

Side Dishes



Roasted Broccoli and Cauliflower

\$4.00 (\$1.67/serving)

65 calories/serving

1

Ingredients:

Broccoli - 2 florets (cut into bite size pieces)
Cauliflower - 1 head (cut into bite size pieces)
Olive Oil - 1 T
Salt
Pepper

*All recipes make about 4-6 servings

Directions:

1. Preheat oven to 425 degrees F
2. Cut broccoli and cauliflower into bite size pieces
3. Place broccoli and cauliflower into large mixing bowl
4. Drizzle 1 T olive oil into the mixing bowl and toss to coat all broccoli and cauliflower
5. Season with salt and pepper
6. Line two baking pans with aluminum foil and spray with cooking spray (Pam)
7. Spread broccoli and cauliflower evenly across both baking pans - make sure the broccoli and cauliflower are not layered, but distributed evenly
8. Bake for 20 minutes, turning each baking pan 180 degrees when there is about 10 minutes left on the timer
9. Remove from oven and enjoy!



Taste of Italy Dinner Salad

\$6.00 (\$1.00/serving)

75 calories/serving

*Add 150 calories/serving if served as main dish with chicken and garbanzo beans

2

Ingredients:

1 Package salad mix or fresh spinach (about 4-5 C)
Kalmata Olives - 1/4 C (chopped)
Banana Peppers - 2 T (chopped)
Onion - 1/2 medium (rough chop)
Feta Cheese - 1/4 C
Cherry or Grape Tomato - 1/2 package (cut in half lengthwise)
Balsamic Vinegar - 1 T
Light Italian Dressing - 2 to 4 T (to taste)

Directions:

1. Place salad into a large salad or mixing bowl
2. Chop kalmata olives, banana peppers and add to the large salad bowl
3. Cut tomatoes in half (lengthwise) and add to salad bowl
4. Sprinkle salad with Feta Cheese
5. Add balsamic vinegar and Light Italian dressing to the salad bowl
6. Toss the salad together and enjoy!

*OPTIONAL:

Add cooked, chopped chicken or shrimp and 1/2 can garbanzo beans (rinsed and drained) to the salad and serve as the main dish for a meal

*Garbanzo beans are also known as Chickpeas!