

Marinated Onions

1 lg onion 1/2 t salt
2 T lemon juice 1 T oil
1 T sugar

Slice onion into thin short pieces. Mix all ingredients. May use immediately or marinate covered in the refrigerator for an hour to overnight. Keeps 2-3 days. Serve over patties, warm vegetable dishes, or as a garnish on a favorite roast.

—Mickey Bowers

Refrigerator Pickles

4 sprigs fresh dill (or 1-2 t dry) 1/2 c lemon juice
3 garlic cloves, halved 3 or 4 t salt
Pickling cucumbers sliced-spears-small whole 1/2 lg onion, sliced
Water

Put 1/2 of the dill, garlic, lemon juice, salt, and onion in the bottom of a quart jar. Fill it with cucumbers, leaving a little space at the top. Add remaining dill, garlic, lemon juice, salt, and onion slices. Fill jar with water and cover tightly. Invert several times to mix, then refrigerate. Slices may be used after 24 hours, spears or whole require more time to process. Pickles keep for up to 4 weeks in the refrigerator, but tend to soften over time.

—Mickey Bowers

Carrot Curls

Wash and peel carrots

Use potato peeler and peel layers of carrots from top to bottom then roll up with fingers and place in a flat dish. When enough curls are rolled up, add water to cover the top of the carrot curls. Place in refrigerator until needed to garnish any vegetable dish.

—Nathel Warcholik

Instant Pot Steamed Broccoli

1 head of broccoli
1 c water

1. Rinse the broccoli and cut into florets
2. Add the water to Instant Pot inner bowl. Place steamer basket into the inner bowl. Add broccoli florets
3. Place the lid on the Instant Pot and close the valve (turn to 'Sealing')
4. Set the Instant Pot to pressure cook on High for 0 minutes.
5. When the cooking time is up, use the 'quick release' method to open the Instant Pot and carefully remove the broccoli.

Lifestyle Medicine
Nutrition Session
April 24, 2024
Recipes - Vegetables

Kale Salad with Spiced Almonds-Red Peppers-Olives

2 T olive oil 1 small red pepper, seeded & cut into thin strips
1 t curry powder 1/2 lg bunch kale*, washed, stems removed, chopped
1/2 t cumin 1/4 c crumbled feta cheese, vegan
1 t honey
1/2 c almonds
1/2 c pitted kalamata olives

1. Preheat oven to 400 degrees. In a medium bowl, combine 1 T olive oil, curry powder, cumin, and honey. Mix well. Add almonds and olive to coat. Spread almonds in a single layer on one-third of a baking sheet. Place olives on the middle one-third and the red peppers on the remaining one-third. Roast for 10 minutes. Remove from oven and let cool.
2. Place kale in a medium salad bowl and drizzle with remaining olive oil; sprinkle with salt and pepper, and massage with hands to coat leaves. Add feta cheese, roasted peppers, roasted almonds, and roasted olives; toss and serve.

*Prep Tip: Use bumpy, dark green dinosaur lacinato kale, which tends to be less bitter and tough than curly-leafed kale.

Serves 6

Air Fry Thyme-Scented Sweet Potatoes & Onions

2 lg sweet potatoes
1 med onion, cut into chunks
2 T oil
1 t dried thyme
1/2 t salt
1/2 t smoked paprika
1/8 t ground red pepper

Set air fryer at 345 degrees for 20 minutes.

Cut sweet potatoes into 1-inch chunks. Combine potatoes and onion in large bowl. Add oil, thyme, salt, paprika and red pepper; toss well. Place in air fryer container. Place in fryer and when half done, timer will ring - stir potatoes and onions and return to fryer until done. If not fork tender, return to air fryer for a few more minutes.

Serves 4-6