

Joslin Diabetes Center

National Nutrition Month

Vegetable Recipes

Hummus

1-15-ounce can chickpeas/garbanzo beans, rinsed

1-2 cloves garlic

¼ cup olive oil

2 Tbsp. tahini (sesame seed paste) –optional

2 Tbsp. fresh lemon juice (or more to taste)

¼ tsp salt

Other seasonings as desired to taste: black pepper, cumin, paprika

Directions:

In a food processor, puree the chickpeas and garlic with the olive oil, lemon juice, tahini and spices. Blend until smooth and creamy. Add 1-2 Tbsp. water to reach desired consistency.

Nutrition information:

Serving size: 2 Tbsp. Calories: 54 Carb (gm): 6

Kale Chips

1 bunch of fresh kale

Olive oil

Salt and other seasonings as desired

Directions:

Wash and dry kale thoroughly. Trim stems.

Massage about ½ Tbsp. olive oil per baking sheet of kale. Sprinkle with seasonings as desired (1/2 tsp garlic powder or chili powder or onion powder or smoked paprika; ¼ tsp sea salt, 1/8 tsp cayenne pepper). Spread out on baking sheet. Bake at 300 degrees. 10 minutes. Rotate pan and bake 15 more minutes.

Remove from oven and let sit on baking sheet another 3-4 minutes before removing.

Nutrition information:

Serving size: 1 cup Calories: 66 Carb (gm): 7

Broccolini

1 bunch broccolini

Kosher salt

1 Tbsp. olive oil

1/2 lemon, zested

1 tsp minced garlic

1 Tbsp lemon juice

1/4 teaspoon freshly ground black pepper

Directions:

Blanch the broccolini in a large pot of boiling water for 2 minutes. Drain immediately and immerse in a bowl of ice water. Heat oil in a large saute pan. Add the lemon zest and garlic and stir for one minute. Drain the broccolini and add it to the garlic mixture and heat for 2 minutes. Add the lemon juice, 1/2 teaspoon salt and the pepper, and toss well before serving.

Nutrition information:

Serving size: 1 cup Calories:75 Carb (gm): 6

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Baked Veggie Chips

1 large parsnip--peeled, skinny ends discarded and fat ends halved lengthwise
2 sweet potatoes, peeled and halved crosswise
1 celery root, peeled and halved crosswise
2 purple or golden beets, peeled and halved
¼ tsp kosher salt
Seasonings (optional): black pepper, garlic and onion powder
Olive oil cooking spray

Directions:

Set oven to 375 degrees. Thinly slice the vegetables 1/16 inch thick using a handheld slicer or mandolin. Place the veggie slices on paper towels, sprinkle with salt and allow towels to absorb moisture – about 15 minutes then pat dry. Lightly coat baking sheets with cooking spray. Working in batches, place veggie slices in single layer. Bake until crisp about 20 minutes and sprinkle with seasonings as desired. Let cool on baking sheets for 5 minutes and transfer to a bowl. Repeat until all veggie chips are cooked.

Nutrition information: Serving size: ½ cup Calories: 108 Carb (gm): 15

Quick 'n Easy Tomato Soup

2 Tbsp. extra-virgin olive oil
1 large white onion, finely chopped
1 large clove garlic, smashed and peeled
2 Tbsp. all-purpose flour
3 cups lower-salt chicken broth
28-oz. can whole peeled plum tomatoes, puréed (include the juice)
1 sprig fresh thyme (optional)
Kosher salt and freshly ground black pepper
3 Tbsp. thinly sliced fresh basil, chives, or dill, or a mixture of all three (omit if using one of the garnishes below)

Directions:

Heat oil in large pot over medium heat; add onion and garlic and cook, stirring occasionally, until soft but not browned, about 8 minutes. Add the flour and stir to coat the onion and garlic. Add the broth, tomatoes, thyme, and 1/4 tsp. each salt and pepper. Bring to a simmer over medium-high heat while stirring the mixture to make sure that the flour is not sticking to the bottom of the pan. Reduce the heat to low, cover, and simmer for 40 minutes. Discard the thyme sprig. Let cool briefly and then purée using an immersion blender, or in two or three batches in a blender or food processor; season to taste with salt and pepper. Reheat if necessary.

Nutrition information: Serving size: 1 cup Calories: 110 Carb (gm): 11

Black Bean and Corn Salad

½ cup reduced sodium black beans (rinsed and drained)
½ cup frozen whole kernel corn, thawed
½ cup chopped avocado
½ cup chopped cilantro
½ cup chopped red onion
2 Tbsp. lime juice

Directions:

Toss all ingredients together in a large bowl. Serve immediately.

Nutrition information: Serving size: 1 cup Calories: 197 Carb (gm): 28

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Roasted Veggies

4 cups of cut up vegetables (squash, peppers, cauliflower, onions, mushrooms, asparagus...and more!) Choose a variety of your favorite colorful vegetables. Cut into pieces and toss in a large bowl while drizzling with olive oil. Season to taste with salt and pepper. Arrange in a single layer on a baking sheet and bake in a 450 degree oven for about 15 minutes. Check for doneness after 10 minutes.

Zucchini Squash D'Lish Dish

Ingredients

3 medium zucchini and summer squash (green and yellow)
2 small tomatoes
Pinch of salt
1 Tbsp olive oil
1 clove garlic, minced
1 Tbsp flax seed
Pepper to taste
½ cup low fat shredded cheese (cheddar)

Directions:

Preheat oven to 350° F. Slice squash and tomatoes into consistent disc shaped pieces, about ¼ inch thick. Use the pinch of salt to sprinkle onto the tomato slices. In a 9 x 12-inch casserole dish, line up the veggie slices in a rotating pattern of green and yellow squash with the tomato slices interspersed throughout, overlap as needed. Drizzle 1 tablespoon of olive oil over the entire dish, followed by the garlic, flax seed and pepper. Finish by sprinkling the shredded cheese over the entire dish. Bake for 25 minutes or until the cheese has started to brown.

Nutrition information: Serving size: 5 oz Calories: 60 Carb (gms): 5

Spicy Tofu Stew

Ingredients:

1 tablespoon canola oil
2 tablespoons minced garlic
1 cup napa cabbage, slivered
4 cups low sodium chicken broth
1 pound firm tofu, cut into 1¼-inch slices, ¼ inch-thick
1 teaspoon red pepper powder (or more according to taste)
5 tablespoons low sodium soy sauce
1 tablespoon sesame oil
2 tablespoons minced scallions

Directions:

In a large saucepan, heat the oil over medium high heat. Add the minced garlic and slivered cabbage. Cook for 1 to 2 minutes until the garlic is aromatic, then add the chicken broth, tofu and red pepper powder. Cover and cook for 3 to 4 minutes. Uncover the saucepan and add the soy sauce, sesame oil and scallions. Stir gently to avoid breaking the tofu. Cook until the stew begins to bubble. Ready to serve

Nutritional Information: Serving size: 1 serving Calories: 190 Carbs (gms): 10