

Microwave Veggie Pita Pizza

Ingredients

1 pita bread

3 tablespoons of pizza or pasta sauce

½ cup finely chopped vegetables such as onion, peppers, mushrooms, zucchini, tomato

¼ cup mozzarella cheese

(try adding your own vegetables and spices such as red pepper flakes or basil to fit your taste)

Directions

- Split pita bread around edge with knife to make 2 rounds. Spread pizza sauce on bread halves; place on small microwavable plates.
- Place chopped veggies in 2-cup microwavable bowl. Microwave uncovered on High 2 minutes 30 seconds to 3 minutes or until tender. Stir in salt to taste.
- Spoon vegetables onto bread halves; top with cheese. Microwave uncovered on High 45 to 60 seconds or until hot. Cut into wedges.



Broccoli Parmesan Veggieballs

Ingredients

1/2 c. raw almonds

1 large head broccoli, cut into florets and steamed (about 2 cups)

1/2 cup shredded Parmesan cheese

2 cloves garlic, minced

Salt and pepper to taste

1 egg, lightly beaten

Olive oil mister or cooking spray

Directions

- Preheat oven to 350°F.
- Place the almonds in a food processor. Process until they're coarsely ground. Transfer ground almonds to a medium bowl.
- Place the broccoli florets in the food processor and pulse until chopped.
- Add the chopped broccoli, cheese, and garlic to the almonds and season with salt and pepper to taste, mix well.
- Stir in the egg.
- Spray a mini-muffin tin with olive oil or cooking spray. Form the broccoli mixture into 12 balls, squeezing them a little to make sure they hold their shape, and place each one in its own cup in the muffin tin.
- Bake until balls are golden on the outside and heated through, about 20 minutes.
- Remove tin from oven and run a butter knife along the edges of each muffin cup to loosen veggieballs before gently popping them out.



Creamy Cucumbers

Ingredients

- ½ cup plain yogurt or reduced fat sour cream
- 1 tablespoon vinegar
- ½ teaspoon salt
- ¼ teaspoon dried dill
- Dash black pepper
- 1 large cucumber, peeled (if desired), halved lengthwise, and thinly sliced (3 cups)
- 1/3 cup thinly sliced onion (about half of a small onion)



Directions

- In a medium bowl combine yogurt/sour cream, vinegar, salt, dill, and pepper.
- Add cucumber and onions; toss to coat.
- Cover and chill for 4 hours or up to 3 days, stirring occasionally. Stir before serving.

Buffalo Cauliflower

Ingredients

- 1 large head cauliflower, cut into bite-size florets
- Olive oil to drizzle
- 2 teaspoons garlic powder
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ½ cup buffalo wing sauce of choice
- Other: 1 gallon or larger size plastic bag



Directions

- Preheat oven to 450°F
- Place cauliflower florets into plastic bag. Drizzle olive oil over florets to barely coat.
- Add garlic powder, salt and pepper. Close bag and toss ingredients around so all florets are coated.
- Place on ungreased cookie sheet or baking pan and bake on middle rack for 15 minutes, turning florets once during baking.
- Check them at 10 minutes for desired tenderness. Cook until tender-crisp.
- Remove florets from oven. Drizzle desired amount of hot sauce over cauliflower and stir to cover all florets. Start with about half the sauce and add more to your taste.
- Return to oven and cook for additional 5 minutes.
- Serve with dip of choice such as reduced fat ranch or Blue Cheese.

Banana Sushi Bites

Ingredients

- 1 banana
- 1 cup small crispy cereal or crushed cereal
- peanut butter

Directions

- Peel a banana and remove the skin.
- Using a butter knife, spread peanut butter all over the banana, covering the entire surface.
- Pour cereal in a small plate.
- Roll the peanut buttered banana in the cereal, cut banana into sushi-sized bites and serve.



Oven Baked Sweet Potato Fries

Ingredients

1 medium to large sweet potato

1-2 tablespoons olive or other vegetable oil

1 tablespoon spice or spice combination of your choice: chipotle powder, smoked paprika, Chinese five-spice, pumpkin pie spice, garam masala, Cajun seasoning, etc.



Directions:

- Preheat oven to 450°F. (For more crispiness, preheat your oven to 500°F.)
- Peel the sweet potatoes and cut off the ends. Cut the potatoes in half lengthwise then into wedges. If potatoes are long, you may need to cut them in half crosswise before cutting into wedges.
- Put the sweet potatoes into a bowl or ziplock bag and add the oil. Mix well to combine. Sprinkle with salt and spices of your choice then mix until all pieces are coated with oil and spices.
- Spread the sweet potatoes out in a single layer on a baking sheet.
- Bake for 15 minutes, remove from oven and turn over all potato pieces. Return to the oven and bake for another 10-15 or until they are well browned. Let cool for 5 minutes before serving.

