

Chef

express

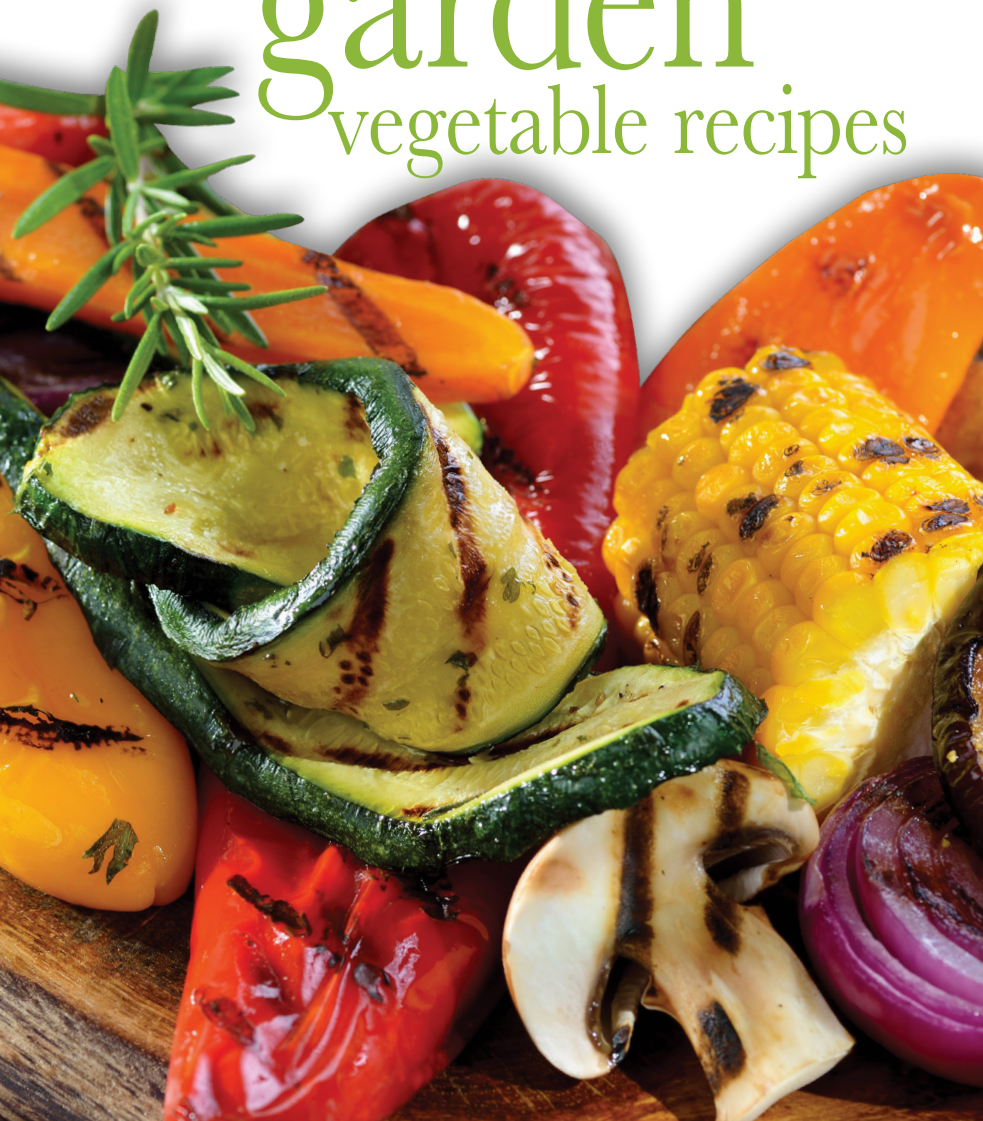


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garden

vegetable recipes



garden vegetable recipes

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Garden vegetable recipes are a celebration of nature's bounty, offering an array of flavorful dishes that highlight the freshness, variety, and nutritional benefits of locally grown produce. From vibrant salads to creative side dishes, these recipes showcase vegetables at their peak, bursting with color, flavor, and essential vitamins.



Conversion Chart

WEIGHT

IMPERIAL	METRIC
1/2 oz	15 g
1 oz	29 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
5 oz	141 g
6 oz	170 g
8 oz	227 g
10 oz	283 g
12 oz	340 g
13 oz	369 g
14 oz	397 g
15 oz	425 g
1 lb	453 g

MEASUREMENTS

CUP	OUNCES	MILLILITERS	TBSP
1/16	1/2 oz	15 ml	1
1/8	1 oz	30 ml	3
1/4	2 oz	59 ml	4
1/3	2.5 oz	79 ml	5.5
3/8	3 oz	90 ml	6
1/2	4 oz	118 ml	8
2/3	5 oz	158 ml	11
3/4	6 oz	177 ml	12
1	8 oz	240 ml	16
2	16 oz	480 ml	32
4	32 oz	960 ml	64
5	40 oz	1180 ml	80
6	48 oz	1420 ml	96
8	64 oz	1895 ml	128



garden vegetable recipes

- At the heart of garden vegetable recipes lies a commitment to seasonal eating, where ingredients are selected based on what's ripe and abundant in the garden or local farmers' market. This approach not only ensures optimal taste and nutrition but also supports sustainable agricultural practices and reduces the carbon footprint associated with food transportation.
- Freshness is key in garden vegetable recipes, where ingredients like ripe tomatoes, crisp bell peppers, tender leafy greens, and aromatic herbs are often the stars. Whether enjoyed raw in salads or sandwiches, grilled to perfection, sautéed in savory sauces, or blended into creamy soups, these vegetables offer endless culinary possibilities.
- Beyond their delicious flavors, garden vegetables contribute to a balanced and healthy diet. They are rich in fiber, vitamins, and antioxidants, promoting overall wellness and supporting immune

function. Incorporating a variety of vegetables into meals adds texture, complexity, and visual appeal, making dishes not only nutritious but also visually enticing.

