

Simple Recipes



Roasting Vegetables

Wash veggies prior to roasting (pat dry or air dry).

Dice larger veggies into smaller pieces (peppers, zucchini, heads of broccoli or cauliflower, etc.).

Directions:

- Pre-heat oven to ~425°f.
- Coat vegetables with cooking spray
- Add spices (garlic powder, pepper, cayenne, Mrs. Dash® seasonings, cumin, etc.).
- Spread vegetables evenly over a baking sheet.
- Bake for 15 minutes and then take out and stir veggies.
- Bake for an additional ~15-20 minutes.



Marinara Baked Vegetables

Ingredients:

- 1-2 zucchini, sliced into coins
- 1 medium yellow or white onion
- 1 yellow squash, sliced in coins
- 1 red pepper, cored and sliced
- 1 yellow pepper, cored and sliced
- 1/2 cup sliced mushrooms
- 1 Tbsp. Italian seasoning
- Pinch of black pepper
- 24 oz. jar pasta sauce or homemade sauce



Directions:

- Preheat oven to 375°F.
- Wash and slice vegetables.
- Alternate layers of vegetables into a baking dish.
- Mix pasta sauce with Italian seasoning and pepper
- Pour pasta sauce over vegetables.
- Bake ~45-50 minutes or until vegetables are tender.
- Sprinkle with fresh parmesan cheese and enjoy.

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Homemade Vegetable Dip

Replacement for store bought ranch.

Ingredients:

- 1 cup low-fat Greek yogurt
- 1 Tbsp. extra-virgin olive oil
- 1 Tbsp. apple cider vinegar
- 3/4 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. dried dill
- 1/8 tsp. cayenne pepper
- 1 tsp. parsley
- Dash of salt
- Dash of pepper



Directions:

- Combine Greek yogurt, olive oil, apple cider vinegar and spices. Stir until the mixture is blended.
- Allow the dip to chill in the refrigerator for ~30 minutes prior to serving.

Nutritional Information:

~240 calories, 14 g fat, 9 g carbohydrates, and 23 g protein.

Homemade Fruit Dip

Ingredients:

- 6 oz. low-fat Greek yogurt
- 2 Tbsp. natural peanut butter (32 g)
- 1.5 Tbsp. honey (32 g)
- 1/4 tsp. vanilla extract
- 1/4 tsp. cinnamon



Directions:

- Combine yogurt, peanut butter, honey, cinnamon and vanilla into a small bowl. Stir until the mixture is blended.
- Allow the dip to chill in the refrigerator for ~30 minutes prior to serving.

Nutritional Information:

~376 calories, 16 g fat, 38 g carbohydrates, 2 g fiber and 24 g protein.

Quick & Easy Smoothies

PB Banana Smoothie: (~365 kcals, 58 gm carbs, 22 gm protein)

- 16 oz. low-fat milk or soy milk
- 1 large banana
- 1 cup spinach
- 2 Tbsp. powdered peanut butter

Super Smoothie: (~300 kcals, 47 gm carbs, 21 gm protein)

- 8 oz. low-fat milk or soy milk
- 1 small container (5.2 oz.) Greek yogurt, fruit flavored
- 1-2 cups spinach
- 1.5 cups strawberries
- Dash of cinnamon or nut meg

Cherry Protein Smoothie: (~330 kcals, 43 gm carbs, 24 gm protein)

- 1 cup low-fat milk or soy milk
- 1/2 scoop chocolate whey protein
- 1 cup frozen cherries
- 1-2 Tbsp. flaxseed or Chia seeds
- 3-4 frozen cauliflower florets – Use in place of ice cubes.
- 4-8 oz. water (desired consistency)

