

From Lisa's Kitchen: Quick & Easy

These are part of my "go-to" arsenal of recipes. They're all quick, easy, nutritious and delicious!

Roasted Vegetables

It's a great idea to roast a large amount of vegetables to use more than once during the week. They make a good side dish, or an addition to salads and wraps.

Choose any of your favorite vegetables, such as:

zucchini
asparagus
bell peppers
carrots
onion
cauliflower
parsnips
Brussels sprouts

olive oil cooking spray
dried thyme

Preheat oven to 400°.

Line cookie sheets with tin foil. If you're roasting softer vegetables such as zucchini and harder vegetables such as parsnips, plan to have one tray for the soft and one for the hard to make it easier to manage cooking times.

Cut vegetables into 1/2" chunks. Scatter onto cookie sheets. Spray vegetables with



cooking spray and sprinkle with 1 teaspoon dried thyme per cooking sheet.

Roast the vegetables until tender and browned, about 30 - 40 minutes, stirring occasionally. Soft vegetables will cook quicker and can be removed before harder vegetables.

Best Ever Vegetable Chili

Serves 4 - 6

Adapted from The Moosewood Restaurant Low Fat Favorites by The Moosewood Collective.

This recipe freezes really well. And you can vary it by adding grilled chicken, cooked ground beef or turkey.

- 2 cups chopped onion (frozen works fine)
- 2 garlic cloves, minced or pressed
- 2 tablespoons olive oil
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 cup prepared Mexican salsa (purchase from produce section)
- 2 red bell peppers, chopped
- 2 15-ounce cans black beans, drained and rinsed
- 1 28-ounce container diced tomatoes
- salt & pepper to taste
- ¼ chopped fresh cilantro

Heat the oil over medium-high heat in a soup pot, then cook the onions about 5 minutes stirring frequently. Add the garlic and cook another 5 minutes, stirring frequently.

Add the cumin and coriander and stir for one minute.



Stir in the salsa and peppers, lower the heat and cook, partially covered for 5 minutes, stirring occasionally.

Add the black beans and tomatoes, simmer for 10 minutes. Add salt & pepper to taste, then stir in cilantro.



Asian Glazed Salmon

Serves 4

Whenever possible, use organic ingredients.

Marinade

- ¼ cup reduced sodium soy sauce
- 1 tablespoon seasoned rice vinegar
- 1 teaspoon freshly grated ginger root
- ½ teaspoon sugar

- 4 wild salmon fillets, 4 ounces each once skin is removed
- 1 tablespoon toasted sesame seeds (opt.)

Preheat oven to 450°. Mix marinade ingredients in a non-reactive bowl (glass or Pyrex). Add salmon, turn to coat and marinate for 10 minutes. Place salmon on large cookie sheet. Brush salmon with any remaining marinade.

Roast salmon until cooked through, about 5 – 8 minutes depending upon thickness of the fillets.

Sprinkle salmon with toasted sesame seeds.



Gingered Carrot & Edamame Soup

Serves 4 - 6

- 2 cups frozen chopped onion
- 2 garlic cloves, minced or pressed
- 2 - 3 tablespoons grated ginger (find jars in produce section)
- 2 bags baby carrots
- 1 quart low-sodium chicken stock
- 1 10-ounce bag frozen edamame

Combine first five ingredients (onion through chicken stock) in a soup pot. Bring to a boil, then reduce to a medium simmer. Cook for 30 minutes, or until carrots are very soft.

Using a hand-held stick blender or a regular blender, carefully puree soup until smooth. Return soup to pot, add edamame and simmer soup until edamame is tender, about 10 minutes.