



**Pass the
Veggies
Please**



As a dietitian working with clients from infancy through adulthood, I know the enjoyment a delicious family meal brings. It's not surprising then, that studies show huge benefits in the family meal!

Mealtime is a time for toddlers and youth to bond with parents and siblings. Make meals a place for sharing events of the day and a place for discovery.

Start this discovery by getting children involved in meal preparation from an early age. Toddlers can rinse and peel veggies and arrange them on a platter. Elementary school children can wash lettuce, make salad or chop and cook veggies with supervision.

Provide a variety of foods – new ones along with old favourites – allowing children to decide what they'll try, whether they want to eat it and how much they want to eat.

Benefits to children and youth associated with family meals include:

- Emotional well-being with a feeling of family closeness
- Good self-esteem with fewer occurrences of depressive symptoms
- Lower likelihood of exhibiting disordered eating patterns
- Lower likelihood of being overweight
- Better nutrition overall

As it turns out, parents who eat regular meals also benefit, showing less risk of being overweight and generally getting better nutrition.

Intuitively, many parents recognize the importance of family meals but find the hectic pace of life getting in the way. When family meals do happen, the same old vegetables are often presented in the same old way.

Recognizing this, and wanting to see clients painting their plates with a whole rainbow of vegetables, I offer *Pass the Veggies Please*, a collection of quick and yummy vegetable recipes. Enjoy!

For inspiration on family mealtimes go to: www.bettertogetherbc.ca

For guidance on eliminating child-parent struggles over the what, whether and how much of eating, go to: www.ellynsatterinstitute.org

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Beef, Vegetable and Bean Soup

(makes 9 cups)

Ingredients

- 12 oz (375g) lean ground beef
- 2 tsp minced garlic
- 1 bay leaf
- 1 tsp dried basil
- 1/2 cup chopped onions
- 1 cup chopped carrots
- 1 cup chopped celery or fennel
- 1 cup chopped zucchini
- 6 cups beef stock
- 1 can (28 oz/798ml) diced tomatoes
- 1/2 cup small pasta such as elbow macaroni
- 3 cups chopped fresh spinach (optional)
- 1 can (19 oz/540ml) mixed beans

Directions

1. In large saucepan, brown meat, drain fat. Add garlic, onions, carrots, celery and zucchini; cook for 5 minutes. Add basil, stock and tomatoes; bring to boil. Reduce heat and simmer for 10 minutes.
2. Add pasta; cook for 5-6 minutes. Add spinach and beans; cook for 3-4 minutes. Remove bay leaf before serving.

Tidbit: Great make-ahead one pot meal! Don't have all of these vegetables on hand – try some substitutions – cabbage, peas, sweet peppers, green beans, cauliflower and broccoli would all work.





Carrot & Ginger Soup

(makes six 1 cup servings)

Ingredients

- 3 cups water
- 2 cloves garlic, crushed
- 4 cups sliced carrots
- 1/2 cup chopped onion
- 1 Tbsp vegetable or chicken broth powder
- 1 tsp maple syrup
- 1 tsp curry powder
- 1/2 tsp grated gingerroot*
- 1 1/2 cup milk

* Use the side of a spoon to scrape skin off gingerroot before grating. Gingerroot keeps well in the freezer for up to 3 months and can be grated from frozen!

Directions

1. In a large saucepan, bring water to a boil. Add garlic, carrots, onion, broth powder, maple syrup, curry powder & ginger; return to a boil. Reduce heat, cover & simmer for 40-45 minutes or until carrots are tender. Remove from heat.
2. Working in batches, transfer soup to blender & puree on high speed until smooth.
3. Return soup to saucepan & add milk. Heat over low heat, do not boil or milk will curdle!

Tidbit: For a soup with more zip, double the ginger. This is a nice make ahead first course for a winter supper.





