

Are You in a Boring Vegetable Rut?

Make it a point to try one new vegetable in 2-3 new ways, each week.

This recipe collection includes 15 delicious vegetable recipes that get rave reviews every time! When we at Trinity Health Coaching start a new client on a wellness or weight loss program we ask them to eat 6-7 cups of assorted vegetables daily (of which lettuce can be no more than 3 cups). The easiest way to make this happen is to find recipes that make the veggies TASTE GREAT! We trust you'll find several here that will stay in your family for years! Blessings, Bob & Vicki

- 
- ◇ Avocadoes
 - ◇ Arugula
 - ◇ Asparagus
 - ◇ Artichokes
 - ◇ Avocado
 - ◇ Bok choy
 - ◇ Broccoli
 - ◇ Brussels sprouts
 - ◇ Beets
 - ◇ Butternut squash
 - ◇ Cabbage
 - ◇ Carrots
 - ◇ Cabbage
 - ◇ Cauliflower
 - ◇ Celery
 - ◇ Chard
 - ◇ Chicory greens
 - ◇ Cucumber
 - ◇ Endive
 - ◇ Eggplant
 - ◇ Fennel bulb
 - ◇ Garlic
 - ◇ Green beans
 - ◇ Green Chilies
 - ◇ Jicama
 - ◇ Kale
 - ◇ Kohlrabi
 - ◇ Lettuce – try new types
 - ◇ Mushrooms
 - ◇ Nopales (cactus)
 - ◇ Onions
 - ◇ Okra
 - ◇ Peppers—green
 - ◇ Peppers—red, orange, yellow
 - ◇ Peppers—jalapeño
 - ◇ Pumpkin
 - ◇ Radish
 - ◇ Dikon Radish - *a good potato substitute in some dishes*
 - ◇ Seaweed
 - ◇ Spaghetti Squash
 - ◇ Squash
 - ◇ Swiss chard
 - ◇ Spinach
 - ◇ Sprouts
 - ◇ Tomatoes
 - ◇ Turnips
 - ◇ Zucchini
 - ◇ Watercress
 - ◇ Wax Beans
 - ◇ Zucchini

Creamy Asparagus—Coconut Soup

Servings: 4

You'll go coconuts over this simple, delicious and nutritious recipe. With coconut milk, asparagus, herbs, and spices, this easy-to-make soup has the nutrition your family needs and the flavors they love.

Unlike cow's milk, coconut milk is lactose free—a great milk substitute for those with lactose intolerance. Asparagus and coconuts are packed with vitamins and antioxidants—highly nutritious and rich in fiber and vitamins C, E, B1, B3, B5, and B6. They also have important minerals including iron, sodium, calcium, magnesium, and phosphorus. Loaded with antioxidants, fiber, and protein, asparagus packs a flavor punch your family will love.



INGREDIENTS

- 1 pound asparagus
- 2 large onions, chopped
- 1 Tbsp. organic extra virgin olive oil
- 3 cups vegetable stock
- 1 tsp. garlic, minced
- 1 tsp. ginger, minced
- ¼ tsp. dried rosemary
- 1 ½ cups organic unsweetened coconut milk
- Unrefined sea salt to taste
- Ground black pepper to taste

DIRECTIONS

1. In a large skillet or soup pot, simmer onions, garlic, and ginger in olive oil until onions are soft.
2. Add broth and bring to a boil.
3. Trim the tips from the asparagus and reserve for garnish.
4. Use “snap method” to remove woody ends and discard.
5. Cut remaining spears into one-inch pieces.
6. Add asparagus and rosemary to broth, reduce heat, and simmer for 30 minutes.
7. Remove from heat.
8. Puree in the blender with coconut milk.
9. Season with salt and pepper to taste.
10. Stir in asparagus tips at the end.

Recipe created by expert Chefs at Sanoviv Medical Institute, founded by Dr. Myron Wentz, is a fully licensed hospital that offers a unique blend of conventional, alternative, and integrative programs to help maintain your good health and treat a wide range of diseases. sanoviv.com

Greek Salad

Tomatoes, Cucumbers, Feta Cheese and optional Red Onions and Olives



INGREDIENTS

- 3 large ripe tomatoes
- 2 cucumbers
- 1 cup Feta cheese
- 1 small red onion (optional)
- 6-12 black or green Greek olives (optional)

DIRECTIONS

1. Cut tomatoes into bite size pieces
2. Peel and slice cucumbers
3. Cut red onion into rings or slices
4. Mix the above and the Feta cheese and olives together in a bowl.
5. Dress with sugar-free bottled Italian dressing or the below home-made dressing.
6. Let marinade for 30-90 minutes before serving.

