



EatingWell
WHERE GOOD TASTE MEETS GOOD HEALTH

Broccoli with Creamy Parmesan Sauce

EatingWell Quick Vegetable Side Dish Recipes

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Broccoli with Creamy Parmesan Sauce

Makes: 4 servings

Active time: 20 minutes **Total:** 20 minutes

Heart Health Diabetes Weight Loss Gluten Free

Topping steamed broccoli with a good-for-you cheese sauce is an easy way to entice picky eaters to eat their veggies.

- 1 pound broccoli
- 1 tablespoon all-purpose flour
- 1 cup nonfat milk, divided
- ½ cup freshly grated Parmesan cheese
- ¼ teaspoon salt
- Pinch of ground white pepper
- Pinch of ground nutmeg (optional)

1. Trim ½ inch off broccoli stalks; remove the tough outer layer with a vegetable peeler. Cut the broccoli lengthwise so the florets attached to the long stalks are 1 to 2 inches wide. Bring 1 inch of water to a boil in a Dutch oven fitted with a steamer basket. Steam the broccoli until tender, 5 to 7 minutes.

2. Meanwhile, whisk flour and ¼ cup milk in a small bowl until smooth. Heat the remaining ¾ cup milk in a saucepan over medium-low heat until steaming. Whisk in the flour mixture; cook, whisking, until thickened, 2 to 4 minutes. Remove from the heat; add cheese, salt, pepper and nutmeg (if using). Drizzle over the broccoli. Serve warm.

Per serving: 95 calories; 3 g fat (2 g sat, 1 g mono); 10 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 8 g protein; 2 g fiber; 347 mg sodium; 329 mg potassium.

Nutrition bonus: Vitamin C (103% daily value), Calcium (22% dv).

Carbohydrate servings: ½

Exchanges: 1 vegetable, 1 medium-fat meat





Brown Butter & Dill Brussels Sprouts

Makes: 4 servings, $\frac{3}{4}$ cup each

Active time: 25 minutes **Total:** 25 minutes

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When you brown butter, as in this recipe, the flavor intensifies, so adding just a little to Brussels sprouts still makes a big impact.

- 1 pound Brussels sprouts, trimmed and quartered**
- 1 tablespoon unsalted butter**
- 1 tablespoon extra-virgin olive oil**
- 3 tablespoons slivered almonds, toasted (see Tip)**
- 1 tablespoon white-wine vinegar**
- 1 tablespoon chopped fresh dill or 1 teaspoon dried**
- $\frac{1}{4}$ teaspoon salt**
- $\frac{1}{4}$ teaspoon freshly ground pepper**

1. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add Brussels sprouts, cover and steam until tender, 5 to 7 minutes.

2. Meanwhile, melt butter in a small skillet over medium heat. Cook, swirling often, until the butter turns a nutty brown, 1 to 3 minutes. Stir in oil and scrape into a large bowl with a rubber spatula. Add the Brussels sprouts, almonds, vinegar, dill, salt and pepper and toss to combine.

Per serving: 131 calories; 10 g fat (3 g sat, 5 g mono); 8 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 4 g protein; 4 g fiber; 172 mg sodium; 431 mg potassium.

Nutrition bonus: Vitamin C (128% daily value), Vitamin A (21% dv), Folate (19% dv).

Carbohydrate servings: $\frac{1}{2}$

Exchanges: 1 vegetable, 2 fat

Tip: To toast sliced nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Carrot Puree with Hazelnut Tapenade

Makes: 4 servings, about ½ cup each

Active time: 30 minutes **Total:** 30 minutes

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This carrot-potato puree has an amazing silky-smooth texture. We give it a sophisticated touch with a quick tapenade made with green olives, orange zest, hazelnuts and garlic. For a simpler dish, just make the puree and skip the topping.

- 1 pound carrots (5-6 medium), cut into ½-inch pieces
- 2 medium red potatoes, peeled and cut into ½-inch pieces
- 2 tablespoons chopped hazelnuts, toasted (see *Tip*)
- 2 tablespoons chopped green olives
- 2 teaspoons freshly grated orange zest
- 1 small clove garlic, minced
- 1 teaspoon plus 1 tablespoon extra-virgin olive oil, divided
- ½ teaspoon salt

1. Bring 1 inch of water to a boil in a large saucepan or Dutch oven fitted with a steamer basket. Steam carrots and potatoes until very soft, 12 to 15 minutes.

