



Made From Scratch

Garden-to-Table Recipes

Garden season is almost upon us. Try one of our garden-to-table recipes to help inspire your garden this year.

Rosemary balsamic roasted vegetables

Ingredients

- 1/2 lb. brussel sprouts, brown ends trimmed and cut in half
- 1/2 medium cauliflower, cut into florets
- 4 medium carrots, sliced
- 1/2 lb. turnips peeled, cut into 1/2-inch pieces
- 1/2 lb. beets, cut into 1/2-inch cubes
- 1/3 lb sweet potatoes peeled, cut into 3/4 cubes (optional)
- 3 Tbsp balsamic vinegar
- 3 tsp extra-virgin olive oil
- 2 tsp no-calorie granulated sweetener
- 2-3 Tbsp fresh rosemary, chopped, or 2-3 tsp dried rosemary
- 2 medium garlic cloves, minced
- 1 tsp onion powder
- 1/2 tsp pepper
- 1/4 tsp salt

Directions

1. Preheat oven to 375°.
2. Lightly spray 13 x 9 x 2-inch baking dish with cooking spray.
3. Place all the vegetables in a large bowl.
4. In a small bowl, whisk together the vinegar, oil, no-calorie sweetener, rosemary, garlic, onion powder, pepper, and salt. Pour over the vegetable mixture, tossing to coat.
5. Pour the vegetable mixture into the baking dish. Bake for 30 to 35 minutes, stirring once, or until all the vegetables are tender when easily pierced with a fork.



Servings: 8 | **Nutrition facts per serving:** Calories 98; Total fat 2.1g; Saturated fat .3g; Sodium 170mg; Carbohydrates 19g; Fiber 5g; Protein 3g

Romano baked tomatoes

Ingredients

- 2 medium tomatoes, sliced in half horizontally
- 2 Tbsp grated, low-fat Romano cheese (substitute low-fat Mozzarella or Ricotta)
- 1 Tbsp fresh oregano, basil, or parsley, chopped OR 1 tsp. dried Italian seasoning
- 1/4 tsp pepper
- 1/4 tsp garlic powder
- 1 Tbsp extra virgin olive oil
- fresh, whole oregano, basil or parsley leaves for garnish (optional)

Directions

1. Preheat oven to 400°. Place tomatoes cut side up on a baking sheet. Top with cheese, oregano/parsley/basil, pepper and garlic powder.
2. Drizzle oil equally over the tops and bake for 20 minutes, until tomatoes are tender and cheese is lightly browned. Garnish with fresh herb leaves (optional).

Servings: 4 | **Nutrition facts per serving:** Calories 57; Total fat 4.5g; Saturated fat .5g; Sodium 60mg; Carbohydrates 4g; Fiber 1g; Protein 1g

Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals.

Zucchini pizza

Ingredients

- 1 cup zucchini, grated
- 1 egg, beaten
- 2 oz reduced-fat mozzarella cheese, shredded (divided use)
- 3/4 cup no-salt-added tomato sauce
- 1/2 tsp garlic, minced
- 1/4 tsp dried oregano
- 1/2 cup mushrooms, sliced
- 1/2 cup green bell pepper, diced
- 1/2 cup tomato, diced
- 1/2 cup grated Parmesan cheese

Directions

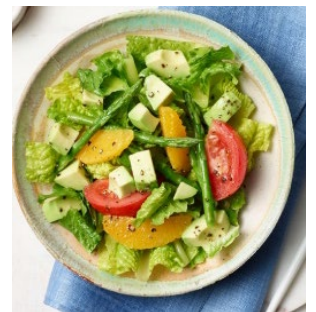
1. Preheat oven to 400°. Coat an 8 x 8 square baking dish with cooking spray and set aside.
2. Place zucchini in a clean kitchen towel or doubled-up paper towel and squeeze moisture out of the zucchini (as much as possible).
3. Mix zucchini, egg, and 1/2 oz of mozzarella cheese. Press tightly into the baking dish. Bake for 10 minutes.
4. While the zucchini is baking, mix tomato sauce, garlic and oregano. Set aside.
5. Add cooking spray to a sauté pan over medium heat. Lightly sauté mushrooms, green peppers, and tomatoes.
6. After the zucchini is baked, spread tomato sauce on top of the zucchini, add sautéed vegetables, and top with remaining mozzarella and parmesan cheese.
7. Bake for 25-30 minutes or until cheese is brown and bubbly. Let cool, then cut into six equal pieces and serve.

Servings: 6 | **Serving size:** Two pieces | **Nutrition facts per serving:** Calories 130; Total fat 6g; Saturated fat 3.1g; Sodium 200mg; Carbohydrates 10g; Fiber 3g; Protein 10g

Orange, asparagus, and avocado salad

Ingredients

- 1 bunch fresh asparagus, trimmed
- 4 oz romaine lettuce, cut into bite-sized pieces
- 1 large orange, peeled and cut into segments
- 1 large tomato, cut into 12 equal pieces
- 1 avocado, pitted, peeled and diced
- 2 Tbsp olive oil
- 1 Tbsp red wine vinegar
- 1/2 tsp salt
- 1/4 tsp black pepper



Directions

1. Place asparagus in a pot of boiling water over high heat. Reduce heat to low and simmer until asparagus is tender, about 10 minutes. Drain asparagus and submerge immediately in a bowl of ice water.
2. Divide lettuce evenly among six salad bowls or plates.
3. Combine orange, tomato, and avocado in a medium bowl.
4. In a small bowl, whisk together olive oil, vinegar, salt, and pepper until combined.
5. Drain asparagus and add to the orange mixture. Pour dressing over the orange mixture and stir gently to combine. Spoon mixture on top of romaine lettuce on plates and serve.

Servings: 6 | **Serving size:** One cup | **Nutrition facts per serving:** Calories 110; Total fat 8g; Saturated fat 1.2g; Sodium 60mg; Carbohydrates 9g; Fiber 4g; Protein 2g