Cookbook Recipes for Participants in Grady's Fruit and Vegetable Prescription Program

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Stephanie Turner  
Capstone Project  
Literature Review

A Cookbook of Healthy Vegetable Side Dishes for Participants in Wholesome Wave’s Fruit and Vegetable Prescription Program at Grady

Introduction

Wholesome Wave of Georgia (WW), Open Hand Atlanta, and Grady Health Systems (Grady) are working together to run a Fruit and Vegetable Prescription Program (FVRx) for patients in the Atlanta area that present with one of several chronic diseases, are food insecure, and progress through Grady’s “Eat Well Live Well” nutrition classes. The program provides nutrition education, cooking classes, and produce vouchers to participants over a six month period. The produce vouchers are supplied to the patients for use at the MARTA Farmer’s Markets, based on the number of people in their household. The purpose of this capstone project is to create a cookbook of healthy vegetable side dishes using ingredients that are in season and could potentially be found at the MARTA markets, to be utilized by patients participating in the program.

Access to Healthy Foods in Low Income Areas

Although researchers fail to agree on an exact definition of a food desert, a study completed in 2002 described a food desert as “poor urban areas, where residents cannot buy affordable, healthy food”. Environmental conditions, such as living in a food desert or an area with high air pollution, can affect the health of the community that lives in these conditions. In fact, these conditions contribute to the health disparities found in low income areas. A systematic review of research into food deserts and food access has concluded that minority neighborhoods have been disproportionately affected by negative health outcomes such as chronic disease, obesity and mortality. There are many reasons that the health disparities might be worse in this population, from increased alcohol advertising, to decreased sidewalks, and lack of supermarkets.

A research review on neighborhood disparities and how access to healthy foods affects people living in the United States, found that increasing access to supermarkets and decreasing the amount of convenience stores that are available improved communities diets and lessened the obesity rates. Some evidence suggests areas with less fast-food restaurants have healthier diets and lower obesity rates. These results are important since fast-food restaurants are concentrated in areas of low income.

There are several barriers that people in low income areas might encounter that limit their access to healthy foods and improving health outcomes. For example, a study completed in 2014 found
that farther distance to stores and higher food prices increased the obesity rates in two African American neighborhoods without a supermarket. Although these neighborhoods might have convenience stores, they are not stocked with healthy, affordable options for customers. The study concluded that it wasn’t necessarily more supermarkets that were the answer, but more affordable pricing for healthier foods and better marketing of healthier foods in low-price stores such as convenient stores.

Farmer’s Market Initiatives to Increase Access to Healthy Foods

In order to decrease neighborhood disparities and increase health and access to healthy foods in low income areas, there have been several initiatives involving access to farmer’s markets and financial incentives. In Detroit during 2012-2013, Farmer’s Markets provided double SNAP dollars for shoppers as a financial incentive to purchase healthier items. The study analyzed who was using the Double Up incentive and how often. They found that those who utilized the incentive were poorer than the average SNAP recipient, mostly female, and that only 1/3 of the participants came back to the farmer’s market more than one time. Researchers concluded that a major barrier to being a repeat customer was the distance to the farmer’s market and that more research should be done in how to create habitual use of farmer’s markets instead of just one time use.

Another study, completed in 2015, evaluated a program similar to Double Up, where SNAP benefits were matched, up to $10 per week, at local farmer’s markets. The researchers completed surveys on food security and fruit and vegetable intake before the incentive and after the incentive was over. Although the study was small, they found that the incentive increased vegetable intake and decreased the amount of food insecure behaviors, such as skipping meals or eating less because they felt their food was going to run out. They concluded that more incentives should be offered and that nutrition education classes and cooking classes would be beneficial to add to the incentive.

In order to combat the accessibility barrier to farmer’s markets, a study completed in Flint, Michigan moved the farmer’s market closer to the low income areas. Researchers found that moving the market to a more central area that can be accessed by public transportation or walking increased participation.

Vegetable Consumption and Health

The health benefits of vegetables are widely known. The World Health Organization (WHO) recommends at least 5 servings (400g) of fruits and vegetables a day to prevent diseases such as cancer, heart disease, and obesity and to prevent micronutrient deficiencies. When looking at death from all causes and cardiovascular disease, researchers saw a lower risk with increased vegetable intake. A meta-analysis showed the more vegetables consumed, the less incidence of type 2 diabetes. The decreased risk of type 2 diabetes is even stronger when looking at root vegetable and green leafy vegetable consumption. A study completed in 2014 by the American Heart Association showed an inverse relationship between fruit and vegetable consumption and risk of stroke.
Interventions to Increase Vegetable Consumption

The United States Department of Agriculture recommends that adults get between 2-3 cups of vegetables a day, depending on age and gender. Even with all of the knowledge regarding vegetables and their health, the Center for Disease Control and Prevention (CDC) reports that only 1 in 10 adults receives the recommended amount of fruits and vegetables each day, with people living in poverty getting the fewest. There are numerous interventions that have been conducted to attempt to increase vegetable consumption, usually in conjunction with fruit consumption.