Roasted Squash Soup

(6 large servings)

Ingredients

- 2 large butternut squash cut in half lengthwise
- 1/4 cup olive oil
- 2 medium onions, chopped
- 2 garlic cloves, minced
- 1 Granny Smith apple, peeled, cored & diced
- 1 tsp thyme
- 5 - 6 cups reduced sodium chicken or vegetable broth
- pepper to taste

Directions

1. Preheat oven to 400° F.
2. Brush squash halves lightly with olive oil & place, cut side down, on baking sheet. Pierce in a few places.
3. Roast until squash is fork tender (about 50-60 minutes)
4. While squash is roasting, sauté onions & garlic in remaining olive oil until translucent. Add apple & thyme & sauté until apple is soft.
5. Cool squash slightly then remove seeds & scoop squash flesh into pot. Add apple, onion, garlic mixture.
6. Add 5 cups of broth and simmer for 5 minutes. More broth may be needed if too thick.
7. Puree soup in batches & season to taste with pepper.

Tidbit: For a creamier soup, omit apple & replace 1 to 1 ½ cups of broth with whole or 2% milk.





Honey-Glazed Carrots

(makes 6 servings)

Ingredients

- 6 medium carrots*, cut into 1 inch thick coins
- 1 Tbsp liquid honey or brown sugar
- 1 Tbsp orange juice
- 2 tsp butter or margarine
- 1/2 tsp ground ginger
- 1/2 tsp grated orange zest (optional)

* A 1 lb bag of baby carrots can be used if you're pressed for time.

Directions

1. In a medium saucepan with just enough water to cover carrots (or in a steamer) cook until tender-crisp; drain.
2. Add honey, orange juice, margarine, ginger & zest to carrots in saucepan.
3. Quickly stir for 2-3 minutes or until glaze forms.

Tidbit: *This is a simple way to make steamed carrots into a special dish.*





Popcorn Cauliflower

(serves 4-6 as a side dish)

Ingredients

- 1 large cauliflower, cut into small florets
- 3 Tbsp olive oil
- 1/2 tsp salt

Directions

1. Heat oven to 400° F.
2. In a large bowl, combine cauliflower, oil, and salt.
3. Transfer to a baking sheet and spread in a single layer.
4. Roast, stirring once, until golden brown and tender, about 30 minutes.

Tidbit: Roasting cauliflower brings out its sweetness. For a Moroccan flavour add 1½ tsp cumin, 1 tsp ginger, ½ tsp paprika, ½ tsp turmeric and a sprinkle of black pepper to the oil, salt mixture.





Roasted Fall Vegetables

(makes about 12 servings)

Ingredients

- 1/4 cup maple syrup
- 1/4 - 1/3 cup canola or olive oil
- 1 each red & green pepper in large pieces
- 1 peeled yam (1 ½ inch cubes)
- 2 medium beets*(1 ½ inch cubes)
- 1 peeled acorn squash or rutabaga (1 ½ inch cubes)
- 2 peeled parsnips (1 ½ inch thick coins)
- 2 peeled carrots(1 ½ inch thick coins)
- 1 large red onion in eighths
- 1 tsp pepper
- 1/4 tsp nutmeg
- 1 Tbsp minced ginger (optional)

Directions

1. Preheat oven to 425 °F
2. In large bowl, mix together oil, maple syrup, vegetables, pepper & nutmeg; place in a baking pan lined with parchment paper. (*toss beets separately & keep to one side if someone who dislikes beets)
3. Bake for 40-45 minutes, stirring occasionally until vegetables are tender. If using ginger toss it in after 20 minutes.

Tidbit: With this large amount of veggies there should be leftovers! Reheat them or enjoy blenderized with broth to make soup.





Simple Stir-Fried Kale

(makes about 4 servings)

Ingredients

- 1 tbsp vegetable oil
- 1 tsp sesame oil
- 4 cups julienned kale (tough center rib removed first)
- 2 leeks, white & green parts only, cut in thin strips
- 1 Tbsp Tahini
- 2 tsp hot pepper sauce*
- 2 tsp soy sauce
- Fresh ground pepper to taste

* Leave out hot pepper sauce if you don't like spice.

Directions

1. In a wok or large skillet, heat vegetable oil & sesame oil over high heat. Add kale & leeks; stir fry for 3-5 minutes or until limp.
2. Combine tahini, hot pepper sauce* & soy sauce; pour over vegetables, Season to taste with pepper. Serve warm.