Homemade dressing

1/4 cup olive oil

4 teaspoons lemon juice

1.5 teaspoons dried oregano

Salt and pepper

More great recipes at:

TrinityHealthCoaching.com

Roasted Radishes with Soy Sauce and Sesame Seeds



Ingredients:

20-25 medium radishes, washed, trimmed and cut into fourths or halves (same-size pieces)

1 1/2 T roasted peanut or avocado oil

1 1/2 T soy sauce ([use gluten-free soy sauce](#) if needed)

1 tsp. [toasted sesame oil](#) (completely optional, but it adds more sesame flavor if you like that)

2 green onions, sliced

2-3 tsp. [black sesame seeds](#) (or use regular white sesame seeds and toast for a minute or so in a hot dry pan)

Instructions:

Preheat oven to 425 F. Wash radishes, trim ends, and cut into halves or fourths to make same size pieces.

Spray a large baking sheet with non-stick spray, put radishes on the baking sheet and brush all sides with the peanut oil, then arrange radishes cut side down for best browning. Roast the radishes about 20 minutes, stirring one or two times. While radishes cook, slice the green onions, and measure the sesame seeds (and toast if needed). If you're using the sesame oil, mix with the soy sauce in the same bowl you used for the peanut oil.

When radishes are tender and starting to brown, remove from oven, brush with soy sauce or soy-sesame oil mixture, and sprinkle with green onion slices. Put back in oven and roast about 5-7 minutes more.

Sprinkle cooked radishes with sesame seeds and serve hot.

5-Stars - total crowd pleaser!

Cold Nopalitos Cactus Salad

"This is delicious!"

"Can I have seconds?"

"I never liked nopales as a kid when my mom made it, but this is amazing!"



INGREDIENTS

- 10 oz. container of **Cherry Tomatoes**, cut into halves or quarters
- 1 pound **fresh Nopalitos**, chopped to 1-2 inch slices
- 1 cup chopped **Red Radishes**
- 1 cup finely chopped **Red Onion**
- 4 oz. chopped **Green Chiles** (to taste)
- 3 Tbsp **Lime Juice**
- 1 Tbsp **Olive Oil**
- 1 1/2 teaspoons **Sea Salt**
- 1/4 teaspoon freshly ground **Black Pepper**
- 1/2 cup chopped **Cilantro**



If using canned Nopalitos, drain and mix them in with the rest of the ingredients. Skip step #1 as there is no need to cook them.

INSTRUCTIONS

1- Blanch and rinse fresh nopalitos: Bring a medium pot of salted water to a boil. Add the nopalitos, return to a rolling boil and cook for 1 minute. Strain through a fine mesh sieve. Rinse with water for 1 minute.

2- Combine in bowl. Place rinsed & drained nopalitos in a bowl with the chopped tomatoes, radishes, onion and chiles.

3- Toss with lime juice, olive oil, salt, and pepper.

4- Fold in cilantro and refrigerate. Serve once well chilled.

Recipe adapted from original found at www.simplyrecipes.com/recipes/nopalitos_cactus_salad

More great recipes at TrinityHealthCoaching.com

Cauliflower Spanish Rice

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Servings: 3 cups rice

Ingredients

1 large Head of Cauliflower*

1 Tbsp Olive or Avocado Oil

1/2C diced onions

3 cloves minced garlic

1 tsp cumin

1 tsp salt, more to taste

2 Tbsp tomato paste

1/4-1/2C vegetable or chicken broth

Fresh cilantro for garnish (optional)



Instructions

1. Cut your cauliflower in half and in half again. Remove stem and discard. Chop the head of the cauliflower into chunks (1-2 inch pieces). Place inside a food processor and pulse. You probably need to do this in 2-3 batches. Between each batch, remove and set aside.
2. Heat up a large skillet to medium heat. Add onion and saute for 3 minutes, then add garlic and saute another 1-2 minutes.
3. Add in riced cauliflower, salt, and cumin. Stir around the veggie mixture to coat.
4. Add in tomato paste, then 1/4 cup broth, and bump up heat to medium high. continue to stir around until the tomato paste dissolves in the mixture. If the mixture is too dry, add in more broth by the tablespoon. If the mixture is slightly wet, continue to cook until the liquid dissolves.
5. Serve hot with garnished cilantro and added salt to taste.

Recipe Notes

*You can also use the 12 oz bag of frozen Trader Joe's riced cauliflower in place of the head of cauliflower.

