

# The Healthy Cook

*Wouldn't it be great to have a stable of delicious, healthy holiday side dishes? (Not that we've got anything against eating green bean casserole once a year.) Here are three that are guaranteed to become "instant classics."*

## Cauliflower with Lemon-Pine Nut Dressing



- 1 Tbs. extra-virgin olive oil
- 3 Tbs. pine nuts, chopped
- 1 clove garlic, minced
- 1 tsp. lemon zest
- 1 Tbs. fresh lemon juice, more to taste
- 3 sprigs flat-leaf parsley, chopped
- 1 lb. cauliflower florets, about 4 cups
- ¼ tsp. kosher salt



1. In a small sauté pan, heat the oil over medium heat. Sauté the pine nuts until just starting to brown, 1-2 minutes.
2. Stir in the garlic and cook 1 minute more.
3. Remove from the heat and transfer to a large heat-proof bowl. Allow to cool.
4. Mix in the lemon zest, lemon juice, and parsley.
5. Steam the cauliflower until it's tender but still has some bite, 3-5 minutes.
6. Allow the cauliflower to cool slightly, then toss with the dressing. Season with up to ¼ tsp. of salt.

---

PER SERVING (1 cup): calories 100 | total fat 8 g | sat fat 1 g | carbs 7 g | fiber 3 g | protein 3 g | sodium 150 mg

# The Healthy Cook

## Broccoli with Balsamic Dressing

 SERVES 4

*You want to cook the dressing until it's thick and sticky, close to the consistency of honey.*

- 1 Tbs. canola oil
- 3 large cloves garlic, thinly sliced
- 2 Tbs. balsamic vinegar
- 2 tsp. soy sauce
- 1 tsp. brown sugar
- 1 lb. broccoli florets, about 4 cups



1. In a small sauté pan, heat the oil over medium-low heat. Sauté the garlic until light golden, 1-2 minutes.
2. Add the vinegar, soy sauce, and sugar and reduce the heat to low. Simmer, whisking often, until thickened into a syrup, 2-3 minutes.
3. Steam the broccoli until it's tender but still bright green, 2-3 minutes.
4. Drizzle the dressing over the broccoli.

---

PER SERVING (1 cup): calories 80 | total fat 4 g | sat fat 0 g | carbs 9 g | fiber 3 g | protein 4 g | sodium 120 mg

# The Healthy Cook

## Brussels Sprouts with Orange Dressing

 SERVES 4

*Brussels sprouts are best if cooked quickly, so cutting them in quarters or slicing (or even shredding) them is worth the effort.*

- ½ cup orange juice
- 1 tsp. orange zest
- 2 Tbs. canola oil
- 1 cup thinly sliced shallots or red onions
- 1 lb. brussels sprouts, trimmed and sliced
- freshly ground black pepper
- ¼ tsp. kosher salt



1. In a small pot, simmer the orange juice until reduced to 2 Tbs. Remove from the heat and mix in the orange zest.
2. In a medium sauté pan, heat the oil over medium heat. Sauté the shallots until golden brown, 2-3 minutes.
3. Steam the brussels sprouts until they are tender but still bright green, 3-5 minutes.
4. Allow the brussels sprouts to cool slightly, then toss with the orange reduction and shallots. Season with pepper and up to ¼ tsp. of salt.

---

PER SERVING (1 cup): calories 150 | total fat 7 g | sat fat 0.5 g | carbs 20 g | fiber 6 g | protein 5 g | sodium 150 mg