

**Living Well: Eating Well**

**October 2019**

**Topic: Start with Roasted Vegetables & Create Delicious Meals**

**Creamy Squash & Sage Gratin**

**Broiled Fennel with Parmesan Cheese**

**Roasted Sweet Potato Enchiladas**

**Garlic Whole Roasted Cauliflower**

**Cauliflower with Turmeric Yogurt**

**Crispy Gnocchi Primavera**

**Roasted Sweet Potato, Pistachio & Pomegranate Salad**

**Roasted Vegetable & Pear Salad with Cheddar & Almonds**

**Roasted Vegetables with Ricotta**

**Roasted Broccoli with Garlic & Parmesan**

**Sheet Pan Roasted Vegetables**

**Lemon-Herb Sheet Pan Roasted Vegetables**

## Roasted Parsnips

## Roasted Butternut Squash with Pomegranate & Tahini

### Creamy Squash & Sage Gratin

#### Ingredients:

1 ¼ cups heavy cream  
2/3 cup whole milk  
1 tsp. Dijon mustard  
Pinch of dried chili flakes  
1 clove of garlic, crushed  
Small handful of sage leaves, chopped  
2 ¼# butternut squash, peeled, descended & thinly sliced

#### Directions:

Heat the oven to 375 degrees.

Put all the ingredients except the squash in a small pan; season really well & bring just to below boiling point. Arrange the squash slices in a shallow oven proof dish & pour over the infused cream. Bake for 30-40 minutes (press the squash down with a spatula halfway through cooking) or until the squash is tender and the top pale golden and bubbling. Leave the gratin to sit for 10 minutes before serving.

Serves: 4

Calories: 469, Fat: 42 g, CHO: 16 g, Fiber: 3 g, Protein: 4 g, Sodium: 300 mg

## Broiled Fennel with Parmesan Cheese

### Ingredients:

2 Tbsp. Olive oil

¼ tsp. Crushed red pepper

2 medium fennel bulbs, (about 12 ounces each) preferably fronds attached

1/8 tsp. Salt

¾ cup finely grated Parmesan cheese

### Directions:

Preheat broiler to high.

Mix oil & crushed red pepper in a small bowl. Trim stalks off fennel & discard, reserving fronds for garnish.

Stand the fennel upright & cut the bulb lengthwise into ½ " thick slices.

Arrange the slices in a single layer on a rimmed baking sheet. Brush with the oil mixture & sprinkle with salt. Broil until the cheese is bubbly, 1 to 2 minutes.

Serve topped with chopped fronds, if desired.

Serves: 4

Calories: 129, Fat: 9 g, CHO: 10 g, Protein: 3 g, Fiber: 4 g, Sodium: 261 mg

## Roasted Sweet Potato Enchiladas

### Ingredients:

2 large sweet potato (about 1 ¼ #) peeled & diced  
1 red onion, roughly chopped  
1 red pepper, diced  
1 green pepper, diced  
2 tsp. Cumin seeds  
1 tsp. Dried chili flakes  
3 Tbsp. Olive oil, plus extra for the dish  
Small bunch cilantro, roughly chopped  
4 large flour tortillas  
½ cup grated. Monterey Jack cheese  
Sour cream to serve  
Green salad to serve  
Enchilada Sauce: 1 can (14-15 oz.) drained plum tomatoes  
1 tsp. Smoked paprika  
1 tsp. Garlic powder  
1 tsp. Dried oregano  
1 tsp. Sugar

### Directions:

Heat the oven to 400 degrees. Put the potatoes, onion, peppers & spices on a non-stick baking tray. Add the oil & salt/pepper & toss well. Cook for 30 minutes or until the potato is tender (but not mushy).

Meanwhile, process the sauce ingredients in a blender. Take the vegetables out of the oven & let cool a little. Stir in half of the cilantro.

Lay out the tortillas & divide the vegetable mix between them. Turn the sides of each tortilla, then bring up the edges to enclose the filling. Put the filled tortillas. Cut side down into an oiled baking dish.

Spoon over the sauce & sprinkle over the cheese. Put back in the oven & bake 20 minutes or until bubbling & golden. Serve with sour cream, the rest of the cilantro & salad.

Serves: 4

Calories: 495, Fat: 19 g, CHO: 60 g, Fiber: 10 g, Protein: 13 g, sodium: 170 mg

## Garlic Whole Roasted Cauliflower

### Ingredients:

1 large head cauliflower (2 ½-3#)  
6 Sprigs thyme  
6 cloves garlic (3 smashed, 3 thinly sliced)  
2 bay leaves  
2 tsp. Coriander seeds  
2 tsp. Black peppercorns  
2 stalks celery, roughly chopped  
1 shallot, roughly chopped  
Zest of lemon (in wide strips)  
1 cup dry white wine  
Kosher salt  
¼ cup olive oil  
Freshly ground black pepper  
2 Tbsp. Chopped fresh parsley

### Directions:

Preheat oven to 450 degrees. Trim the cauliflower; cut the stems flush with the bottom.

