright green.
5. Once the potatoes and rutabagas are cooked, return them to the pot. Use a potato masher or fork to mash them together.
6. Stir in the milk and Greek yogurt for extra creaminess. You can add a bit more milk if you'd like a creamier texture. Season with salt and pepper to taste.
7. Once the cabbage is cooked, gently stir it into the mashed potatoes and rutabagas mixture. Mix well, adjusting seasoning with salt and pepper as needed.
8. Transfer the colcannon to a serving dish and garnish with parsley for a pop of color.
9. Serve hot as a side dish to your favorite lean protein or enjoy on its own!

Adapted From Culinary Medicine, FoodShare-SC

Brocco Poppers

A fun and unique way to add more veggies to your day. A tasty snack or appetizer!



Ingredients

- 1/2 cup shredded cheddar cheese
- 2 eggs
- 1/2 cup dry bread crumbs
- 1 Tablespoon all-purpose flour
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups broccoli chopped very small (one medium sized head of broccoli)

Instructions

1. Wash hands with soap and water.
2. Preheat oven to 375 degrees F. Lightly grease a baking sheet.
3. In a large bowl, stir together the cheese, eggs, bread crumbs, flour, garlic powder, salt and pepper.
4. Add broccoli to the bowl and stir all ingredients to mix them evenly.
5. Scoop a rounded Tablespoon of the mixture onto the baking sheet and form into a ball. Leave about 1-inch between each ball.
6. Bake until poppers are golden brown and cheese is bubbling, about 15 minutes.
7. Remove from the oven and let cool for 1 to 2 minutes before removing from the pan and serving.
8. Refrigerate leftovers within 2 hours.

Adapted from foodhero.org