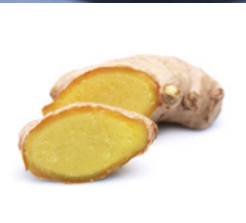
- For those who grow their own vegetables, garden recipes offer a rewarding way to enjoy the fruits of their labor, bringing a sense of satisfaction from garden to plate. For others, exploring seasonal produce through these recipes opens doors to new tastes and experiences, encouraging creativity in the kitchen and a deeper appreciation for fresh, wholesome ingredients.
- Whether you're a seasoned chef or a novice cook, garden vegetable recipes invite you to embrace the flavors of the season, celebrate the joys of cooking with fresh ingredients, and nurture a connection to the land and the vibrant world of culinary exploration.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience



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oven conversion chart

Gas Mark	Fahrenheit	Celsius	Verbal
¼	225°	107°	Very Slow/Very Low
½	250°	121°	Very Slow/Very Low
1	275°	135°	Slow/Low
2	300°	149°	Slow/Low
3	325°	163°a	Moderately Slow/Warm
4	350°	177°	Moderate/Medium
5	375°	191°	Moderate/Moderately Hot
6	400°	204°	Moderately Hot
7	425°	218°	Hot
8	450°	232°	Hot/Very Hot
9	475°	246°	Very Hot

oven conversion chart



grilled vegetable

platter with herb dressing

■ □ □ | Preparation time: 15 minutes - Cooking time: 15 minutes

ingredients

For the Vegetables:

- > 1 red pepper, halved and seeded
- > 1 yellow pepper, halved and seeded
- > 1 zucchini, sliced lengthwise
- > 2 carrots, cut in half lengthwise
- > 1 eggplant, sliced into rounds
- > 1 red onion, sliced into rings
- > 6 mushrooms, cut in half
- > 2 corn on the cob cut into chunks
- > 4 baby potatoes
- > 2 tablespoons olive oil
- > Salt and pepper to taste

For the Herb Dressing:

- > ¼ cup olive oil
- > 2 tablespoons balsamic vinegar
- > 1 tablespoon lemon juice
- > 2 cloves garlic, minced
- > ¼ cup fresh basil, chopped
- > 2 tablespoons fresh parsley, chopped
- > Salt and pepper to taste

method

1. Preheat the grill to medium-high heat.
2. Brush all the vegetables with the olive oil. Season with salt and pepper.
3. Place the vegetables on the grill. Cook for 3-4 minutes per side, or until tender and grill marks appear.
4. In a small bowl, whisk together the olive oil, balsamic vinegar, lemon juice, minced garlic, chopped basil, and parsley. Season with salt and pepper to taste.
5. Arrange the grilled vegetables on a platter. Drizzle the herb dressing over the top. Serve immediately.

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Serves 4



tip from the chef

Serve with slices of warm french bread, and a pasta salad!





fresh garden

vegetable stir-fry

■ □ □ | Preparation time: 15 minutes - Cooking time: 10 minutes

method

1. Heat the vegetable oil in a large wok or skillet over medium-high heat.
2. Add the garlic and cook for 30 seconds until fragrant. Add the bell peppers, zucchini, broccoli, snap peas, and carrot. Stir-fry for about 5-7 minutes until the vegetables are tender-crisp.
3. Pour in the soy sauce and hoisin sauce (if using). Stir to combine well.
4. Drizzle the sesame oil over the vegetables. Season with salt and pepper to taste. Stir well to coat the vegetables evenly.
5. Remove from heat and transfer to a serving dish. Garnish with sliced green onions and sesame seeds. Serve immediately.

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Serves 4

ingredients

- > 2 tablespoons vegetable oil
- > 1 red bell pepper, sliced
- > 1 yellow bell pepper, sliced
- > 1 medium zucchini, sliced
- > 1 cup broccoli florets
- > 1 cup snap peas
- > 1 carrot, julienned
- > 3 cloves garlic, minced
- > 2 tablespoons soy sauce
- > 1 tablespoon hoisin sauce (optional)
- > 1 teaspoon sesame oil
- > Salt and pepper to taste
- > 2 green onions, sliced (for garnish)
- > Sesame seeds (for garnish)

tip from the chef

Serve with a side of rice and extra soy sauce on the side.



roasted root vegetable medley

■ □ □ | Preparation time: 15 minutes - Cooking time: 40 minutes

ingredients

- > 2 large carrots, peeled and cut into chunks
- > 2 parsnips, peeled and cut into chunks
- > 2 medium sweet potatoes, peeled and cut into chunks
- > 1 large beet, peeled and cut into chunks
- > 1 red onion, cut into wedges
- > 3 tablespoons olive oil
- > 2 teaspoons dried thyme
- > 2 teaspoons dried rosemary
- > Salt and pepper to taste
- > 2 tablespoons fresh parsley, chopped (for garnish)

method

1. Preheat the oven to 400°F (200°C).
2. Place the carrots, parsnips, sweet potatoes, beet, and red onion in a large mixing bowl.
3. Drizzle the olive oil over the vegetables. Add the dried thyme, dried rosemary, salt, and pepper. Toss to coat evenly.
4. Spread the vegetables in a single layer on a baking sheet. Roast in the preheated oven for 35-40 minutes, stirring halfway through, until the vegetables are tender and caramelized.
5. Transfer the roasted vegetables to a serving dish. Garnish with fresh parsley. Serve immediately.

