

The Healthy Cook

Three easy ways to dress up your vegetables

Three easy ways to make vegetables the star of the plate: toss with a zesty vinaigrette, dress with a quick pesto, or roast with aromatic spices. Here's a mouth-watering example of each.

Broccoli with Sesame Dressing

 SERVES 4

- 2 broccoli crowns, cut into florets
- 1 Tbs. reduced-sodium soy sauce
- 1 small clove garlic, minced
- 1 tsp. grated ginger
- 2 tsp. rice vinegar
- 2 tsp. toasted sesame oil
- 2 tsp. honey



1. Steam the broccoli until tender-crisp, 2-3 minutes. Drain well.
2. Make the vinaigrette: Whisk together the remaining ingredients.
3. Toss the vinaigrette with the broccoli.

PER SERVING (3/4 cup): calories 70 | total fat 2.5 g | sat fat 0 g | carbs 9 g | fiber 2 g | total sugar 5 g | added sugar 3 g
protein 3 g | sodium 170 mg

The Healthy Cook

Green Beans with Parsley-Almond Pesto

 SERVES 4

- 1 lb. green beans, trimmed
- ¼ cup smoked almonds
- 1 small clove garlic, minced
- ¼ cup flat-leaf parsley leaves
- 2 Tbs. extra-virgin olive oil
- 2 tsp. lemon juice
- ¼ tsp. kosher salt



1. Steam the green beans until tender, 8-10 minutes.
2. Make the pesto: Combine the remaining ingredients in a food processor. Pulse until uniformly minced.
3. Toss the green beans with the pesto.

PER SERVING (1 cup): calories: 140 | total fat: 11 g | sat fat: 1 g | carbs: 9 g | fiber: 3 g | total sugar: 4 g | added sugar: 0 g
protein: 4 g | sodium: 160 mg

The Healthy Cook

Spiced Roasted Cauliflower

 SERVES 4

- 2 Tbs. extra-virgin olive oil
- 1 Tbs. tomato paste
- ½ tsp. paprika
- ¼ tsp. ground cumin
- ¼ tsp. ground coriander
- pinch of cayenne pepper
- ¼ tsp. kosher salt
- 1 head cauliflower, chopped



1. Preheat the oven to 450°F.
2. In a large bowl, combine the oil, tomato paste, spices, and salt.
3. Toss the cauliflower in the oil mixture.
4. Roast on a lined, rimmed baking sheet until tender, 20-25 minutes.

PER SERVING (¾cup): calories: 100 | total fat: 7 g | sat fat: 1 g | carbs: 7 g | fiber: 3 g | total sugar: 3 g | added sugar: 0 g
protein: 3 g | sodium: 160 mg