MAPLE GINGER BROCCOLINI

They will think you are a gourmet Chef!



INGREDIENTS

- 2 bunches of broccolini (about 1/2 lb.)
- 1 Tbsp minced garlic
- 1 Tbsp minced ginger
- 2 Tbsp toasted sesame oil
- 1/4 cup soy sauce or liquid aminos
- 2 Tbsp Lakanto maple flavored syrup (monk fruit sweetener)
- 1/4 cup sliced almonds

[Click here to order it from Amazon](#)

PREPARATION

- Boil a pot of water with steamer basket.
- While water is boiling, in a small sauce pan sauté garlic and ginger on medium low heat, until golden.
- Add in soy sauce and maple flavored syrup. Let simmer.
- Once water has boiled steam broccolini for around 5 minutes or until tender.
- Strain broccoli, place in side dish and drizzle with maple syrup mixture.
- Garnish with sliced almonds.

Recipe adapted from www.myvega.com



Baked Buffalo Cauliflower Bites

INGREDIENTS

- 1 cup Almond flour
- 1 tsp Garlic powder
- 1/2 tsp Sea Salt
- 1 large Egg
- 1 head Cauliflower (cut into florets)
- 1/2 cup Buffalo sauce **
- 1/4 cup Butter (or ghee or olive oil for dairy-free)



INSTRUCTIONS

1. Preheat the oven to 400 degrees F (204 degrees C). Line a baking sheet with parchment paper.
2. Combine the almonds, garlic powder (if using), and sea salt in a food processor. Pulse until the consistency is finely ground. Do not over-process, or you'll end up with nut butter. Alternatively, if using almond flour instead of almonds, skip this step and just place the same ingredients into the bag in the next step.
3. Place the almond mixture into a bag that will be large enough to hold the cauliflower, or a large bowl with a lid. Set aside.
4. Whisk the egg in a large bowl. Add the cauliflower and stir to coat. Make sure all florets are coated. To make it easier, you can use a bowl with a lid and shake it.
5. Immediately add the cauliflower to the bag or bowl that has the almond mixture. Seal or fold over the bag (or cover the bowl), and shake to coat the cauliflower. (This is similar to the process of "shake and bake" chicken.)
6. Arrange the cauliflower in a single layer on the baking sheet. Roast in the oven for 25-30 minutes, until browned and tender.
7. Meanwhile, toward the end of the oven time, heat together the butter (or ghee) and buffalo sauce. You can do this in the microwave or on the stove over medium-low heat. Whisk to combine.
8. When the cauliflower is done, transfer it to a serving bowl. Evenly pour the buttery sauce mixture over it, and gently toss to coat. (Don't be too rough, so that the breading stays on.) Serve with blue cheese (if not dairy-free) and garnish with green onions.

** Suggested Buffalo Sauce is [FRANKS REDHOT ORIGINAL CAYENNE PEPPER SAUCE](#)

From WholesomeYum.com



NUTRITION INFORMATION PER 1/2 CUP

Calories: 162 | Fat: 13g | Net Carbs: 4g |

Fiber: 4g | Sugar: 3g | Protein: 5g

Broccoli and/or Cauliflower with Soy Sauce-Lemon Dressing



Description - Broccoli is especially popular for combating summer heat. Chinese doctors feel it is very beneficial for the eyes, and it is often prescribed for eye inflammations and nearsightedness. Some cooks suggest that if it is cooked until just tender, it will not cause gas. Broccoli and cauliflower both contain the phytonutrient sulforaphane, which some research has shown to have significant anti-cancer effects.

JUST 5 INGREDIENTS

- 2 heads of either **Broccoli or Cauliflower** (or one of each) and a few carrots if you wish.
- 1/4 cup **soy sauce**. (We use “Braggs Liquid Aminos” natural soy sauce alternative.)
- 2 tablespoons fresh **lemon juice**
- 1 1/2 tablespoons **minced garlic**
- Low glycemic **Sweetener**. (Stevia, Monk fruit, Truvia, Erythritol, etc. Equivalent amount to 1.5 Tablespoons of sugar.)

EASY INSTRUCTIONS

1. Peel the tough skin from the broccoli and cauliflower stems and cut away the stem ends. Cut off the florets and cut the peeled stems on the diagonal into 1 1/2-inch-thick sections. Separate the larger florets, so all are approximately the same size. Remove any leaves and break or cut into florets, about 1 1/2 inches wide.
2. Mix together the dressing ingredients (soy sauce, lemon juice, garlic and sweetener.)
3. Arrange the broccoli or cauliflower in a steamer tray or on a plate set on a rack. Steam 8 to 10 minutes or until tender.
4. Drain any water from the broccoli or cauliflower. Put all the vegetables in a serving bowl, add the Dressing, toss lightly, and serve.