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Serves 4

tip from the chef

Enjoy your roasted root vegetable medley with your Sunday dinner roast!





heirloom tomato and basil caprese salad

■ □ □ | Preparation time: 10 minutes - Cooking time: 0 minutes

method

1. Slice the heirloom tomatoes and fresh mozzarella cheese into ¼-inch thick slices.
2. On a large serving platter, alternate slices of tomato, mozzarella, and basil leaves in an overlapping pattern.
3. Drizzle the extra virgin olive oil evenly over the arranged tomatoes, mozzarella, and basil.
4. Drizzle the balsamic glaze over the top. Season with salt and pepper to taste.
5. Serve immediately as a fresh and delicious salad.

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Serves 4

ingredients

- > 4 large heirloom tomatoes, sliced
- > 1 pound fresh mozzarella cheese, sliced
- > 1 cup fresh basil leaves
- > 3 tablespoons extra virgin olive oil
- > 2 tablespoons balsamic glaze
- > Salt and pepper to taste

tip from the chef

Enjoy this heirloom tomato and basil Caprese salad as a side dish on pizza night!



vegetable

ratatouille pasta salad

■ ■ ■ | Preparation time: 20 minutes - Cooking time: 45 minutes

ingredients

- > 1 eggplant, diced
- > 1 zucchini, diced
- > 1 yellow squash, diced
- > 1 red bell pepper, diced
- > 1 yellow bell pepper, diced
- > 1 large onion, diced
- > 3 cloves garlic, minced
- > 10 cherry tomatoes, sliced in half
- > 1 lb cooked pasta of your choice
- > 3 tablespoons olive oil
- > 1 teaspoon dried thyme
- > 1 teaspoon dried oregano
- > Salt and pepper to taste
- > ¼ cup fresh basil, chopped (for garnish)

method

1. Preheat the oven to 375°F (190°C).
2. Dice the eggplant, zucchini, yellow squash, bell peppers, onion, and cut tomatoes. Mince the garlic.
3. In a large oven-safe skillet, heat the olive oil over medium heat. Add the onion and garlic, and sauté until soft, about 5 minutes. Add the eggplant, zucchini, yellow squash, and bell peppers. Cook for another 10 minutes, stirring occasionally.
4. Add the thyme, oregano, salt, and pepper. Stir to combine and let cook for another 5 minutes.
5. Transfer the skillet to the preheated oven and bake for 25-30 minutes, until the vegetables are tender and the flavors are well combined. Remove from the oven and toss with the pasta and tomatoes.

Garnish with fresh basil before serving.

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Serves 4

tip from the chef

Try using any combination of vegetables you have on hand for this colorful pasta salad.



zucchini

noodles with pesto

■ ■ ■ | Preparation time: 15 minutes - Cooking time: 5 minutes

method

1. In a food processor, combine the basil leaves, pine nuts, grated Parmesan cheese, and garlic. Pulse until finely chopped.
2. With the food processor running, slowly add the olive oil until the mixture is smooth. Season with salt and pepper to taste.
3. Use a spiralizer to create zucchini noodles. If you don't have a spiralizer, you can use a vegetable peeler to create long, thin strips.
4. In a large skillet over medium heat, add a small amount of olive oil. Add the zucchini noodles and sauté for 2-3 minutes until just tender, but still crisp.
5. Remove the skillet from heat and toss the zucchini noodles with the prepared pesto. Garnish with cherry tomatoes if desired, and serve immediately.

ingredients

- > 4 medium zucchinis, spiralized into noodles
- > 1 cup fresh basil leaves
- > ¼ cup pine nuts
- > ½ cup grated Parmesan cheese
- > 2 cloves garlic
- > ½ cup olive oil for Pesto
- > 1 tablespoon olive oil for sautéing noodles
- > Salt and pepper to taste
- > Cherry tomatoes (optional, for garnish)

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Serves 4

tip from the chef

Serve as a side dish with grilled chicken breasts!



spicy roasted

cauliflower tacos

■ ■ ■ | Preparation time: 15 minutes - Cooking time: 25 minutes

ingredients

- > 1 large head of cauliflower, cut into florets
- > 3 tablespoons olive oil
- > 2 teaspoons chili powder
- > 1 teaspoon smoked paprika
- > 1 teaspoon cumin
- > ½ teaspoon garlic powder
- > ½ teaspoon onion powder
- > ¼ teaspoon cayenne pepper (optional, for extra spice)
- > Salt and pepper to taste
- > 8 small corn tortillas
- > 1 cup shredded red cabbage
- > 1 avocado, sliced
- > 8 radishes sliced thinly
- > 2 tomatoes, chopped
- > ¼ cup fresh cilantro, chopped
- > 1 lime, cut into wedges
- > Hot sauce or salsa (optional, for serving)

method

1. Preheat the oven to 425°F (220°C).
2. In a large bowl, toss the cauliflower florets with olive oil, chili powder, smoked paprika, cumin, garlic powder, onion powder, cayenne pepper (if using), salt, and pepper until well coated.
3. Spread the seasoned cauliflower on a baking sheet in a single layer. Roast in the preheated oven for 20-25 minutes, or until the cauliflower is tender and slightly charred, stirring halfway through.
4. While the cauliflower is roasting, warm the corn tortillas in a dry skillet over medium heat for about 30 seconds on each side, or until pliable.
5. Fill each tortilla with roasted cauliflower, shredded red cabbage, avocado slices, radishes, tomatoes and a sprinkle of fresh cilantro. Serve with lime wedges and hot sauce or salsa on the side.

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Serves 4



tip from the chef

Serve with sides of Tahini Sauce and Green Salsa for some added flavor!



sweet corn and black bean salsa

■ □ □ | Preparation time: 15 minutes - Cooking time: 0 minutes

method

1. Dice the red bell pepper, red onion, and jalapeño (if using). Chop the cilantro.
2. In a large bowl, combine the sweetcorn, black beans, diced red bell pepper, red onion, jalapeño, and cilantro.
3. Drizzle the lime juice and olive oil over the mixture. Season with salt and pepper to taste.
4. Toss all ingredients together until well combined.
5. Serve immediately or refrigerate for at least 30 minutes to let the flavors meld.

