

DO HOLIDAYS WELL!

RECIPES TO BRING YOUR FAMILY CLOSER

VEGETABLE MIXES

Vegetables need flavor added. Try any of these products to keep them healthy:

- Smoked Turkey
- Peppers of all kinds
- Parmesan Cheese
- Mustards of all kinds
- Hot Sauce
- Rice Vinegar
- Olive Oil



Choose to season veggies from these mixes you make.
Healthy is lower sodium, sugar and saturated fats:

Seasoning Mix #1

- ¼ cup dried oregano
- 3 tablespoons dried thyme
- 2 tablespoons salt
- 1 ½ tablespoons dried basil
- 1 ½ tablespoons dried onion flakes
- 2 teaspoons dried minced garlic

Seasoning Mix #2

- 2 tablespoons salt
- 2 tablespoons black pepper
- 1 tablespoon dried garlic powder
- 1 tablespoon dried onion
- 1 tablespoon red pepper flakes
- 1 tablespoon paprika

Spices in glass or metal containers stay fresh longer while mixtures from the recipes above make small amounts which will stay freshest in cool and dry places. Many spices like refrigeration best. Seasoning #2 is excellent on Roasted Vegetables, a very popular and easy way to serve veggies.

- 4 cups veggies (Zucchini, Broccoli, Cauliflower, Carrots, Onions, Grape Tomatoes, etc.)
- ¼ cup Olive Oil
- Seasoning #2 (above)
- ¼ cup Parmesan Cheese, grated

Preheat oven to 375 degrees. Cover rimmed 18"X13" baking sheet with aluminum foil for easy clean-up. Place olive oil and seasonings in plastic bag. Add veggies and shake until all are coated. Place in an even layer, roast for 12 minutes. Turn and bake 4 minutes. Cool 2 minutes, Sprinkle with Parmesan Cheese and serve warm.

Adapted from thatcleanlife.com



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