Thanks to Coach Kay Strong for this recipe

Asparagus and Mushroom Zest

This recipe won “best vegetable dish” in 2009 contest

Cooking time less than 15 minutes.



STEP 1 -

Heat ½ Tbsp. **avocado oil** or **olive oil** in pan.

STEP 2—

Put these ingredients in pan and simmer on low-medium heat for 10 minutes.

- 1 bundle **asparagus** washed and cut into bite size 1 inch strips
- 1/2 pound sliced **mushrooms**
- 1/4 tsp. **Tabasco**
- 1/4 tsp. **Lemon juice**

STEP 3—

Add **salt and pepper** to taste.

Sprinkle 1/3 cup shredded **cheese** of your choosing on top.

Use “full fat” cheese if you eating Keto.

Use “low-fat” cheese if you are eating Vegetarian.

Use dairy substitute cheese if you are eating Vegan.

STEP 4—

Heat for 3 more minutes and serve warm.

Spaghetti Squash Au Gratin

Ingredients to serve 6-8

- 1 medium to large spaghetti squash
- 1/2 cup grated parmesan cheese
- 1/2 cup low-fat mozzarella cheese
- 1-2 Tbsp dried basil
- 1 tsp dried oregano (optional)
- 1 cup cherry tomatoes, sliced in half (or 3 chopped Roma tomatoes.)

Optional sautéed ingredients

- 1 Tbsp olive oil
- 1 med. Onion, diced small
- 2 tsp minced garlic



Directions

1. Preheat oven to 375° F
2. Cut spaghetti squash in half lengthwise with a big knife.
3. Using a spoon, scrape away & discard the seeds and stringy bits from the inside. (Like a pumpkin.)
4. Place the squash in a microwave-safe dish cut-side down. (Round side up.) Cover with plastic wrap.
5. Cook on high for approximately 7-8 minutes. (*Depending on the size of your squash and how powerful your microwave.*) You will have to cook one at a time, as 2 will not fit in most microwaves. (If you do not have a turntable in your microwave, give the dish a turn half way to ensure even cooking.)
6. Repeat and cook the other half.
7. Optional sautéed ingredients: Heat oil in skillet and cook onion & garlic for 3-5 minutes until soft.
8. Once squash is cool enough to handle, use a fork to separate individual strands like “spaghetti” and put strands in a mixing bowl. (Set shells aside.)
9. Toss squash strands with garlic onion mixture and all remaining ingredients.
10. Spoon back into squash shell halves and place round side down on cookie sheet. (Cut side up.)
11. Bake at 375, uncovered, for 10-12 minutes or until lightly browned.
12. Serve as a side dish or as “spaghetti noodles” under spaghetti sauce.

The below YouTube link shows how to scrape the seeds out of a spaghetti squash and how to “strand” it. (Just know that this chef is doing the oven cooking method and this recipe is showing the microwave method.)

<http://bit.ly/ppTGOJ>

Nutrition Facts	
Serving Size 192 g	
Amount Per Serving	
Calories 88	Calories from Fat 27
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	9%
Trans Fat	
Cholesterol 9mg	3%
Sodium 159mg	7%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	10%
Sugars 5g	
Protein 5g	

Oven-Roasted Cauliflower Rice Served Cilantro-Lime style

Serves 3-6 | Prep 15 minutes | Cook 25 minutes |

Ingredients:

1 head cauliflower
1 tablespoon coconut oil (Or olive oil or butter)
1/4 cup cilantro
Zest of 1 lime and juice of 1/2 the lime

Optional ingredients:

Diced red peppers, onions, green onion or garlic
Additional cilantro
Additional lime wedges to personal taste

Directions:

1. Preheat oven to 425F. Cover a large, rimmed baking sheet with aluminum foil.
2. Break the cauliflower into florets. Place the florets in the food processor bowl and pulse until the cauliflower looks like rice. This takes about 10 one-second pulses. *You may need to do this in two batches to avoid overcrowding the food processor.*
Or watch this video and do it in a high speed blender as she shows.
<http://www.bigredkitchen.com/2012/05/the-fastest-way-to-rice-cauliflower-video/>
3. Spread the “rice” in a single layer on the baking sheet and roast until tender and beginning to get a few brown spots, about 25 minutes.
4. Meanwhile, heat the coconut oil and add the optional onions, garlic or peppers. Cook until the onions are translucent, about 5 minutes.
5. Add the lime zest and lime juice. Toss in the roasted rice and stir until combined. Try a bite, then season with salt and pepper.
6. Allow guests to add more cilantro to taste for garnish, and provide lime wedges for additional flavor those who wish more. (Or let them put a splash of chili sauce on the rice.)