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Serves 4-6

ingredients

- > 2 cups fresh or frozen sweetcorn (if using frozen, thaw first)
- > 1 (15-ounce) can black beans, drained and rinsed
- > 1 red bell pepper, diced
- > ½ red onion, finely diced
- > 1 jalapeño, seeded and finely diced (optional)
- > ¼ cup fresh cilantro, chopped
- > 2 tablespoons lime juice
- > 2 tablespoons olive oil
- > Salt and pepper to taste

tip from the chef

Serve as a dip with tortilla chips or as a topping for tacos, salads, or grilled meats.



stuffed bell peppers with quinoa and veggies

■ ■ □ | Preparation time: 20 minutes - Cooking time: 30 minutes

ingredients

- > 4 large bell peppers (any color), tops cut off and seeds removed
- > 1 cup quinoa, rinsed
- > 2 cups vegetable broth or water
- > 1 tablespoon olive oil
- > 1 small onion, diced
- > 2 cloves garlic, minced
- > 1 zucchini, diced
- > 1 cup cherry tomatoes, halved
- > 1 cup black beans, drained and rinsed (optional)
- > 1 teaspoon cumin
- > 1 teaspoon paprika
- > Salt and pepper to taste
- > ¼ cup fresh cilantro, chopped (for garnish)

method

1. In a medium saucepan, bring the vegetable broth or water to a boil. Add the quinoa, reduce to a simmer, cover, and cook for 15 minutes or until the quinoa is tender and the liquid is absorbed. Fluff with a fork.
2. Preheat the oven to 375°F (190°C). In a large skillet, heat the olive oil over medium heat. Add the diced onion and garlic, and sauté for 3-4 minutes until softened. Add the diced zucchini, cherry tomatoes, black beans, cumin, and paprika. Cook for an additional 5 minutes until the vegetables are tender.
3. Combine the cooked quinoa with the sautéed vegetable mixture. Season with salt and pepper to taste.
4. Place the bell peppers in a baking dish. Spoon the quinoa and vegetable mixture into each pepper, packing it in tightly. Add a small amount of water to the bottom of the baking dish to help steam the peppers.
5. Cover the baking dish with foil and bake for 25-30 minutes, until the peppers are tender. Remove the foil for the last 10 minutes of baking to allow the tops to brown slightly. Garnish with fresh cilantro before serving.

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Serves 4

tip from the chef

Enjoy your stuffed bell peppers with quinoa and veggies!





cucumber and dill salad

■ □ □ | Preparation time: 10 minutes - Cooking time: 0 minutes

method

1. Thinly slice the English cucumbers. You can use a mandoline slicer for even slices.
2. In a small bowl, combine the sour cream (or Greek yogurt), chopped fresh dill, and lemon juice. Mix well.
3. Place the sliced cucumbers in a large mixing bowl. Pour the dressing over the cucumbers.
4. Season with salt and pepper to taste. Toss gently to coat the cucumbers evenly with the dressing.
5. Transfer the cucumber and dill salad to a serving dish. Garnish with additional dill and cucumber slices if desired. Serve chilled.

ingredients

- > 2 English cucumbers, thinly sliced
- > ½ cup sour cream or Greek yogurt
- > ¼ cup fresh dill, chopped
- > 1 tablespoon lemon juice
- > Salt and pepper to taste
- > 1 English cucumber thinly sliced for garnish

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Serves 2

tip from the chef

Serve with your favorite crackers!



roasted brussels

sprouts with balsamic glaze

■ □ □ | Preparation time: 10 minutes - Cooking time: 20 minutes

ingredients

- > 1 pound Brussels sprouts, trimmed
- > 2 tablespoons olive oil
- > Salt and pepper to taste
- > 2 tablespoons balsamic vinegar
- > 1 tablespoon honey (optional, for added sweetness)

method

1. Preheat the oven to 400°F (200°C).
2. Trim the ends of the Brussels sprouts.
3. On a large baking sheet, toss the Brussels sprouts with olive oil, salt, and pepper until evenly coated. Arrange them in a single layer.
4. Roast in the preheated oven for 15-20 minutes, stirring halfway through, until the Brussels sprouts are tender and lightly browned.
5. In a small saucepan, combine the balsamic vinegar and honey (if using). Bring to a simmer over medium heat. Cook for 1-2 minutes, stirring constantly, until slightly thickened.
6. Drizzle the roasted Brussels sprouts with the balsamic glaze. Toss gently to coat. Transfer to a serving dish and serve hot.

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Serves 2

tip from the chef

Enjoy your delicious roasted Brussels sprouts with balsamic glaze!



carrot and ginger soup

■ ■ □ | Preparation time: 15 minutes - Cooking time: 30 minutes

method

1. Heat the olive oil in a large pot over medium heat. Add the diced onion and sauté for 3-4 minutes until translucent.
2. Add the minced garlic and grated ginger to the pot. Sauté for another minute until fragrant.
3. Add the chopped carrots to the pot and stir to combine with the aromatics. Cook for 5 minutes, stirring occasionally.
4. Pour in the vegetable broth. Bring the mixture to a boil, then reduce the heat to low. Cover and simmer for 20 minutes or until the carrots are tender.
5. Use an immersion blender to puree the soup until smooth. Alternatively, carefully transfer the soup in batches to a blender and blend until smooth. Season with salt and pepper to taste. Stir in the coconut milk if using, for added creaminess. Ladle the soup into bowls. Garnish with chopped fresh cilantro or parsley.