Cut a few slits into the core extending into thick branches of the cauliflower (keep florets intact). Put 3 thyme sprigs, the smashed garlic, bay leaves, coriander seeds & peppercorns on a square of cheesecloth bundle in large pot enough to submerge the cauliflower; bring to a boil; whisking to dissolve the salt.

Carefully add the cauliflower, Core side down & cook until slightly tender, about 15 minutes. Remove the cauliflower to a baking sheet. Meanwhile, make the garlic oil. Combine the remaining thyme sprigs, the sliced garlic, olive oil, ½ tsp. Salt & a few grinds of pepper in a small saucepan. Cover & cook until the garlic starts to brown, 3-5 minutes. Discard the thyme. Brush the cauliflower with half of the garlic oil, leaving the sliced garlic behind. Roast the cauliflower until browned & tender, 30-40 minutes., brushing halfway through the cooking time; reserve 1 tsp. Garlic oil. Transfer the cauliflower to a serving platter & top with the parsley & 1 tsp. Garlic oil. Cut into wedges.

Serves: 4

## Cauliflower with Tumeric yogurt

### Ingredients:

Refer to the Whole roasted cauliflower recipe for ingredients & follow directions through step 3.

Ground coriander

Ground Tumeric

Garlic

½ cup chopped cilantro

2. Tsp. Grated ginger

1 tsp. Orange juice

1 cup plain yogurt

Salt & pepper

### Directions:

Follow directions from the whole roasted cauliflower; remove the sliced garlic from the oil to a bowl. Heat the reserved. 1 tsp. Of oil in a skillet over medium heat. Add ½ tsp. Each ground coriander & ground Tumeric; cook stirring until toasted, 2 to 3 minutes. Add to the bowl. With the garlic; stir in ½ cup chopped cilantro, 2 tsp. Grated ginger, 1 tsp. Orange juice & 1 cup plain yogurt. Season with salt & pepper. Drizzle some of the sauce on the cauliflower; sprinkle with more cilantro. Serve the remaining sauce on the side.

Serves: 4

## Crispy Gnocchi Primavera

### Ingredients:

1 (16 ounce) pkg. potato gnocchi  
1 (12 ounce) bag mini tricolor end sweet peppers, halved & seeded  
1 (18 ounce) package fresh sugar snap peas, trimmed  
1 medium yellow squash, halved lengthwise & sliced  
1 small red onion, cut into eighths  
4 cloves garlic, smashed  
6 Tbsp. Olive oil, divided  
1 tsp. Kosher salt, divided  
¼ tsp. Crushed red pepper  
¼ cup finely chopped fresh parsley  
Garnish with shaved Pecorino cheese

### Directions:

Preheat oven to 400 degrees.

In a large bowl, stir together gnocchi, sweet peppers, sugar snaps, squash, onion, garlic, 2 Tbsp. Oil, ½ tsp. Salt & red pepper.

Place in an even layer on a 17 x 12-inch rimmed baking sheet.

Bake until vegetables are tender & gnocchi are plump, about 20 minutes.

In a small bowl store together parsley, remaining 4 Tbsp. Oil, & remaining salt.

Pour over gnocchi mixture, stirring to coat. Garnish with pecorino, if desired.

Serves: 6

Note: To trim sugar snap peas, sever one end (with flat end of pea facing upward) and pull string across length of pea pod.

## Roasted Sweet Potato, Pistachio, & pomegranate Salad

### Ingredients:

2 # medium sweet potatoes (about 4 scrubbed)  
¼ cup plus 3 Tbsp. Olive oil  
½ cup plus 1 Tbsp. Fresh orange juice (from about 2 oranges)  
2 Tbsp. Pomegranate molasses, more to taste  
1 Tbsp. Red wine vinegar  
½ tsp. Sumac, optional  
Kosher salt & pepper to taste  
3 Tbsp. Honey  
1 Tbsp. Orange zest, finely grated  
2 Tbsp. Chopped fresh mint, more thinly sliced for garnish  
1 cup plain Greek yogurt  
½ cup pistachios  
½ cup fresh or thawed frozen pomegranate seeds

### Directions:

Preheat oven to 350 degrees. Bake the potatoes on a rimmed baking sheet until the skins are looser but centers are still firm, 30 to 40 minutes. Set aside to cool; refrigerate until cold at least 1 hour & up to 8 hours.

In a small bowl, combine ¼ cup of the oil with 1 Tbsp. Of the orange juice, pomegranate molasses, vinegar, & sumac. Season with salt & pepper.

In a medium bowl, whisk the remaining ½ cup OJ, honey & orange zest. Slowly whisk in the remaining oil.

Stir the chopped mint into the yogurt.

Prepare broiler. Peel the potatoes & cut them into wedges about ½" thick.

Brush with the honey mixture, season with salt. Broil until tender about 3 minutes. Arrange the potatoes on a platter & drizzle with 5-6 Tbsp. Of pomegranate vinaigrette. Sprinkle with the chopped pistachios & pomegranate seeds. Garnish with additional mint and serve with yogurt mixture.

Note, when serving may serve sweet potatoes on top of a bed of arugula.

Serve: 6-8