2. Meanwhile, combine hazelnuts, olives, orange zest, garlic and 1 teaspoon oil in a small bowl.

3. Transfer the carrots and potatoes to a food processor; add the remaining 1 tablespoon oil and salt. Process until smooth. Serve each portion with a spoonful of the hazelnut tapenade.

Per serving: 195 calories; 8 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 4 g protein; 5 g fiber; 504 mg sodium; 837 mg potassium.

Nutrition bonus: Vitamin A (337% daily value), Vitamin C (28% dv), Potassium (24% dv).

Carbohydrate servings: 1½

Exchanges: 1 starch, 2 vegetable, 1½ fat

Tip: To toast chopped nuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.





Panko-Crusted Asparagus Spears

Makes: 4 servings

Active time: 25 minutes **Total:** 50 minutes

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Warm from the oven, these crunchy asparagus spears make a tasty side dish or cocktail nibble. Before being coated in panko breadcrumbs they are rolled in a flavorful sesame-miso sauce that doubles as a simple dipping sauce.

Cooking spray, preferably canola oil

1/3 cup low-fat mayonnaise

2 scallions, trimmed and finely chopped

2 tablespoons white miso (see Tips)

1 teaspoon chile-garlic sauce

1/2 teaspoon toasted sesame oil

1 bunch asparagus (about 1 pound), trimmed

3/4 cup Japanese-style panko (see Tips)

1/4 cup sesame seeds

1. Preheat oven to 450°F. Line a baking sheet with foil; coat with cooking spray.

2. Combine mayonnaise, scallions, miso, chile-garlic sauce and oil in a small bowl.

3. Place asparagus in a shallow dish and toss with half the miso mixture (about 1/4 cup), making sure the asparagus is well coated.

4. Combine panko and sesame seeds in another shallow dish. Working with one spear at a time, roll in the panko mixture and place on the prepared baking sheet, leaving a bit of room between each spear. Coat the prepared spears with cooking spray.

5. Roast the asparagus until the coating is browned and crispy and the asparagus is tender, 20 to 25 minutes. Serve with the remaining miso mixture as a dipping sauce.

Per serving: 150 calories; 7 g fat (1 g sat, 2 g mono); 5 mg cholesterol; 19 g carbohydrate; 1 g added sugars; 4 g protein; 3 g fiber; 516 mg sodium; 190 mg potassium. **Nutrition bonus:** Folate (24% daily value).

Carbohydrate servings: 1

Exchanges: 1/2 starch, 1 vegetable, 1 1/2 fat

Tips:

Miso is fermented soybean paste made by inoculating a mixture of soybeans, salt and grains (usually barley or rice) with koji, a beneficial mold. Miso is undeniably salty, so a little goes a long way. White or sweet miso (Shiromiso), made with soy and rice, is yellow and milder in flavor; use for soup, salad dressings and sauces for fish or chicken. Look for it near tofu at well-stocked supermarkets.

Although we typically use whole-wheat panko-style breadcrumbs, for this recipe we recommend using white, Japanese-style panko breadcrumbs for the best texture and flavor. Look for them in the Asian-food section of most supermarkets or near other breadcrumbs.

Roasted Delicata Squash & Onions

Makes: 4 servings, about 1 cup each

Active time: 15 minutes **Total:** 45 minutes

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Roasting intensifies delicata squash's flavor. Seasoned with rosemary and maple, this recipe's great with pork or turkey.

2 pounds delicata squash (about 2 large)

1 medium red onion, sliced

2 tablespoons extra-virgin olive oil, divided

¼ teaspoon salt

1 teaspoon chopped fresh rosemary

1 tablespoon maple syrup

1 tablespoon Dijon mustard

1. Preheat oven to 425°F.

2. Cut squash in half lengthwise, then crosswise; scoop out the seeds. Cut lengthwise into ½-inch-thick wedges. Toss with onion, 1 tablespoon oil and salt in a large bowl. Spread in an even layer on a baking sheet.

3. Roast, stirring once or twice, until tender and beginning to brown, about 30 minutes.

4. Combine the remaining 1 tablespoon oil, rosemary, syrup and mustard in a small bowl. Toss the vegetables with the dressing.

Per serving: 164 calories; 7 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 26 g carbohydrate; 3 g added sugars; 2 g protein; 6 g fiber; 203 mg sodium; 599 mg potassium.

Nutrition bonus: Vitamin A (430% daily value), Vitamin C (52% dv).