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Serves 4

ingredients

- > 1 tablespoon olive oil
- > 1 onion, diced
- > 2 cloves garlic, minced
- > 1 tablespoon fresh ginger, grated
- > 1 pound carrots, peeled and chopped
- > 4 cups vegetable broth
- > Salt and pepper to taste
- > ½ cup coconut milk (optional, for creaminess)
- > Fresh cilantro or parsley, chopped (for garnish)

tip from the chef

Serve with crusty french bread on the side!



kale and apple

salad with lemon vinaigrette

■ □ □ | Preparation time: 15 minutes - Cooking time: 0 minutes

ingredients

- > 1 bunch kale (about 8 cups), stems removed and leaves thinly sliced
- > 1 apple, cored and thinly sliced
- > ¼ cup dried cranberries or raisins
- > ¼ cup sliced almonds or walnuts, toasted
- > ¼ cup grated Parmesan cheese (optional)
- > Salt and pepper to taste

Lemon Vinaigrette:

- > ¼ cup olive oil
- > 2 tablespoons fresh lemon juice
- > 1 teaspoon Dijon mustard
- > 1 teaspoon honey or maple syrup (optional)
- > 1 clove garlic, minced
- > Salt and pepper to taste

method

1. Remove the stems from the kale leaves and thinly slice them. Place in a large salad bowl. Core and thinly slice the apple. Add to the bowl with the kale.
2. In a small bowl, whisk together the olive oil, fresh lemon juice, Dijon mustard, honey or maple syrup (if using), minced garlic, salt, and pepper until well combined.
3. Pour the lemon vinaigrette over the kale and apple slices. Use your hands to massage the kale for about 1-2 minutes until it begins to soften.
4. Sprinkle dried cranberries or raisins, toasted sliced almonds or walnuts, and grated Parmesan cheese (if using) over the salad.
5. Toss the salad gently to combine all ingredients. Season with additional salt and pepper to taste if needed. Serve immediately.

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Serves 4



tip from the chef

Enjoy your fresh and nutritious kale and apple salad with lemon vinaigrette!

eggplant

parmesan

■ ■ □ | Preparation time: 30 minutes - Cooking time: 30 minutes

method

1. Preheat the oven to 375°F (190°C). Place eggplant slices on a paper towel-lined baking sheet. Sprinkle with salt and let sit for 15-20 minutes to release moisture. Pat dry with paper towels.
2. In one shallow bowl, place beaten eggs. In another shallow bowl, combine breadcrumbs and grated Parmesan cheese. Dip each eggplant slice first in the beaten eggs, then in the breadcrumb mixture, pressing lightly to adhere.
3. Heat olive oil in a large skillet over medium-high heat. Fry the coated eggplant slices in batches until golden brown on both sides, about 2-3 minutes per side. Transfer to a paper towel-lined plate to drain excess oil.
4. Spread ½ cup of marinara sauce evenly on the bottom of a 9x13-inch baking dish. Arrange half of the fried eggplant slices over the sauce. Top with 1 cup of marinara sauce and 1 cup of shredded mozzarella cheese. Repeat with the remaining eggplant slices, marinara sauce, and mozzarella cheese.
5. Cover the baking dish with aluminum foil and bake in the preheated oven for 20 minutes. Remove the foil and bake for an additional 10 minutes, or until the cheese is melted and bubbly.
6. Let the eggplant Parmesan rest for a few minutes before serving. Garnish with chopped fresh basil leaves if desired.

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Serves: 4

ingredients

- > 2 medium eggplants, sliced into ½-inch rounds
- > 2 cups breadcrumbs (Italian seasoned, if available)
- > 1 cup grated Parmesan cheese
- > 2 eggs, beaten
- > 2 cups marinara sauce
- > 2 cups shredded mozzarella cheese
- > Fresh basil leaves, chopped (for garnish)
- > Salt and pepper to taste
- > Olive oil, for frying



spinach and feta

stuffed mushrooms

■ ■ □ | Preparation time: 15 minutes - Cooking time: 20 minutes

ingredients

- > 16 large mushrooms, cleaned and stems removed
- > 1 tablespoon olive oil
- > 2 cups fresh spinach, chopped
- > ½ cup crumbled feta cheese
- > ¼ cup grated Parmesan cheese
- > 2 cloves garlic, minced
- > Salt and pepper to taste
- > Fresh parsley, chopped (for garnish)

method

1. Preheat the oven to 375°F (190°C). Grease a baking sheet with olive oil or line it with parchment paper.
2. Clean the mushrooms with a damp cloth. Gently twist off the stems and set aside. Place the mushroom caps on the prepared baking sheet.
3. In a skillet, heat olive oil over medium heat. Add minced garlic and sauté for about 1 minute until fragrant. Add chopped spinach and cook for 2-3 minutes until wilted. Remove from heat and let cool slightly. In a bowl, combine the sautéed spinach mixture with crumbled feta cheese, grated Parmesan cheese, salt, and pepper.
4. Spoon the spinach and feta mixture into each mushroom cap, packing it in gently and mounding it slightly.
5. Bake stuffed mushrooms in the preheated oven for 15-20 minutes, or until the mushrooms are tender and the filling is golden brown on top.
6. Remove from the oven and garnish with chopped fresh parsley. Serve warm.

