



## Delicious Veggie Side Dishes

Keeping Healthy Simple Club

<https://keepinghealthysimpleclub.com>

Do you have childhood memories of adults telling you to eat your vegetables? Well, they were right.\*

Vegetables are a nutrition powerhouse that can boost fiber, vitamins, and minerals; promote regularity; help with blood sugar swings; improve cholesterol; and help you feel full - and feel full longer, which can help with weight management.

That's a lot of benefits from a simple addition to your plate! So, let's cook up some delicious vegetable side dishes.

**Panko Parm Brussels Sprouts** have a lemony, garlicky, parmesan panko-y dressing that hypes up the flavor and adds a little crispy crunch to one of the more bitter-tasting vegetables. Brussels sprouts are an acquired taste, and this recipe will help you acquire that taste much faster.

**Greek Broccoli Slaw** is an often-overlooked alternative for the more classic cabbage coleslaw. Our recipe comes together quickly using prepared broccoli slaw, has a tangy Greek flavor, and has less calories, carbs, added sugar, and sodium than a typical coleslaw from a restaurant. We bet you will eat more than one serving!

\* There are some health concerns and other instances where eating more vegetables is not the right answer. Please check with your personal medical provider.

Recipes are at the end of this packet.

## Shopping List.

Your shopping list is in this packet before the recipes.

## Equipment Needed.

- Large baking sheet and tin foil
- Cutting board and knives
- Large mixing bowl
- Medium bowl and a whisk/fork OR 2 jars with tight-fitting lids (2-cup or larger size)
- Medium food storage container
- Large spoon, spatula
- Hand-held juicer for lemon
- Measuring cups and spoons

## Steps to Prepare Before Class Begins.

Preheat oven to 425°F.

## Classes are Educational.

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The material and information provided as part of our online cooking classes and any comments or information provided by the presenter are for educational and entertainment purposes only. Information provided is based on guidelines from credible national organizations (ex: American Heart Association, the Centers for Disease Control, Dietary Guidelines for Americans) and the latest, credible research. It may not apply to you specifically based on your health history and health concerns.

## **No Medical or Dietary Advice.**

The information provided in recipes and during class is not meant to diagnose, treat, cure, prevent, or advise on any disease or medical condition. It should not be used in place of a consultation with your physician or other health care provider. Please consult your medical provider or your registered/licensed dietitian for any guidance regarding your health and before changing your diet. You should never disregard medical advice or delay seeking it because of the information provided during this class.

## **Want More?**

Join the Keeping Healthy Simple Club at no cost to get recipes, tips for healthy living, discounts, and advance notice of all the Club's newest thing delivered directly to you.

Get individual nutrition coaching and/or medical nutrition therapy with Coach Alexia Lewis RD.

Contact us at (904) 595-7116 or [Info@KeepingHealthySimpleClub.com](mailto:Info@KeepingHealthySimpleClub.com).





### Fruits

- 3 tbsps Lemon Juice

### Seeds, Nuts & Spices

- 1 tsp Garlic Powder
- 2 tsps Greek Seasoning

### Vegetables

- 5 cups Broccoli Slaw
- 1 lb Brussels Sprouts
- 5 stalks Green Onion

### Boxed & Canned

- 1/4 cup Panko Bread Crumbs, Plain

### Bread, Fish, Meat & Cheese

- 1/2 cup Feta Cheese
- 1/3 cup Parmesan Cheese

### Condiments & Oils

- 1/3 cup Avocado Oil
- 1 spray Cooking Spray
- 1 tbsps Dijon Mustard
- 1/4 tsp Table Salt
- 1/2 cup White Wine Vinegar



## KHSC Panko Parmesan Brussels

4 servings  
50 minutes

### Ingredients

- 1 lb Brussels Sprouts (halved or shredded)
- 1/3 cup Parmesan Cheese (grated)
- 2 tbsps Avocado Oil
- 2 tbsps Lemon Juice (yield from 1 lemon)
- 1 tsp Dijon Mustard
- 1 tsp Garlic Powder
- 1/4 tsp Table Salt
- 1/4 cup Panko Bread Crumbs, Plain
- 1 spray Cooking Spray

### Nutrition

Amount per serving	
Calories	159
Fat	10g
Saturated	2g
Carbs	13g
Fiber	4g
Sugar	3g
Protein	7g
Cholesterol	8mg
Sodium	198mg
Potassium	461mg
Calcium	146mg
Iron	2mg

### Directions

- 1 Preheat oven to 425°F (218°C). Spray a baking sheet with cooking oil and set aside.
- 2 Add Brussels sprouts to a large mixing bowl.
- 3 Make dressing: In a small bowl, combine parmesan cheese, avocado oil, lemon juice, Dijon mustard, garlic powder, and salt. Stir to combine into a paste-like consistency.
- 4 Add dressing to Brussels and mix to distribute dressing throughout the Brussels sprouts. Add panko to Brussels and mix all ingredients together.
- 5 Spread brussels out on baking sheet in one layer and top with any panko/parmesan mixture remaining in the bottom of the mixing bowl.
- 6 Cook for 15 minutes. Check Brussels sprouts for tenderness, and continue to cook in 5 minutes increments until they reach your desired texture.

### Notes

**Recipe Timing:** 30 minutes hands-on time. 20 minutes cook time.

**Nutrition Information:** One serving is 3/4 cup. Nutrition information is an estimate and will vary based on the brands you choose.

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## KHSC Greek Broccoli Slaw

7 servings  
10 minutes

### Ingredients

- 5 cups Broccoli Slaw (12 ounce bag)
- 5 stalks Green Onion (rinse and thinly slice both green and white parts)
- 1/2 cup Feta Cheese (crumbled or chopped finely)
- 1/2 cup White Wine Vinegar
- 1/4 cup Avocado Oil
- 1 tbsp Lemon Juice (from 1/2 fresh lemon)
- 2 tps Dijon Mustard
- 2 tps Greek Seasoning (sodium-free, can substitute Italian seasoning)

### Nutrition

Amount per serving	
Calories	126
Fat	10g
Saturated	2g
Carbs	5g
Fiber	2g
Sugar	2g
Protein	3g
Cholesterol	10mg
Sodium	160mg
Potassium	23mg
Calcium	72mg
Iron	0mg

### Directions

- 1 Pour broccoli slaw into a large mixing bowl. Add sliced green onions and crumbled/chopped feta cheese.
- 2 Mix together remaining ingredients in a jar with a tight-fitting lid. Shake to combine well. Pour over broccoli slaw.
- 3 Mix well to thoroughly distribute dressing and ingredients. Transfer to a shallow container so that dressing can be in contact with most of the vegetables.
- 4 Store in the refrigerator for at least 2 hours for flavors to develop. Mix halfway through storage time if possible. Mix again before serving.

### Notes

**Nutrition Information:** One serving is 3/4 cup. Nutrition information is an estimate and will vary based on the brands you choose.

**To Store:** Place in an airtight container and refrigerate for up to three days.

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