

Pan Roasted Vegetable Stew with Moroccan Couscous

Ingredients:

For the vegetables:

1 large eggplant, cut into 1-inch pieces
2 red peppers, seeded and chopped into 1-inch pieces
3 carrots, cleaned and copped into $\frac{3}{4}$ -inch pieces
1 cup Brussels sprouts, cleaned and cut in half
 $\frac{1}{2}$ cup broccoli florets
4 kale leaves, center rib cut out, leaves sliced into thin strips
1 cup cauliflower florets
1 large or 2 small yellow squash, cut into 1-inch pieces
2 T. olive oil
Salt and pepper to taste

For the Couscous:

4 cups reduced-sodium vegetable broth
1 can (28 oz) diced tomatoes, low sodium
1 t. ground cumin
1 t. dried thyme
1 cup couscous
 $\frac{1}{2}$ cup minced dried apricots
 $\frac{1}{4}$ t. cinnamon
 $\frac{1}{4}$ cup chopped fresh cilantro

Directions:

1. Heat a solid-bottomed pan large enough to hold all the vegetables. Add carrots and sauté for 3–4 minutes to give them a head start. Add remainder of vegetables, being careful not to crowd the pan. Cook until all vegetables are al dente. Add cumin, thyme and diced tomatoes. Simmer for 5 minutes.
2. Cook couscous according to directions on the box, adding the apricots and cinnamon to the water (or vegetable stock).
3. Remove vegetable stew from heat and stir the cilantro in. Season to taste with salt and pepper. Spoon couscous into bowls and top with vegetable stew.

Nutrition information:

Calories: 212 Fat: 4g Carbs: 39g Protein: 6g Sodium: 417mg



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Oven–Roasted Spaghetti Squash with Roma Tomato Marinara

Ingredients:

1 spaghetti squash
Olive oil
Kosher salt, pepper
1 t. garlic oil
Basil, chopped

Roasted Roma Marinara:

24 Roma tomatoes, cut in half lengthwise
8–10 garlic cloves
Extra–virgin olive oil
Fresh basil leaves (unchopped)
Balsamic Glaze, to taste
Parmigiano Reggiano

Directions:

For the squash:

1. Preheat oven to 350° F.
2. Cut squash in half lengthwise; Remove seeds and sprinkle inside with olive oil, salt and pepper. Place cut side down in roasting pan. Roast for 45–60 minutes. Squash is ready when hull is soft to the touch and beginning to brown. Let cool for 30 minutes.
3. Turn oven up to 450° F.
4. Spoon squash out of shells carefully, separating into spaghetti–like strands. Sauté in a non–stick pan with olive oil. Add chopped basil, salt, pepper and garlic oil.

For the marinara:

1. Arrange tomatoes and garlic in a single layer on a roasting pan, cut side up. Sprinkle with olive oil, salt and pepper to taste. Roast for 30 minutes or until they begin to caramelize. Let cool, then pureé in a food processor. Add whole fresh basil leaves and balsamic glaze as you continue to pureé.
2. Serve over hot spaghetti squash, topped with grated cheese.

Nutrition information:

Calories: 145 Fat: 4g Carbs: 15g Protein: 4g Sodium: 124mg



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Edamame with Sweet Potatoes & Thai Curry served over Basmati Rice

Ingredients:

1 cup basmati rice
2 cups low-sodium vegetable broth
2 t. olive oil
3 cups shelled edamame
1 large sweet potato, cut into half-inch dice
½ T. red Thai curry paste
1 lime (juice of)
1 T. orange juice
1 t. black pepper (to taste)
2 t. olive oil

Directions:

1. Cook the rice according to package directions, using vegetable broth.
2. Heat 2 t. olive oil; sauté sweet potatoes until just tender; add edamame.
3. Stir together the curry paste, lime juice, orange juice, pepper, and olive oil, and add the mixture to the vegetables; heat through. Serve over rice.

Nutrition information:

Calories: 288 Fat: 9g Carbs: 34g Protein: 14g Sodium: 180mg



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Nutrition Services Website
<https://wexnermedical.osu.edu/nutrition-services>