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Serves 4



tip from the chef

Enjoy your savory spinach and feta stuffed mushrooms as a delightful appetizer or side dish!



fresh garden

vegetable soup

■ ■ □ | Preparation time: 15 minutes - Cooking time: 30 minutes

method

1. In a large pot, heat the olive oil over medium heat. Add the onion and garlic, sautéing until fragrant and translucent, about 5 minutes.
2. Add the carrots, celery, zucchini, and green beans to the pot. Cook for another 5 minutes, stirring occasionally.
3. Pour in the diced tomatoes and vegetable broth. Add the cannellini beans, dried basil, and dried oregano. Season with salt and pepper. Bring to a boil, then reduce the heat and let it simmer for 15 minutes.
4. Stir in the pasta and cook until it's tender, about 10 minutes. Adjust seasoning with additional salt and pepper if needed.
5. Stir in the chopped spinach and cook for another 2 minutes until wilted. Serve hot, garnished with grated Parmesan cheese if desired.

ingredients

- > 2 tablespoons olive oil
- > 1 onion, diced
- > 2 cloves garlic, minced
- > 2 carrots, diced
- > 2 celery stalks, diced
- > 1 zucchini, diced
- > 1 cup green beans, cut into 1-inch pieces (optional)
- > 2 cans (15 oz) diced tomatoes
- > 6 cups vegetable broth
- > 1 can (15 oz) cannellini beans, drained and rinsed (optional)
- > 1 cup small pasta (like ditalini or elbow)
- > 1 teaspoon dried basil
- > 1 teaspoon dried oregano
- > Salt and pepper to taste
- > 2 cups fresh spinach, chopped (optional)
- > Grated Parmesan cheese (optional, for serving)

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Serves 6

tip from the chef

Serve with crusty french bread on the side for dipping!



grilled asparagus

with lemon and parmesan

■ □ □ | Preparation time: 5 minutes - Cooking time: 10 minutes

ingredients

- > 1 pound fresh asparagus, trimmed
- > 2 tablespoons olive oil
- > Salt and pepper to taste
- > 1 lemon (zest and juice)
- > 1 lemon, sliced for garnish
- > ¼ cup grated Parmesan cheese

method

1. Preheat the grill to medium-high heat. Trim the tough ends off the asparagus.
2. Toss the asparagus with olive oil, salt, and pepper in a bowl until evenly coated.
3. Place the asparagus on the grill in a single layer. Grill for 5-7 minutes, turning occasionally, until tender and slightly charred.
4. Remove the asparagus from the grill and place on a serving platter. Zest the lemon over the asparagus, then squeeze the lemon juice on top.
5. Sprinkle the grated Parmesan cheese over the asparagus. Serve immediately.

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Serves 2

tip from the chef

Serve the asparagus as a side with a steak dinner!



green bean almondine

■ □ □ | Preparation time: 5 minutes - Cooking time: 10 minutes

method

1. Bring a large pot of salted water to a boil. Add the green beans and cook for 3-4 minutes until tender-crisp. Drain and immediately plunge into ice water to stop the cooking. Drain again and set aside.
2. In a large skillet, melt the butter over medium heat. Add the sliced almonds and cook, stirring frequently, until they are golden brown, about 2-3 minutes.
3. Add the minced garlic to the skillet and cook for about 30 seconds until fragrant.
4. Add the blanched green beans and roasted red peppers to the skillet. Toss to coat with the butter, almonds, and garlic. Cook for 2-3 minutes until heated through.
5. Drizzle with lemon juice and season with salt and pepper to taste. Serve immediately.

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Serves 2-4

ingredients

- > 1 pound fresh green beans, trimmed
- > 2 tablespoons butter
- > ¼ cup sliced almonds
- > 1½ oz jar roasted red peppers
- > 1 clove garlic, minced
- > 1 tablespoon lemon juice
- > Salt and pepper to taste

tip from the chef

Serve with your favorite roasted poultry!



butternut

squash and sage risotto

■ ■ □ | Preparation time: 10 minutes - Cooking time: 30 minutes

ingredients

- > 2 tablespoons olive oil
- > 1 small onion, finely chopped
- > 2 cloves garlic, minced
- > 1 cup Arborio rice
- > 1 cup butternut squash, peeled and diced
- > 4 cups vegetable broth, kept warm
- > ½ cup dry white wine
- > ¼ cup grated Parmesan cheese
- > 2 tablespoons butter
- > 1 tablespoon fresh sage, finely chopped
- > Salt and pepper to taste

method

1. In a large saucepan, heat the olive oil over medium heat. Add the onion and garlic, sautéing until the onion is translucent, about 5 minutes.
2. Add the Arborio rice and diced butternut squash to the saucepan, stirring to coat the rice with oil. Cook for 2-3 minutes until the rice is lightly toasted.
3. Pour in the white wine and cook, stirring constantly, until the wine is fully absorbed by the rice.
4. Begin adding the warm vegetable broth, one ladle at a time, stirring frequently. Allow each addition of broth to be absorbed before adding the next. Continue until the rice is creamy and the squash is tender, about 20 minutes.
5. Stir in the Parmesan cheese, butter, and chopped sage. Season with salt and pepper to taste. Serve immediately.

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Serves 4

tip from the chef

Garnish with grated Parmesan cheese and a sprig of thyme!





summer

vegetable pasta primavera

■ ■ □ | Preparation time: 10 minutes - Cooking time: 15 minutes

method

1. Bring a large pot of salted water to a boil. Add the pasta and cook according to package instructions until al dente. Drain and set aside.
2. In a large skillet, heat the olive oil over medium heat. Add the onion and garlic, sautéing until the onion is translucent, about 5 minutes.
3. Add the red bell peppers and broccoli to the skillet. Cook for 5-7 minutes until the vegetables are tender. Add the cherry tomatoes and peas, cooking for an additional 2-3 minutes until heated through.
4. Add the cooked pasta to the skillet with the vegetables. Toss to combine. Stir in the grated Parmesan cheese, chopped basil, and lemon juice. Season with salt and pepper to taste.
5. Serve the pasta primavera immediately, garnished with extra Parmesan cheese and basil if desired.