One strategy to increase consumption of fruits and vegetables utilizes technology. Research shows that using technology such as mobile health apps, online web based interventions, and in conjunction with financial incentives has the potential to increase fruit and vegetable consumption. These studies indicate that technology is a convenient and efficient way to distribute information and conduct the intervention. No matter the method of disseminating the intervention, nutrition education is an integral part of increasing fruit and vegetable consumption. Several studies used nutrition education as a part of their intervention, whether through group education, one-on-one education or a combination. Even indirect education, such as communicating nutrition education to parents through their child’s nutrition intervention, has been shown to influence parent’s consumption of fruits and vegetables.

Studies have even looked at teaching self-efficacy and using the theory of planned behavior to increase fruit and vegetable intake. Although studies show an increase in consumption, Americans still aren’t getting enough fruits and vegetables in their daily diet which shows that more work needs to be done.

Barriers to Cooking

Nurturing a desire and facilitating behavior change to increase cooking at home may help to improve health outcomes. Research is beginning to indicate that cooking at home could help reduce obesity, improve diet quality, and help form healthier eating patterns. Unfortunately, home cooking in 2018 is done using mostly processed ingredients, such as “just add water” products which can cause weight gain and potentially increase a person’s risk of autoimmune diseases.

Although, overall, cooking at home is important to improving health, there are several barriers that prevent people from cooking at home, especially cooking from scratch. One barrier to healthy home cooking is a lack of cooking skills. Research has shown that people who have more cooking skills tend to eat healthier foods and those with less cooking skills tend to eat more convenience food products. Another barrier to cooking is a lack of time. Kids, work, and other activities that require time, make families feel as if they don’t have the ability to invest in cooking, in particular, from scratch.

Other people in smaller families felt that cooking from scratch was more expensive than eating out and that food waste would be more prevalent since they weren’t preparing food for a larger group of people. Not only are people concerned about cost, but they are also concerned about
ease of preparation and whether their family will eat the food that they labor to prepare. Lastly, if someone has a negative experience with making food, such as a machine breaking or a recipe not turning out like planned, that could prevent them from having the confidence to cook from scratch again. A study completed in 2017 found that people in America are mostly going to learn how to cook from their parents. If a parent doesn’t have cooking skills, feel like they don’t have time to cook, and have a negative experience with cooking that lead to them not cooking again, their kids might not learn how to cook and the cycle may continue.

**Interventions to Increase Cooking at Home**

Community and governmental organizations have taken note that cooking at home is decreasing along with the increase of obesity and negative health outcomes. This has led to the creation of interventions to help increase cooking at home and take away some of the barriers outlined above.

One study used the behavioral change theory to increase intention to cook in mothers in Ireland. They utilized recipe cards and video elements and found that each group had an increase in enjoyment, confidence, and intention to cook and a decrease in how difficult they felt it was to cook from basic ingredients. Researchers concluded that a successful cooking intervention consisted of improving confidence and enjoyment in cooking.

A study completed on Cooking Matters classes sought to evaluate if their 6 week program which includes cooking class, grocery store tours, and discussion helped to improve confidence and outcomes in those who are low income. They found that the classes helped to improve confidence and that food resource management skills helped them have access to foods that were healthier, even if they were going through a hard time financially.

Even though the interventions increased confidence in cooking and vegetable preference, they were mostly short term studies. This project seeks to provide a resource to help participants going through Cooking Matters and the Fruit and Vegetable Prescription Program continue their healthy cooking and eating habits past the class’ completion. A healthy vegetable side dish cookbook may provide inspiration and guidance to help keep their healthy eating strong. The cookbook may impact their confidence and ability to retain the information learned from the program to help ultimately impact consumption in a positive way.
References:

15. Elbert PS, Dijkstra A, Oenema A. A Mobile Phone App Intervention Targeting Fruit and Vegetable Consumption: The Efficacy of Textual and Auditory Tailored Health


FARM TO PLATE

Easy and delicious veggie side dishes you can make right in your own home!

BY STEPHANIE TURNER
Thank You!

This Cookbook would not have been possible without the help of countless people and organizations. Thank you Georgia State University, Wholesome Wave, Open Hand Atlanta, and Grady Health Systems for allowing me to come alongside you in the Fruit and Vegetable Prescription Program to help aide its production and success.

