

## ADDING IN VEGETABLES

Access the online recipe library at [www.raniadempseymd.com](http://www.raniadempseymd.com) to download recipes for these items.

### Cooked vegetables as side dishes:

- Oven roasted vegetables
- Kale chips
- Pan sautéed zucchini with garlic, olive oil, and sea salt
- Oven roasted asparagus
- Steamed artichokes with lemon-olive oil
- Puréed cauliflower "mashed potatoes"
- Steamed broccoli
- Steamed green beans with walnuts and gorgonzola
- Grilled vegetable "packets" (prepared on grill)
- Sautéed greens
- Oven roasted Brussels sprouts with parmesan
- Zucchini and artichoke frittata (can also be an entree)

### Cold vegetable side dishes:

- Kale salad with dried cranberries and pine nuts
- Spinach salad with strawberries and goat cheese
- Mixed greens autumn salad (pear/walnut/shaved parmesan)
- Romaine salad with garden vegetables
- Jicama salad
- Vegetable crudité "rainbow" (with a side of hummus as the "pot of gold")
- Mediterranean "7 layer dip" (with whole grain pita chips)
- Cucumber cups with feta
- Gazpacho (can also be a light entree)

### Entrees that are vegetarian or vegetable-heavy:

- Soba or brown rice noodles with honey ginger peanut sauce
- Sweet and salty chicken with vegetables
- Stir fried vegetables with chicken/tofu

- "Mexican" black bean pizza
- Wheatberry chipotle chili with black beans and corn
- Vegetable pesto lasagna
- Minestrone
- Lentil barley stew
- Baked stuffed red peppers
- Whole grain pasta with creamy roasted red pepper sauce
- Baked spaghetti squash with marinara sauce and meatballs
- Capellini with asparagus, leeks and grilled chicken
- Slow Cooker veggie lasagna

### Vegetable/protein salads that can be either side dishes to meat or stand alone entrees for lunch, summer, or a lighter meal:

- Black bean, pepper and avocado salad with lime and cilantro
- Quinoa salad with black beans and red onion
- Quinoa tabouli salad with cucumbers, tomatoes and feta
- Edamame salad
- Orzo salad with feta, cherry tomatoes and pine nuts
- Susie's Potato Salad

### Add in vegetables to dishes in which you might not usually include veggies:

- Dark chocolate zucchini bites
- Baked "Pizza" Pasta
- Smoothies
- Omelets
- Quiche/Egg cupcakes
- "Egg bake" casserole
- Burritos
- Pizza