Serves 4

ingredients

- > 12 ounces pasta (such as mostaccioli or farfalle)
- > 2 tablespoons olive oil
- > 1 small onion, diced
- > 2 cloves garlic, minced
- > 1 red bell pepper cut in rings
- > 1 cup cherry tomatoes
- > 2 cups broccoli Florets
- > 1 cup fresh peas or snap peas
- > ½ cup grated Parmesan cheese
- > ¼ cup fresh basil, chopped
- > Salt and pepper to taste
- > Juice of 1 lemon

tip from the chef

Add grilled chicken strips to make this a complete dinner!



garlic and herb

sautéed swiss chard

■ □ □ | Preparation time: 5 minutes - Cooking time: 10 minutes

ingredients

- > 1 bunch Swiss chard, stems removed and leaves roughly chopped
- > 2 tablespoons olive oil
- > 3 cloves garlic, minced
- > 1 tablespoon fresh thyme, chopped (or 1 teaspoon dried thyme)
- > ¼ teaspoon red pepper flakes (optional)
- > Salt and pepper to taste
- > 1 tablespoon lemon juice

method

1. Rinse the Swiss chard thoroughly and chop the leaves roughly. Pat dry.
2. In a large skillet, heat the olive oil over medium heat. Add the minced garlic and sauté for about 1 minute until fragrant.
3. Add the chopped Swiss chard to the skillet. Sauté for about 5-7 minutes until the chard is wilted and tender.
4. Stir in the chopped thyme and red pepper flakes (if using). Season with salt and pepper to taste. Cook for another 1-2 minutes.
5. Drizzle with lemon juice just before serving. Serve immediately as a side dish.

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Serves 4

tip from the chef

Serve as a side dish with grilled salmon!



tomato

and cucumber gazpacho

■ ■ □ | Preparation time: 15 minutes - Cooking time: 0 minutes (chilling time recommended: 1-2 hours)

method

1. Chop the tomatoes, cucumber, red bell pepper, and red onion into small pieces. Mince the garlic.
2. In a blender or food processor, combine the chopped vegetables, garlic, and tomato juice. Blend until smooth.
3. Add the olive oil, red wine vinegar, salt, black pepper, and cayenne pepper (if using) to the blender. Blend again until well combined.
4. Transfer the gazpacho to a large bowl or pitcher. Cover and refrigerate for 1-2 hours to allow the flavors to meld and the soup to chill.
5. Stir the gazpacho before serving. Pour into bowls and garnish with fresh basil or parsley. Serve chilled.

ingredients

- > 4 large ripe tomatoes, chopped
- > 1 cucumber, peeled and chopped
- > 1 red bell pepper, chopped
- > 1 small red onion, chopped
- > 2 cloves garlic, minced
- > 3 cups tomato juice
- > ¼ cup olive oil
- > 2 tablespoons red wine vinegar
- > 1 teaspoon salt
- > ½ teaspoon black pepper
- > ¼ teaspoon cayenne pepper (optional)
- > Fresh basil or parsley, diced cucumbers and diced red onion for garnish

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Serves 4

tip from the chef

Add extra garnishes of peeled cooked shrimp and celery sticks!



beet and goat cheese salad

■ □ □ | Preparation time: 10 minutes - Cooking time: 45 minutes (for roasting beets)

ingredients

- > 4 medium beets
- > 4 ounces goat cheese, crumbled
- > 4 cups mixed greens (e.g., arugula, spinach, and/or lettuce)
- > ¼ cup walnuts, toasted and chopped
- > 2 tablespoons olive oil
- > 1 tablespoon balsamic vinegar
- > 1 teaspoon honey
- > Salt and pepper to taste

method

1. Preheat the oven to 400°F (200°C). Wrap the beets in aluminum foil and place them on a baking sheet. Roast for 45 minutes or until tender. Allow to cool, then peel and slice into wedges.
2. In a small bowl, whisk together the olive oil, balsamic vinegar, honey, salt, and pepper.
3. In a dry skillet over medium heat, toast the walnuts for 2-3 minutes, stirring frequently until fragrant. Remove from heat and let cool.
4. In a large bowl, combine the mixed greens, roasted beet wedges, crumbled goat cheese, and toasted walnuts.
5. Drizzle the salad with the prepared dressing. Toss gently to combine and serve immediately.

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Serves 2-4

tip from the chef

Enjoy your Beet & Goat Cheese Salad as a side dish or a lite lunch!



roasted acorn squash with maple glaze

■ ■ ■ | Preparation time: 10 minutes - Cooking time: 45 minutes

method

1. Preheat your oven to 400°F (200°C).
2. Cut the acorn squashes in half and remove the seeds. Place the acorn squash halves on a baking sheet.
3. In a small bowl, whisk together the olive oil, maple syrup, brown sugar, pecans, ground cinnamon, ground nutmeg, salt, and pepper.
4. Brush the maple glaze over the acorn squash wedges, ensuring they are evenly coated.
5. Roast the squash in the preheated oven for 40-45 minutes until the squash is tender and caramelized. Serve hot.

ingredients

- > 2 acorn squashes, halved and seeded
- > 2 tablespoons olive oil
- > ¼ cup pure maple syrup
- > 2 tablespoons brown sugar
- > 1 cup of pecans
- > 1 teaspoon ground cinnamon
- > ¼ teaspoon ground nutmeg
- > Salt and pepper to taste

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Serves 4

tip from the chef

Serve as a side with a pork loin roast!



broccoli

and cheddar quiche

■ ■ □ | Preparation time: 15 minutes - Cooking time: 40-45 minutes

ingredients

- > 1 pre-made pie crust
- > 1 cup broccoli florets, chopped
- > 1 cup shredded cheddar cheese
- > 4 large eggs
- > 1 cup milk
- > ½ cup heavy cream
- > ½ teaspoon salt
- > ¼ teaspoon black pepper
- > ¼ teaspoon garlic powder
- > ¼ teaspoon onion powder

method

1. Preheat your oven to 375°F (190°C). Place the pre-made pie crust into a 9-inch pie dish and set aside.
2. Steam the chopped broccoli florets for 3-4 minutes until tender. Drain and let cool slightly.
3. In a large bowl, whisk together the eggs, milk, heavy cream, salt, pepper, garlic powder, and onion powder.
4. Spread the steamed broccoli evenly over the bottom of the pie crust. Sprinkle the shredded cheddar cheese on top of the broccoli. Pour the egg mixture over the cheese and broccoli.
5. Bake in the preheated oven for 40-45 minutes, or until the quiche is set and the top is golden brown. Let cool for 5 minutes before slicing and serving.