Tidbit: Depending on ingredients available, peanut butter or almond butter can be used instead of tahini, onions instead of leeks, and chard or spinach in place of kale.





Quick Veggies for Rushed Meals

- Frozen veggies such as peas, corn or beans can be microwaved or steamed in a flash to accompany meat, poultry or fish.
- Try adding corn to chili.
- Try adding peas to soups, rice or pasta casseroles.
- Try adding fresh or frozen spinach to soups or stews.
- Your toddler may even like eating a handful of frozen peas straight from the bag!
- Baked yams are easy: scrub, pierce 4-5 times & bake in a pan (rotating once) at 425°F until tender (about 40-60 minutes).
- Microwaved yams are super quick: prepare as above but microwave on a plate for 8-10 minutes.
- Raw Veggie Plates add colour & crunch. Consider grape or cherry tomatoes, baby carrots, canned baby corn, pickled beets, cucumber slices, pepper sticks, cauliflower florets, or kohlrabi sticks. Hummus is nice for dipping.





Transforming Ordinary Leafy Greens

Most fresh fruits add a sweet-tart dimension to a leafy green salad. They pair well with toasted nuts such as almonds, walnuts, pecans or peanuts & dried fruits such as raisins and dried cranberries. A simple vinaigrette dressing purchased or homemade adds the finishing touch (see recipe below).

Tidbit: Enjoy seasonal fruit. Dip cut up fruit in orange juice to prevent browning. Be creative - you may enjoy:

- Peaches or nectarines
- Strawberries or blueberries
- Grapes or mango
- Different varieties of apple, nice in combination with raisins
- Pear, nice in combination with dried cranberries

Balsamic Vinaigrette

Ingredients

- 1/3 cup olive oil
- 1 1/2 Tbsp. sugar
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. plain yogurt
- 1/2 tsp. Dijon mustard

Directions

Combine ingredients in a jar with a tight-fitting lid and shake well.





Carrot & Orange Salad

(makes 3-4 small servings)

Ingredients

- 1 ½ cups grated carrot
- 1/2 cup orange or mandarin sections
- 1/2 cup raisins
- 1/3 cup chopped walnuts (or another nut you enjoy)
- 1/4 cup peach yogurt
- 1 tsp lemon juice
- 1 tsp granulated sugar (omit if you find salad sweet enough without)
- 1/4 tsp salt

Directions

1. In a medium bowl, combine carrot & orange sections. Pour boiling water over raisins to cover, let stand 5 minutes & drain; add to carrot mixture along with nuts.
2. Blend yogurt, lemon juice, sugar & salt until sugar & salt are dissolved. Mix yogurt dressing into salad.

Tidbit: This is a very quick to make salad that kids love. It's a nice accompaniment to barbequed poultry, fish, meat or a lunchtime sandwich.





Kholrabi, Beet Salad

Ingredients

- 1 medium Kohlrabi
- 2 medium beets
- 1 lemon
- 1 Tbsp olive oil
- 1 Tbsp liquid honey
- Fresh dill
- Pepper

Directions

1. Peel & grate raw beets into a serving bowl. Use clean rubber gloves to avoid pink hands!
2. Next, peel & grate kohlrabi into the bowl with the beets & add some chopped dill (approx 2 Tbsp or more if you're a dill lover). Add a bit of black pepper.
3. Finally, combine juice of the lemon with olive oil & honey. Toss salad with this dressing. You may not need all of it. This will depend on the amount of vegetables used.

Tidbit: This unique and colourful salad is very refreshing and an interesting way to introduce beets and kohlrabi.





- I hope you've enjoyed these veggie dishes.
- Let this be a starting point for further vegetable recipe exploration so you can continue to paint your plate with the whole rainbow of veggies!
- Experiment with veggie recipes in magazines and cookbooks.
- For further inspiration: download the free Cookspiration app or access on your computer at www.cookspiration. Dietitians of Canada updates recipes on a daily basis.



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Recipes and tips compiled by Debbie Reid, Registered Dietitian (Reproductive Mental Health) with input from many dietitians at BC Children's and BC Women's Health Centre