



Parmesan Roasted Savoy Cabbage

2 servings
25 minutes

Ingredients

- 1 tsp Honey
- 1/4 cup Red Wine Vinegar
- 2 tsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 2 cups Savoy Cabbage (cut into wedges)
- 2 tsps Parmigiano Reggiano

Nutrition

Amount per serving	
Calories	102
Fat	7g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	4g
Cholesterol	6mg
Sodium	362mg
Vitamin A	750IU
Vitamin C	22mg
Calcium	101mg
Iron	0mg

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Mix the honey, red wine vinegar, oil, and sea salt together in a large bowl. Add the savoy cabbage and toss to coat. Place the cabbage in a casserole dish and roast for 25 to 30 minutes or until the cabbage is crispy and browned.
- 3 Top the cabbage with parmesan cheese. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is approximately one cup of cabbage.

Additional Toppings: Garnish with chopped parsley, dill, or thyme.

Dairy-Free: Omit the cheese.



Miso Mustard Roasted Brussels Sprouts

3 servings
30 minutes

Ingredients

- 3 cups Brussels Sprouts (trimmed and halved)
- 1 tbsp Extra Virgin Olive Oil
- 2 tsps Maple Syrup
- 1 tbsp Miso Paste
- 2 tsps Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 1 Garlic (clove, minced)
- 1 tbsp Parsley (minced)

Nutrition

Amount per serving	
Calories	104
Fat	5g
Carbs	13g
Fiber	4g
Sugar	5g
Protein	4g
Cholesterol	0mg
Sodium	337mg
Vitamin A	770IU
Vitamin C	77mg
Calcium	45mg
Iron	1mg

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Toss all of the ingredients together in a large bowl except for the parsley. Spread everything out evenly on the baking sheet. Cook for 20 minutes, tossing halfway through.
- 3 Garnish with parsley before serving and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup.

More Flavor: Add chopped bacon, liquid smoke, or smoked paprika to the Brussels sprouts before roasting.

Additional Toppings: Chopped walnuts, pumpkin seeds, and/or sunflower seeds.



Roasted Cauliflower with Dates & Tahini Sauce

4 servings
30 minutes

Ingredients

1 head Cauliflower (medium, cut into florets)
1/4 cup Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 tsp Cumin Seed
3/4 cup Pitted Dates (halved)
1/4 cup Pine Nuts
1 tbsp Tahini
1 tbsp Lemon Juice
1 tbsp Parsley (finely chopped)

Nutrition

Amount per serving	
Calories	316
Fat	22g
Carbs	30g
Fiber	6g
Sugar	21g
Protein	5g
Cholesterol	0mg
Sodium	51mg
Vitamin A	95IU
Vitamin C	74mg
Calcium	67mg
Iron	2mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the cauliflower with half of the oil, salt, pepper, and cumin seed.
- 3 Transfer to the baking sheet, making sure to space everything out. Bake for 15 minutes. Remove, flip the florets and add the dates. Bake for ten minutes more.
- 4 Meanwhile, in a small skillet over medium-low heat, toast the pine nuts until browned and fragrant, shaking the skillet often, about five minutes total. Remove and set aside.
- 5 In a small jar, combine the remaining oil, tahini, and lemon juice. Shake well to incorporate.
- 6 Layer the cauliflower and dates on a platter. Drizzle the tahini all over and garnish with pine nuts and parsley. Season with additional salt and pepper if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about 1 1/2 cups.

No Pine Nuts: Use toasted pumpkin seeds or walnuts instead.

No Cumin Seed: Use ground cumin instead.



Loaded Smashed Potatoes

2 servings
30 minutes

Ingredients

- 2 cups Mini Potatoes
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 tsps Plain Greek Yogurt
- 1 slice Bacon, Cooked (chopped)
- 1 tbsp Parsley (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	180
Fat	6g
Carbs	27g
Fiber	3g
Sugar	2g
Protein	6g
Cholesterol	6mg
Sodium	108mg
Vitamin A	243IU
Vitamin C	33mg
Calcium	52mg
Iron	1mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Bring a pot of salted water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
- 3 Drain the potatoes and place them on the baking sheet. Roughly smash the potatoes with the bottom of a mug. Rub the oil into each smashed potato.
- 4 Bake in the oven for 10 minutes or until the potatoes are crispy on the edges.
- 5 Top each smashed potato with greek yogurt, bacon, and parsley. Season with salt and pepper. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

More Flavor: Add hot sauce.

No Greek Yogurt: Use sour cream instead.



Roasted Carrots & Cranberries with Yogurt

2 servings
25 minutes

Ingredients

4 Heirloom Carrots (cut in half lengthwise)
1 tsp Extra Virgin Olive Oil
1 tbsp Za'atar Spice (divided)
1/2 cup Frozen Cranberries (thawed, or use fresh)
1 cup Plain Greek Yogurt
1 tsp Lime Juice
2 tbsps Cilantro
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	173
Fat	5g
Carbs	21g
Fiber	4g
Sugar	10g
Protein	12g
Cholesterol	17mg
Sodium	335mg
Vitamin A	21091IU
Vitamin C	34mg
Calcium	293mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Toss the carrots with oil and 1/2 of the za'atar. Place on the baking sheet.
- 2 Bake in the oven for 15 minutes or until the carrots are tender. Add the cranberries to the baking sheet and bake for another three to four minutes.
- 3 Meanwhile, combine the yogurt with lime juice and the remaining za'atar.
- 4 Spread the yogurt on a serving plate. Top with roasted carrots, cranberries, and cilantro. Season with salt and pepper. Enjoy!

Notes

Leftovers: Refrigerate in separate airtight containers for up to three days.
Serving Size: One serving is equal to approximately two cups.
Make it Vegan: Use coconut or cashew yogurt instead.
More Flavor: Add garlic and sumac.
No Heirloom Carrots: Use regular carrots instead.
No Cilantro: Omit or use parsley or green onion.