Strawberry Greek Yogurt Bark

Ingredients

Greek Yogurt (plain, vanilla or other flavor as desired)

Strawberries – fresh, frozen or dried

Your choice of mix-ins like nuts, granola or other fruit (optional)

Directions

- Line a flat pan with sides with parchment paper.
- Spread yogurt evenly in pan, about 3/8 to 1/2 inch thick.
- Sprinkle with your mix-in (fruit, granola, nuts).
- Freeze for a few hours until completely frozen (about 4 hours for an 8" square pan).
- Remove frozen yogurt from the pan and peel off the parchment paper. Break into pieces.



Apple Nachos

Ingredients

1 apple, cut into thin slices

2 Tablespoons smooth peanut butter, melted

2 Tablespoons semi-sweet chocolate chips, melted

A handful of chocolate chips, for sprinkling

Directions

- Arrange apple slices on a plate.
- Drizzle melted peanut butter over apple slices with a spoon, then drizzle the melted chocolate.
- Sprinkle handful of chocolate chips on top. Serve immediately.



Fruit Spring Rolls

Ingredients

Rice paper wrappers

Finely chopped fruit (banana, strawberry, mixed berries, grapes, kiwi, etc.)

Directions

- Chop the fruit into small pieces
- Place 2 tablespoons of fruit into the center of the rice paper wrapper. Fold in the ends and roll up.
- If desired, dip in honey, vanilla or fruit flavored yogurt.



Pumpkin Pie Oatmeal

Makes 1 serving

Ingredients

½ cup whole grain oatmeal

1 cup water

¼ cup milk

½ cup pure pumpkin puree

1-2 tsp brown sugar or sweetener of choice (optional)

2 tsp ground cinnamon or pumpkin pie spice

Optional: add walnuts, almonds or granola for an added crunch

Directions

- Microwave water and oatmeal for 2 minutes.
- Stir in milk
- Stir in pumpkin puree, and sweetener
- Top oatmeal with cinnamon or pumpkin pie spice.



Blueberry Muffin Smoothie

Ingredients

1 ½ cup orange juice

2/3 cup fresh or frozen blueberries

½ cup rolled oats, cooked brown rice or quinoa

2 Tablespoons oil

½ teaspoon ground cinnamon

1 cup ice cubes

Directions

Combine all ingredients in a blender or food processor and mix until smooth. Enjoy immediately!



Simple Veggie & Whole Grain Salad

Makes about 4 servings

Ingredients

2 cups of a cooked whole grain (brown rice, quinoa, pasta, barley, bulgur, whole grain couscous, millet or other)

2 cups of raw vegetables, chopped into small pieces (bell peppers, tomato, carrots, broccoli, cucumber or cooked small frozen vegetables like corn, peas, green beans)

1/4 to 1/3 cup of your favorite salad dressing (Italian, French, Ranch all work well)



Optional: add small pieces of cheese, canned beans like garbanzo or black beans, chopped olives, dried fruit, chopped fresh herbs, canned tuna or chicken.

Experiment with a variety of ingredients to create your favorite combinations!

Directions

- Cook whole grain according to package directions (to make 2 cups cooked, for most grains, start with 1 cup dry).
- Drain and put into a bowl, add dressing while grain is still warm and mix well.
- Add vegetables and other ingredients.
- Mix well and refrigerate until chilled.

Quinoa Omelet Bites

Makes about 12, or 6 servings

Ingredients

1 cup cooked quinoa, warmed

1/2 cup shredded cheddar or mozzarella cheese

1 egg

1 clove garlic minced

Pinch of salt

1/2 cup chopped fresh spinach or broccoli



Directions

- Preheat oven to 350°F and spray a mini muffin tin with cooking spray.
- In a medium bowl, mix the warm quinoa with the cheese to melt the cheese.
- Add the egg, garlic, salt, and spinach leaves. Stir to combine.
- Spoon mixture into mini muffin tins, filling to the top.
- Bake at 350°F for 20 minutes. Remove from oven and let cool for 10 minutes. Run a small knife around the edges to loosen and pop out of the muffin tin.

Find more recipes for vegetables and fruits at:

<https://studentwellness.uiowa.edu/resources/recipes/>

<https://www.myplate.gov/myplate-kitchen/recipes>

<http://recipes.millionhearts.hhs.gov/recipes>

<https://fruitsandveggies.org/recipes/>

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