

# Fun ways to cook Veggies you may not have tried yet

## Low Carb Options:

For those looking to keep their carbs down vegetables can find a place mimicking some high carb foods you may be trying to avoid:

Alternate Ways to Cook the Veggies I'm Making today ☺

Cauliflower: New Favorite Vegetable

\*Has been made into almost everything!

Some Delicious ways to make it include:

\*Cauliflower "Rice"

\*Cauliflower "Risotto"

\*Mashed Cauliflower

\*Cauliflower "Mac" and Cheese

\*Cauliflower "Potato" Salad

\*Cauliflower Pizza

Zucchini:

\*Delicious for Spiralized Noodles or Zoodles

\*Shredded and made into Fritters or muffins & quick breads

\*Coated in breadcrumbs and pan fried

\*Excellent in stewed dishes such as ratatouille

\*Delicious Grilled with olive oil & balsamic vinegar

## Broccoli:

- \*Awesome roasted with olive oil, salt and pepper
- \*Can be steamed or sautéed
- \*Delicious with toasted garlic and red pepper flake
- \*Excellent raw as a slaw with bacon & dried cranberries

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## Broccoli Fritters

Yield: 2-3 portions or 8 fritters

8oz. fresh broccoli or 2 ½ cups (cooked until tender and cooled)

½ cup almond flour

½ cup tapioca flour

2 eggs

½ cup parmesan cheese

3T. scallions

2 cloves garlic, minced

3-4T. olive oil

Place the cooled broccoli in a medium bowl. Add the remaining ingredients except the olive oil and stir to combine. Season lightly with salt and pepper. Form the mixture into patties. Heat a medium pan on high heat. Add the oil and 4 of the patties. Cook for 3-4 minutes on each side until golden brown and cooked through. Repeat with the remaining four patties and serve with ketchup or sauce of your choice. Enjoy!

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## Cauliflower Fried Rice

Yield: 4-6 portions

- 1 large head cauliflower, riced
- 1-inch ginger, minced
- 3 garlic cloves, minced
- ½ bunch scallions sliced
- 1 large onion, diced
- 2-3 medium carrots, diced
- 2T. olive oil
- 1 cup ham steak diced
- 4 eggs, scrambled and chopped
- 2-3T. coconut aminos
- 1 cup frozen peas
- 1T. Sesame seeds (optional)
- Salt and pepper, to taste

Heat a large pan or wok on high heat. When the pan is hot add the oil along with the ginger, garlic, and scallions. Sauté for 2-3 minutes until fragrant. Add the ham, onions and carrots. Cook for 4-5 minutes more or until carrots have softened slightly. Add the riced cauliflower and stir 2-3 more minutes. Add the scrambled eggs, coconut aminos and frozen peas. Cook another minute or two, season to taste and serve! Top with sesame seeds if desired.

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# Eat Your Veggies Class

## Cooking Techniques:

1) Roasting: Cooking in a high temperature oven with olive oil, salt and pepper until golden brown. This method intensifies the flavor of the vegetables, since the water content is reduced during cooking.

\*Do not overcrowd your veggies on a sheet pan or they will steam instead of roast which will affect the texture and flavor of them

\*Make sure to keep the oven temperature high or the vegetables will steam instead of roast

\*This is one of my favorite ways to cook vegetables since it is quick and easy to prepare and very flavorful

Average Vegetable Cook Times with an oven temperature 425-450°F.

Cauliflower: 40-50 minutes, stirring halfway through

Broccoli: 20-25 minutes, stirring halfway through

Brussels Sprouts: 20-25 minutes

Carrots, Parsnips, Celery root: 40-50 minutes

Butternut Squash: 30-40 minutes

Cabbage: 40-45 minutes

Eggplant: 20-25 minutes

Zucchini & Yellow Squash: 20-25 minutes

2) Blanching & Steaming: Cooking the vegetables in or above boiling water to reach desired doneness.

Differences:

Blanching submerges the vegetables in the boiling water, while Steaming place them in a pot above the boiling water with a lid. Blanching also usually requires “shocking” which means to place the cooked vegetables in a large bowl of ice water to halt the cooking process for a later preparation.

\*Time frames can vary slightly but can be on average anywhere from 3-10 minutes depending on the size and firmness of the vegetable.

3) Grilling & Broiling: Uses intense heat either from below in the case of a gas or charcoal grill or above in an oven or broiler. The caramelization that occurs on the outside of food is what leads to such complex flavor and aromas.

\*Some great vegetables for grilling include red peppers, zucchini, yellow squash, eggplant, portobello mushrooms, & asparagus.

4) Sautéing & Stir Frying: Quick cooking method using fat and high heat.

Sautéing uses larger pan and small amount of oil to cook food.

\*Sautéing also can be a way to finish pre-blanching vegetables with oil or butter.

Stir frying involves a wok, very high heat, constant movement and quick cooking.

(TIP\*Great way to use up left-over cooked or parts of uncooked vegetables during the week)

5) Pan Frying & Deep Frying: Both involve cooking a large amount of fat or oil to cook food to a golden-brown color. Pan Frying involves cooking in about 1-2 inches of oil and cooking one side at a time for several minutes.

\*Some great vegetables for pan frying include, eggplant, zucchini, & vegetable fritters

Deep Frying is submerging food completely in hot oil and cooking on all sides at once.

\*Some excellent vegetables for deep frying include cauliflower, onion rings, peppers, mushrooms, potatoes (anything deep fried tastes delicious 😊)

6) Stewing & Braising: Cooking vegetables in or with a liquid such as stock, broth, wine or water.

\*Stewing submerges the vegetables completely during the cooking process.

\*Some recipes stewing veggies include chilies, curries, & soups

Braising uses a smaller amount of liquid about halfway up the vegetable and then cooking on low to medium heat for 30mins or so to soften whatever vegetable you are cooking.

\*You usually see this with red cabbage, or other root vegetables

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## Pesto Zucchini Noodles

Yield: 3-4 portions

4-5 medium zucchini's spiralized

2T. olive oil

3 shallots, sliced

4 cloves garlic, minced

4-6T. pesto (recipe to follow)

1 cup slow roasted cherry tomatoes (recipe to follow)

4T. grated parmesan cheese, divided

In a large colander over a medium bowl, place the spiralized noodles and sprinkle liberally with salt. Allow them to sit for a minimum of 1 hour and up to 4 hours. During the time the excess zucchini water will drain into the bowl. This step will prevent your “noodles” from getting soupy when cooked. Heat a large pan on high heat, add the olive oil with the garlic and shallots. Stir for 3-4 minutes until fragrant. Add the zoodles and stir for another 2-3 minutes. Add the pesto along with 2T. of parmesan cheese. Stir and season to taste. Place into serving bowls and top with roasted cherry tomatoes to serve. Enjoy!

\*Other vegetables that are delicious spiralized are butternut squash, sweet potatoes, carrots, beets, & parsnips\*

#### Pesto:

2 bunches basil, leaves removed  
1/3 cup walnuts or almonds  
1/4 cup parmesan cheese  
2 cloves garlic, sliced  
1/2-3/4 cup olive oil  
Salt and pepper

Place all ingredients in a blender and pulse until it turns into a smooth paste. Season with salt and pepper to taste. Enjoy!

#### Slow Roasted Cherry Tomatoes

Yield: 1 cup

2 pints cherry tomatoes  
1T. olive oil  
1 sprigs thyme  
Salt and pepper

Place the tomatoes and thyme sprigs on a large sheet pan. Drizzle with olive oil, season with salt and pepper and toss to combine. Roast at a 400°F. oven for 15-20 minutes until slightly softened.

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