

Fun and Easy  
**Veggie Recipes**  
Make Dinner More Interesting



# Mango Cucumber Salsa



Mango Cucumber Salsa is so refreshing. It's a perfect pair with a hot summer dinner. It's fabulous on its own, in soft tacos, or even spring rolls with a honey lime dipping sauce. However, my absolute favorite way to have this is with seared tuna or any white fish. Yum yum!

## Ingredients

- 1 garlic clove, minced
- 1 jalapeño, finely chopped
- 2 cups of cucumber, diced
- 1 cup of mango diced, fresh or frozen
- 1/2 cup red onion, diced
- 2-3 Tbs fresh squeezed lime juice
- 1 bunch of cilantro, chopped
- salt to taste

## Instructions

Prepare all ingredients as indicated and then combine in a large bowl. Best if served immediately.

# Roasted Beets

I didn't always like beets, but since moving to Finland, where they put them with everything, they have become a favorite. The first time I made this recipe I started snacking on them right out of the oven and before I knew it, I ate almost the whole pan. They're a great side for just about any meat but my personal favorite is to serve them with a burger instead of fries. Bon Appetit!

## Ingredients:

- 3 large beets
- 1 Tbsp Olive oil
- cracked black pepper
- Large pinch of salt
- 2 tsp fresh lemon juice

## Instructions:

1. Preheat the oven to 400 F/ 205 C
2. Peel the beets, then slice into wedges.
3. Add the beets to a roasting pan and hand toss with the olive oil, salt, pepper, and lemon juice.
4. Roast in the preheated oven for 50-60 minutes, until the surface of the beets starts to caramelize.
5. Serve hot.



# Twice Baked Sweet Potatoes



Sweet potatoes have so many good nutrients in them. They can be savory or they can be sweet which makes them perfect for even picky eaters. These are a great way to healthy up a hearty steak dinner.

## Ingredients

- 2 large sweet potatoes
- 6 strips of bacon, cooked and crumbled
- 1/2 cup shredded cheddar cheese
- 2 scallions, sliced + some of the green tops for garnish
- 1/4-1/2 tsp garlic powder (depending on your preference)
- salt and ground pepper to taste
- 1 tsp olive oil

## Instructions

1. Preheat the oven to 400 F/205 C.
2. Wash the sweet potatoes giving the skin a good scrub.
3. Rub the skin with a drizzle of olive oil and a pinch of salt, then wrap each potato with foil.
4. Bake the potatoes for 1 hour, then remove from the oven and cool.
5. When the potatoes are cool enough to handle, cut them in half lengthwise and scoop out the middle into a bowl, leaving the skins in tact and also a little of the potato to help keep its shape
6. Mix the bacon, cheddar cheese, scallions, garlic powder, salt and pepper into the potato bowl and then divide evenly into 4 portions and put the mixture back into the skins,
7. Bake the potato halves for an additional 20 minutes.
8. Serve hot

# *Dill Roasted Potatoes*

In my opinion, dill is such an underused herb when it comes to vegetables. Use it in roasted potatoes and you just can't go wrong. I love to pair these potatoes with just about anything. If you're having them with a heavier meal, you can add a squeeze of lemon juice to help lighten it up

## **Ingredients**

- 2 lbs of yukon gold potatoes, cut into bite sized chunks (appr. 1/2 inch)
- 2-3 tbs olive oil
- 1.5 tsp dried dill
- 3/4 tsp garlic powder
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper

## **Instructions**

1. Preheat the oven to 400 F/205 C.
2. Add the potatoes to a baking pan.
3. Drizzle with olive oil, then sprinkle the spices evenly over the potatoes.
4. Hand toss the potatoes to make sure they are evenly coated, then spread into an even layer.
5. Bake for about 45 minutes uncovered, potatoes should be golden brown.
6. Serve hot.



# Roasted Parmesan Green Beans



Roasting vegetables gives them such a wonderful rich flavor. Pair them with a roasted main course and you have yourself one convenient, easy, weeknight dinner!

## Ingredients

- 1 lb french green beans (hericot vert), ends trimmed
- 1/2 lb grape or cherry tomatoes, halved
- 2 large garlic cloves, minced
- 1-2 tbs olive oil
- 3-4 tbs (or more) freshly grated parmesan cheese
- salt and pepper to taste

## Instructions

1. Preheat the oven to 400 F/205 C.
2. On a large baking sheet spread out the green beans and tomatoes.
3. Drizzle olive oil over the veggies and then sprinkle garlic, parmesan, salt and pepper evenly over the veggies and hand toss to evenly coat. If you like you can top with more parmesan.
4. Roast for about 10-12 minutes, until green beans start to turn a little golden.
5. Serve immediately.

# Grilled Zucchini and Carrots

Grilled veggies are so satisfying. They're the perfect combination of flavors and texture. Personally I like a good bit of crunch with my veggies and grilling is the perfect way to achieve that. Serve these tasty morsels with your favorite grilled meats and fish

## Ingredients

- 2 large zucchini
- 4 carrots peeled with the ends cut off
- Olive oil
- 1/2 tsp salt
- 1/2 tsp oregano
- 1/2 tsp garlic powder
- 1/4 tsp freshly ground black pepper
- 1/4 tsp lemon zest - fresh or dried

## Instructions

1. In a small bowl, mix together the salt, oregano, garlic powder, black pepper, and lemon zest. Set aside.
2. Slice the zucchini and carrots into 1/2 inch slices.
3. In a bowl (I like to work in batches) add some of the vegetables, drizzle with olive oil, and a generous pinch of the spice blend. Hand toss until the vegetables are evenly coated.
4. On a grill pan, or outside grill, on med-med high heat, grill the vegetables about 3-4 minutes each side (once they have nice grill marks, it's time to flip). For crunchier vegetables use med high heat, for softer vegetables, use medium heat.
5. Serve hot with your favorite grilled meat.



*Chronicles Of A Cold Texan*