

Roasted Root Vegetables

I love this super-easy recipe, not just because it tastes fantastic and uses local, in-season produce, but also because it takes just 10 minutes to prep and 30 minutes or so to cook. You can make the rest of the meal while it bakes.

1 sweet potato

2 parsnips

2 carrots

2 turnips or 1 large rutabaga

1 daikon radish, or substitute/add in other favorites, like squash

Extra virgin olive oil

Salt and pepper

Herbs: rosemary, thyme or sage, fresh if possible

Preheat oven to 375 degrees.

Wash and dice all vegetables into bite-size cubes.

Place in a large baking dish with sides.

Drizzle with olive oil; mix well to coat each vegetable lightly with oil.

Sprinkle with salt, pepper and herbs.

Bake uncovered for 25 to 35 minutes until vegetables are tender and golden brown, checking every 10 minutes to stir and make sure veggies are not sticking. Serves 4 to 6.

Tip: Any combination of vegetables will work. Roasting only one kind of vegetable also makes a nice side dish.

Meatless Monday Veggie Bake

This is a great way to use leftover veggies in your fridge. Or, a great option for a main dish on Meatless Monday!

- All leftover veggies in your fridge that need to be used up (carrots, zucchini, squash, eggplant, etc.)
- 1 large can chopped tomatoes
- 1 can tomato puree
- 1 can chickpeas or white beans
- 1 cup vegetable broth
- 6 large yams, sliced into 1/4-inch-thick slices
- Extra-virgin olive oil
- Sea salt and pepper to taste
- 2 cloves garlic, chopped
- 2 tablespoons parsley (optional)
- 1 teaspoon turmeric (optional)

Preheat oven to 375 degrees.

Chop veggies (not yams) and sauté in a bit of olive oil until soft, 8-10 minutes.

Add tomatoes, tomato puree, vegetable broth, spices, garlic and herbs.

Add chickpeas or white beans and mix well.

Cook vegetables and beans in tomato sauce for 15 minutes on low to medium heat.

Remove veggie mixture from heat.

Slice yams into thin sheets.

Spread a little olive oil on the bottom of a square dish and cover with a layer of yams.

Spoon out veggie mix and spread evenly on top of yams.

Finish with a layer of yams and lightly brush the yams with olive oil.

Bake covered for 40 minutes.

Take off the cover and turn up the temperature to 450 degrees for 10 minutes to crisp up the top layer.

Vegetable Sauté

This dish is super simple and tasty! Time saver: Start quinoa before chopping and cooking vegetables, so the grain cooks at the same time.

- 2 tablespoons olive oil
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 1 red sweet pepper, chopped
- 1 celery stalk, chopped
- Black pepper to taste
- 2 cloves garlic, minced
- 1 teaspoon turmeric

In your favorite skillet, add olive oil and heat over a medium setting. Add chopped vegetables and sauté until they begin to soften.

Top them over brown rice or quinoa, or put in a gluten-free wrap.

Garlic Shrimp

This is a great solution for a speedy dinner when I run home late from work and everyone is already “sooooo hungry!”

- 8 ounces shrimp (4 ounces per person)
- 2 cloves garlic
- 2 teaspoons olive oil
- Lemon wedge

Preheat skillet. Add olive oil. When olive oil is hot, add garlic and cook for 1 minute. Add shrimp and sauté 4 to 7 minutes or until they’re opaque in the center. Squeeze lemon on shrimp and serve over steamed spinach or kale.

Poached Cod or Halibut

The flavors of this recipe are sophisticated and delicate yet it is so easy to make. I use this recipe when I want to easily impress!

- 2 cod or halibut fillets (4 ounces each)
- 2 cups low-sodium vegetable broth (try organic like Imagine or Pacific brands)
- 4 tablespoon leeks, chopped
- Sea salt and pepper to taste
- 2 tablespoons mellow white miso
- $\frac{1}{2}$ cup warm water
- Juice of $\frac{1}{2}$ lemon

Bring vegetable broth and leeks to a simmer in a pot. Sprinkle

cod with salt and pepper.

In a small bowl, whisk miso paste with warm water until it's fully dissolved. Add the mixture to the simmering broth and bring back to a simmer.

Add fish. Wait until mixture returns to gentle simmer and add the lemon juice.

Cook 5 to 7 minutes or until fish is cooked through.