Special Thanks to Alisha Virani and Jessica Todd for your counsel and advice as I made the cookbook. Special Thanks to Haley Ozier for designing and creating all the yummy vegetable graphic art displayed throughout the cookbook. And finally, thank you to my sister, Rebecca, who sat out in the yard for 30 minutes to create a picnic scene and was the brains behind making the food photography look so amazing.

Readers, I hope you enjoy the delectable recipes found in this book and that you find it a helpful resource on your journey to health. Let's take a journey to delicious veggies together!
Spring
Sautéed Kale

Instructions
1. Rinse the kale to remove dirt. Remove the thick stems by pinching at the thickest part of the stem and pulling towards the tip. Roughly chop kale into bite-sized pieces.
2. Mince the garlic and add to a large pot with the olive oil. Stir constantly for one minute to prevent burning. Add the kale and stir and cook for about 5 minutes until the kale is wilted.
3. Add the soy sauce, sesame oil, cayenne pepper (if using) and sesame seeds (if using) to the pot and stir then serve.

Nutrition Facts
6 servings per container
Serving size: 1/2 cup
Amount Per Serving
Calories: 80

% Daily Value

Total Fat: 4g 5%
Saturated Fat: 1g 5%
Trans Fat: 0g
Polyunsaturated Fat: 1g
Monounsaturated Fat: 2g
Cholesterol: 0mg 0%
Sodium: 125mg 5%
Total Carbohydrate: 8g 3%
Dietary Fiber: 2g 7%
Total Sugars: 0g
Includes 0g Added Sugars 0%
Protein: 4g 8%

Vitamin D: 0mcg 0%
Calcium: 118mg 10%
Iron: 1mg 6%
Potassium: 393mg 10%
Phosphorus: 3%

Budget Tip:
If you don't have garlic cloves on hand, you can use garlic powder. Substitute 1/8 tsp garlic powder for every garlic clove in the recipe.

Ingredients
- 1 bunch kale: about 1 lb (any kind will do)
- 2 cloves garlic
- 1 Tbsp olive oil
- 1 Tbsp low sodium soy sauce
- 1 tsp toasted sesame oil
- 1/8 tsp cayenne pepper (optional)
- 1 Tbsp sesame seeds (optional)
Lemony Baked Asparagus

Instructions
1. Preheat the oven to 400 degrees Fahrenheit
2. Wash the asparagus and cut off the woody ends
3. Toss the asparagus in olive oil, oregano, salt, garlic powder, onion powder, and black pepper. Lay asparagus on tin foil lined baking sheet in one layer
4. Zest and juice 1 lemon. Add 1/4 tsp of the lemon zest to the asparagus and roast asparagus for 20 minutes, stirring halfway
5. Once done cooking, add the rest of the zest and sprinkle with lemon juice before serving!

Ingredients
- 1 bunch of asparagus (about 24 spears)
- 1 Tbsp olive oil
- 1/2 tsp oregano
- 1/4 tsp salt
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/8 tsp black pepper
- 1/2 tsp lemon zest
- 1/2 Tbsp lemon juice

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Budget Tip:
Freeze your leftover lemon juice and lemon zest to use in future recipes!
Ingredients

- 3 medium beets
- 1 Tbsp olive oil
- 1/2 tsp salt
- 1/2 Tbsp dried rosemary
- 1/4 tsp black pepper

Instructions

1. Preheat the oven to 400 degrees Fahrenheit
2. Cut the greens and root stem off the beets, leaving 1 cm of greens at the top of the beet
3. Thoroughly rinse the beets and place each beet on its own tinfoil square
4. Evenly divide the olive oil between the beets and rub in to the beet
5. Divide the salt, rosemary, and black pepper evenly between the beets and sprinkle on top
6. Place the beets on a baking sheet and put in preheated oven for 45 minutes or until easily pierced with a fork

Nutrition Facts

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*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Budget Tip:

Dried rosemary is less expensive than fresh rosemary and will last a long time in your spice cabinet.
Summer
Instructions

1. Dice the onion and place in a bowl.
2. Wash the okra and slice into rounds about ¼ inch thick. Wash the tomatoes and dice. Place both the okra and tomatoes into a separate bowl than the onions.
3. Heat a Dutch oven on the stove (medium heat) and add the olive oil to the pan. Once the oil is heated, add the onion and sauté for 3 minutes.
4. Add the cut okra, tomatoes, vegetable broth, green chilies, and salt to the Dutch oven and bring to a boil.
5. Reduce heat to a simmer and cover. Cook for 30 minutes, until okra has reached desired softness, stirring occasionally.