Carbohydrate servings: 1

Exchanges: 2 starch, 1½ fat





Roasted Lemon-Parmesan Cauliflower with Capers

Makes: 4 servings, about 1 cup each

Active time: 15 minutes **Total:** 40 minutes

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Roasted cauliflower and lemon segments tossed with Parmesan and capers makes an easy side dish. Pair it with roast chicken.

1 lemon

1 large head cauliflower, trimmed and cut into bite-size florets

2 tablespoons extra-virgin olive oil

¼ teaspoon salt

¼ teaspoon freshly ground pepper

½ cup finely shredded Parmesan cheese, plus more for garnish

2 tablespoons capers, rinsed

1. Position rack in lower third of oven; pre-heat to 450°F. Coat a large rimmed baking sheet with cooking spray.

2. With a sharp knife, remove skin and white pith from lemon and discard. Working over a small bowl, cut the lemon segments from their surrounding membranes, letting the segments drop into the bowl. Drain the juice from the segments.

3. Toss the lemon segments, cauliflower, oil, salt and pepper on the baking sheet and spread evenly. Roast until starting to soften and brown, stirring once halfway through, 25 to 30 minutes.

4. Sprinkle Parmesan and capers over the cauliflower; stir to combine. Serve garnished with more Parmesan, if desired.

Per serving: 164 calories; 10 g fat (3 g sat, 6 g mono); 7 mg cholesterol; 13 g carbohydrate; 0 g added sugars; 8 g protein; 5 g fiber; 424 mg sodium; 675 mg potassium.

Nutrition bonus: Vitamin C (187% daily value), Folate (32% dv), Potassium (19% dv), Calcium (18% dv).

Salsa-Braised Kale

Makes: 4 servings, about ½ cup each

Active time: 10 minutes **Total:** 25 minutes

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Braising kale in salsa and topping it with cheese makes a delightful side dish for your favorite Mexican meal. Different brands of salsa have varying amounts of sodium. Sometimes prepared fresh salsa is the lowest.

- 1 tablespoon extra-virgin olive oil
- 1 large bunch kale, tough stems removed, coarsely chopped (about 16 cups; see *Tips*)
- 1 cup store-bought salsa, preferably fresh
- ½ cup water
- ¼ cup crumbled or shredded Cotija cheese (see *Tips*) or Mexican-style cheese

Heat oil in a Dutch oven over medium-high heat. Add kale and toss until bright green, about 1 minute. Stir in salsa and water. Reduce heat to maintain a simmer; cover and cook, stirring occasionally, until the kale is tender, 12 to 15 minutes. Serve sprinkled with cheese.

Per serving: 161 calories; 7 g fat (2 g sat, 3 g mono); 9 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 7 g protein; 6 g fiber; 459 mg sodium; 649 mg potassium. **Nutrition bonus:** Vitamin A (771% daily value), Vitamin C (197% dv), Calcium (26% dv), Potassium (19% dv).

Carbohydrate servings: 1

Exchanges: 2½ vegetable, 1 fat

Tips:

Choose organic kale when possible. Non-organic can have high pesticide residue.

Cotija cheese, also called *queso añejo* or *queso añejado*, is a salty aged Mexican cheese with a crumbly texture. Find it near other specialty cheeses or at Mexican grocery stores.





Zucchini Chile-Cheddar Mash

Makes: 4 servings, about $\frac{2}{3}$ cup each

Active time: 25 minutes **Total:** 25 minutes

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This recipe for mashed zucchini with chiles and Cheddar embraces zucchini's tendency to become very soft when cooked.

1 tablespoon canola oil

$\frac{1}{4}$ pounds zucchini (2-3 medium), halved lengthwise and sliced

1 medium onion, chopped

1 4-ounce can diced green chiles, drained

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ cup grated extra-sharp Cheddar cheese

1. Heat oil in a large nonstick skillet over medium heat. Add zucchini and onion; stir to coat. Cover and cook, stirring occasionally, until very soft and lightly browned, 12 to 15 minutes. Stir in chiles and salt; cook until heated through, 1 minute more.

2. Transfer to a medium bowl. Mash with a potato masher until chunky, not completely smooth. Stir in cheese and serve immediately.

Per serving: 126 calories; 9 g fat (3 g sat, 4 g mono); 15 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 6 g protein; 2 g fiber; 307 mg sodium; 442 mg potassium. **Nutrition bonus:** Vitamin C (55% daily value).

About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...

 **Heart Health** has limited saturated fat.

 **Diabetes** is low in calories and meets limits for Carbohydrate Servings.

 **Weight Loss** has reduced calories (and limited saturated fat).

 **Gluten Free** does not contain wheat, rye, barley or oats.
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)