



SIDE DISHES-MIX IT UP!

THESE SIMPLE TO PREPARE SAVORY AND SATISFYING FOODS PROVIDE FIBER, VITAMINS, AND MINERALS.

Veggies

- Spaghetti squash
- Mashed cauliflower
- Veggie spirals
- Zucchini
- Carrot
- Beet
- Butternut squash

Legumes

- Lentils
- Chickpeas
- Beans
- Red/Black
- Pinto
- White/Navy
- Kidney

Whole Grains

- Quinoa
- Oat groats
- Farro
- Barley
- Millet
- Tabouli
- Wild rice

Tips:

- Make extra legumes or grains and freeze some for another day.
- Prepare more than one and mix them together for an interesting dish.

Cauliflower Side Dish: Steam or microwave 4 cups of fresh or frozen cauliflower clusters until very soft. Mash or machine blend with 8 ounces plain fat free Greek yogurt, 1 tsp garlic powder and 2 tsp onion powder, or your favorite seasonings. Blend to preferred smoothness. Skim milk or water can be added if more liquid is needed. Add 1 cup shredded reduced fat cheese and stir until melted. Serve hot in place of mashed potatoes. Serves 4. Nutrition Facts per 1 cup serving: 144 calories, 5.3 gm fat, 10.1 gm carbohydrate, 15.4 gm protein, and is a good source of Vitamin C, Calcium and Potassium.

c S L Coburn 2019

Mix and match! Use fresh or dried seasonings like herbs, spices, garlic and onion to enhance your dishes. It's tasty and healthy!