Budget Tip:
Freeze your leftover okra, vegetable broth, and green chilies in plastic bags to save for your next recipe. Make sure to write the amounts on the outside of the bag.
Ingredients

- 2 Medium Zucchini
- 1 Medium yellow squash
- 1 Medium sweet onion
- 2 Tbsp olive oil
- ½ tsp salt
- ¼ tsp pepper
- ½ tsp oregano
- ½ tsp garlic powder

Instructions

1. Wash the zucchini and squash. Cut them in half, length wise and then in half again to create a quarter moon shape. Slice into ½ inch pieces.
2. Cut the onion in half and slice into ¼ inch strips.
3. Add olive oil to a large pan and heat. Add the zucchini, squash, and onion to the pan and stir.
4. Add the salt, pepper, oregano, and garlic powder to the pan and stir.
5. Sauté for 10-15 minutes, stirring often, until vegetables are translucent and at the softness you desire then serve.

Budget Tip:
Feel free to create any mix of summer squash you want. If squash are cheaper, use those and vice versa with the zucchini. Freeze leftovers for reheating.
Ingredients

- 5 medium red potatoes
- 6 cups of fresh green beans
- 2 Tbsp olive oil
- 2 cloves garlic
- 1/2 tsp salt
- 1/2 tsp dried oregano
- Freshly cracked pepper to taste (about ¼ tsp)

Instructions

1. Rinse and scrub potatoes clean. Slice the potatoes into quarters and place sliced potatoes in a pot. Cover the potatoes with water and bring the pot to a boil over high heat. Simmer the potatoes until they are tender and can be easily pierced with a fork (about 5 minutes). Drain the potatoes in a colander and set aside.
2. Rinse the green beans until clean. Snap the ends off the green beans and break them in half (about 1-2 inches per section) and set aside.
3. Mince the garlic and add to a large skillet or Dutch oven with the olive oil. Sauté the garlic over low-medium heat for 30 seconds, constantly stirring to prevent burning, and then add potatoes. Stir the potatoes in with the garlic and then let sauté for about 5-10 minutes, only stirring them every 2-4 minutes to allow them to brown slightly.
4. Once most of the potatoes are golden brown, add the green beans to the skillet and continue to sauté for about 5 minutes. The green beans will be slightly softened and nicely browned when done.
5. When the green beans are almost done, add the salt, oregano, and pepper to the skillet. Finish sautéing for one more minute and then serve!

Budget Tip:

Fresh green beans are much cheaper when they are in season. Buy in bulk when they are cheap, blanch and freeze them for winter months!
Fall
Roasted Carrots with Honey

Instructions
1. Preheat the oven to 400 degrees Fahrenheit
2. Wash and peel carrots. Cut them diagonally or in circles, about an inch thick
3. Toss the carrots in olive oil, salt, black pepper, and garlic powder until coated
4. Spread carrots evenly on tin foil lined pan and roast for 40 minutes, stirring half way through.
5. While the carrots are cooking, Heat the honey and balsamic vinegar in a small pan until thickened (about 10 minutes). Take pan off the heat and add the butter. Drizzle the glaze over the roasted carrots, toss, and serve!

Budget Tip:
If your carrots have gone limp, cut them into pieces, place them in cold water, and put them in your fridge. They will freshen right up!
Broccoli Salad

With Sweet Dressing

Instructions

1. Combine the first 6 ingredients for the honey yogurt dressing in a bowl and whisk them together. Set the dressing aside while you put the salad ingredients together.

2. Rinse the broccoli and cut the crowns into small florets. Dice ¼ of the onion. Wash the carrot and grate it on a large holed grater (you can peel the carrot if you want, but you don’t have to). Add the broccoli, red onion, carrot, dried cranberries (or raisins), and sunflower seeds into your bowl.

3. Add the dressing to the bowl with the salad ingredients and stir together. Refrigerate for 30 minutes to let the flavors marinate and then serve! Store leftovers in the fridge for up to 3 days.

Budget Tip:

Save the rest of your red onion by freezing it for another recipe or pickling it to use on salads, tacos, and other recipes.