APPLE AND POPPY SEED COLESLAW

yield: 6 SERVINGS prep time: 1 HOUR, 15 MINUTES total time: 1 HOUR, 15 MINUTES

Wonderfully tangy and refreshing, and the perfect side dish to any meal!

INGREDIENTS:

- 2 cups shredded green cabbage
- 1 1/2 cups shredded red cabbage
- 1/2 cup shredded carrot
- 1 Granny Smith apple, julienned
- 2 tablespoons mayonnaise
- 3 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- Juice of 1 lemon
- 1 tablespoon poppy seeds
- Kosher salt and freshly ground black pepper, to taste



DIRECTIONS:

1. In a large bowl, combine the green cabbage, red cabbage, carrot and apple.
2. In a large glass measuring cup or another bowl, whisk together the mayonnaise, olive oil, vinegar, lemon juice, poppy seeds, salt and pepper, to taste.
3. Pour mixture over cabbage mixture and stir using a rubber spatula until well combined. Cover and place in the refrigerator for at least one hour.
4. Serve cold.

This delicious recipe brought to you by **DAMN DELICIOUS**

<https://damndelicious.net/2012/07/15/apple-and-poppy-seed-coleslaw-beattheheat/>

“No-Potato” Potato Salad



Ingredients

- 1 Medium Head Cauliflower (florets cut off into large pieces)
- 4 - Hard Boiled Eggs (chopped)
- 1/4 Cup - Red Onion (chopped)
- 1/4 Cup - Celery (chopped)
- 1/4 Cup - Bell Pepper (chopped)
- 3/4 - 1 Cup* - Mayonnaise
- 1-2 TBS* - Yellow Mustard
- Salt and Pepper to taste

*Amount of Mayo/Mustard will vary on taste and size of the head of cauliflower

Directions

- Boil cauliflower in salted water for 5-7 minutes until fork tender, do not overcook.
- Drain and cool.
- Add to a large bowl and roughly chop with a knife into smaller pieces.
- Add remaining ingredients, mix well and refrigerate at least 2 hours.



Cooking video, compliments of TheWolfePit,

Strawberry Spinach Salad with candied nuts

Makes 12 servings

Dressing Ingredients

1/2 cup extra virgin olive oil
1/4 cup balsamic vinegar
1/4 tsp Worcestershire sauce
1/4 tsp paprika
1/4—1/2 tsp black pepper
3 Tbsp xylitol
1 –2 Tbsp poppy seeds



Salad Ingredients

1 or 2 pints fresh strawberries, sliced (washed and thoroughly dried before slicing)
1 lb baby spinach (or mixed greens of choice)
1 red onion, sliced
4 ounces low fat Feta cheese (or more if you like lots)
1.5 cups Candied cinnamon nuts (recipe on next page)

Directions

1. For dressing, combine all ingredients in bowl, stirring until xylitol is dissolved.
2. Refrigerate for at least 2 hours before using.
3. Combine all salad ingredients in a large bowl and toss well.
4. Chill in refrigerator.
5. 10 minutes before serving toss salad well again, this time with dressing.

Sweet Cinnamon Nuts

Makes enough for two batches of spinach salad

Ingredients

1/4 cup fat-free evaporated milk

2 Tbsp water

1/4 tsp vanilla

1/4 tsp cinnamon

Scant 1/3 cup Truvia brand sugar replacement [Original only - not the one that has real sugar in it.](#)

3 cups pecan halves (or walnuts, depending on budget and taste preference)



Directions

1. Combine first 4 ingredients together in pan, bring to simmer over medium heat.
2. Slowly stir in Truvia, continue stirring until dissolved.
3. Continue simmering until mixture begins to thicken, then add pecans.
4. Stir pecans in mixture until pecans are completely covered in syrup and no syrup remains in bottom of pan.
5. Spread coated pecans on baking sheet, bake in 200 degree oven for 2-3 hours, stirring occasionally. (3 hours makes for crisp nuts, 2 hours yields softer nuts. Fine your personal preference.) Remember to stir about every 30 minutes or so.