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Serves 4-6

tip from the chef

Serve with a side of your favorite greens!





radish

and avocado toast

■ □ □ | Preparation time: 10 minutes - Cooking time: 0 minutes

method

1. Toast the slices of bread until golden brown and crispy.
2. While the bread is toasting, halve the avocado, remove the pit, and scoop the flesh into a bowl. Mash the avocado with a fork until smooth. Season with salt and pepper to taste.
3. Spread a generous amount of mashed avocado evenly onto each slice of toasted bread.
4. Arrange the thinly sliced radishes on top of the avocado layer.
5. Drizzle each toast with olive oil and sprinkle with additional salt and pepper if desired. Garnish with fresh herbs if using. Serve immediately.

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Serves 2

ingredients

- > 4 slices of bread (such as whole wheat or sourdough)
- > 1 ripe avocado
- > 4-6 radishes, thinly sliced
- > 1 tablespoon olive oil
- > Salt and pepper to taste
- > Optional: fresh herbs (such as parsley, Kale or cilantro), for garnish

tip from the chef

Enjoy your radish and avocado toast as a delicious and nutritious snack or light meal!



spaghetti

squash with marinara sauce

■ ■ □ | Preparation time: 10 minutes - Cooking time: 45 minutes

ingredients

- > 1 medium spaghetti squash
- > 2 cups marinara sauce (homemade or store-bought)
- > 1 tablespoon olive oil
- > Salt and pepper to taste
- > Grated Parmesan cheese, for serving (optional)
- > Fresh basil or parsley, chopped, for garnish (optional)

method

1. Preheat your oven to 400°F (200°C). Cut the spaghetti squash in half lengthwise and scoop out the seeds.
2. Brush the cut sides of the spaghetti squash halves with olive oil and season with salt and pepper. Place them cut side down on a baking sheet lined with parchment paper. Roast for 40-45 minutes, or until the squash is tender and easily pierced with a fork.
3. Remove the squash from the oven and let it cool for a few minutes until it's safe to handle. Use a fork to scrape the flesh of the squash into spaghetti-like strands.
4. While the squash is roasting, heat the marinara sauce in a saucepan over medium heat until warmed through.
5. Divide the spaghetti squash strands among plates. Top with marinara sauce and garnish with grated Parmesan cheese and chopped fresh basil or parsley if desired. Serve immediately.

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Serves 2

tip from the chef

Enjoy your spaghetti squash with marinara sauce as a healthy and satisfying alternative to traditional pasta!



garden

vegetable frittata

■ ■ □ | Preparation time: 10 minutes - Cooking time: 20 minutes

method

1. Preheat your oven to 350°F (175°C).
2. In a large oven-safe skillet, heat olive oil over medium heat. Add diced onion and bell pepper, cooking until softened, about 5 minutes.
3. Add cherry tomatoes to the skillet and cook for another 2-3 minutes until they start to soften. Stir in chopped spinach and cook until wilted, about 1-2 minutes. Season with salt and pepper to taste.
4. In a bowl, whisk together eggs and milk or cream until well combined. Pour the egg mixture evenly over the vegetables in the skillet. Sprinkle shredded cheese on top.
5. Transfer the skillet to the preheated oven. Bake for 15-20 minutes, or until the eggs are set and the top is lightly golden brown.
6. Remove from the oven and let the frittata cool slightly. Sprinkle with chopped fresh herbs if desired. Cut into wedges and serve warm.

ingredients

- > 8 large eggs
- > ¼ cup milk or cream
- > 1 tablespoon olive oil
- > 1 small onion, diced
- > 1 bell pepper (any color), diced
- > 1 cup cherry tomatoes, halved
- > 1 cup fresh spinach, chopped
- > Salt and pepper to taste
- > ½ cup shredded cheese (such as cheddar or mozzarella)
- > Fresh herbs (such as parsley or basil), chopped, for garnish (optional)

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Serves 4

tip from the chef

Enjoy your garden vegetable frittata as a delicious and nutritious breakfast or brunch dish!



sautéed zucchini and squash with fresh herbs

■ □ □ | Preparation time: 10 minutes - Cooking time: 10 minutes

ingredients

- > 2 medium zucchinis, cut into chunks
- > 2 medium yellow squash, cut into chunks
- > 2 red bell peppers, diced
- > 2 tablespoons olive oil
- > 2 cloves garlic, minced
- > 1 green bell pepper, diced
- > 1 tablespoon fresh herbs (such as basil, thyme, or parsley), chopped
- > Salt and pepper to taste
- > Optional: red pepper flakes for a bit of heat

method

1. Cut the zucchini and yellow squash into chunks and dice the red peppers.
2. Heat olive oil in a large skillet over medium-high heat. Add minced garlic and sauté for about 30 seconds until fragrant.
3. Add the zucchini, yellow squash, and peppers to the skillet. Season with salt, pepper, and red pepper flakes if using. Cook, stirring occasionally, for about 5-7 minutes until the squash is tender and lightly browned.
4. Stir in the chopped fresh herbs during the last minute of cooking.
5. Remove from heat and transfer to a serving dish. Serve hot as a side dish.

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Serves 2-4

tip from the chef

This sautéed zucchini and squash with fresh herbs makes a flavorful and vibrant side dish that compliments a variety of main courses.



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