Nutrition Facts

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Ingredients

- 1/2 cup plain Greek yogurt, fat free
- 1/4 cup light mayonnaise
- 1 Tbsp apple cider vinegar
- 1 Tbsp honey
- 1/8 tsp salt
- 1/16 tsp black pepper
- 2 Crowns of broccoli, cut into florets (about 4 cups)
- 1/4 red onion
- 1 carrot
- 1/4 cup dried cranberries (or raisins)
- 1/4 cup roasted sunflower seeds

*The % Daily Value (%DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.*
Instructions

1. Preheat the oven to 400°F
2. Wash the sweet potatoes thoroughly and cut into 1 inch cubes.
3. Mince the garlic and place garlic, oil, butter, parmesan, garlic powder, garlic salt, and Oregano into a Ziploc bag and shake.
4. Add the cubed sweet potatoes to the bag and shake more until sweet potatoes are well coated with seasoning and cheese.
5. Line a baking sheet with aluminum foil and spread the sweet potatoes on the sheet.
6. Bake for 15-20 minutes, until the sweet potatoes are golden brown and can be easily pierced with a fork then serve.

Nutrition Tip:
There are a lot of nutrients in the peel of a sweet potato. Cutting the potato into small cubes means you can leave the peel on! Make sure to wash the sweet potatoes thoroughly if you aren’t going to peel them.
Instructions

1. Rinse the cabbage and remove the outer leaves. Cut the cabbage in half from root to top. Save half for another recipe.
2. Cut the remaining cabbage in half again from root to top.
3. Add canola oil to a pan and heat. Once heated, place the cabbage with one side flush to the pan and cook for 6 minutes, or until black. Flip the cabbage and repeat on the other side until blackened.
4. Turn the heat off and cover the cabbage. Let it cook until tender, about 5-7 minutes.
5. While the cabbage is steaming, whisk together the mayo, salt, garlic salt, greek yogurt, olive oil, cayenne pepper, and black pepper.
6. Once the cabbage is done, drizzle the sauce over the cabbage and serve!

Budget Tip:
Shred the other half of the cabbage to make coleslaw or use in place of noodles in a stir fry.
Maple Chipotle Brussel Sprouts

Instructions
1. Preheat the oven to 400°F.
2. Cut Brussel sprouts in half and remove outer leaves. Wash Brussel sprouts in colander and dry them off.
3. Place Brussel sprouts on baking sheet and drizzle them with olive oil. Stir the Brussel sprouts on the sheet to coat them with olive oil and sprinkle with salt.
4. Roast the Brussel sprouts for 15 minutes, until golden brown, stirring them half way through.
5. While the Brussel sprouts are roasting, measure maple syrup and cayenne pepper into small bowl and stir.
6. Pour the maple syrup/cayenne mix over the Brussel sprouts and roast for an additional minute then serve.

Ingredients
- 1 lb raw Brussel sprouts (about 5 cups)
- 2 tsp olive oil
- ¼ tsp salt
- 1.5 tsp maple syrup
- 1/8 tsp cayenne pepper

Nutrition Facts
4 servings per container
Serving size 1.25 cups

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Budget Tip:
Maple syrup can be expensive, but this recipe only calls for a small amount. Save the rest in your fridge, it has a long life when stored there!
### Instructions

1. Rinse and chop the kale and mustard greens into bite sized pieces.
2. Dice the onion. Add olive oil to a pot and sauté the onions with the garlic powder until the onions are soft.
3. Add the chicken broth, salt, paprika, black pepper, and cayenne pepper to the pot and stir.
4. Once simmering, add the kale and mustard greens a handful at a time until mostly wilted.
5. Cover the pot and bring back to a simmer. Once simmering, lower the heat and simmer for 30 minutes until done.

### Ingredients

- 5 cups chopped kale
- 5 cups chopped mustard greens
- 1 medium onion
- 1 Tbsp olive oil
- 1 tsp garlic powder
- 3 cups no sodium chicken broth
- 1/4 tsp salt
- 1/2 Tbsp paprika
- 1/2 tsp black pepper
- 1/4 tsp red cayenne pepper

### Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>4 servings per container</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>120</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
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<tr>
<td>Monounsaturated Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Total Sugars</td>
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<tr>
<td>Includes 0g Added Sugars</td>
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<tr>
<td>Protein</td>
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</table>

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Budget Tip:

Buying onions in bulk can be cheaper. You can dice them all at once and freeze them in bags to use for easy sautéing anytime.
Conclusion

One of my favorite cooking websites is called Budget Bytes. Thanks to Beth at Budget Bytes, I was able to get inspiration for recipes and adapt recipes that she already had available. The following recipes were adapted from Budget Bytes.

Blackened Cabbage
Mixed Greens
Sauteed Kale
Lemony Baked Asparagus
Okra & Tomato Pot
Potatoes and Beans
Roasted Carrots with Honey
Broccoli Salad

The nutrition labels were created using: https://www.onlinelabels.com/label-generator-tools/nutrition-label-generator.aspx

I hope that you have enjoyed cooking the recipes from this book and that your journey to eating healthy, yummy veggies has just begun.

-Stephanie