



15 EASY VEGGIE SIDES

SIMPLE AND FLAVORFUL DISHES
YOU CAN MAKE TONIGHT

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Emily Weeks, RDN, LD is a nutrition and culinary communications expert based in Fort Worth, Texas. Emily believes that the secret to a nourished, happy life is to develop a healthy relationship with food, our minds and our bodies.

She instills this intuitive eating philosophy in the kitchen and on her food and wellness blog, [Zen & Spice](#). Her blog features delicious, easy recipes and simple strategies to learn how to become comfortable in the kitchen and embrace mindfulness.

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PAY ATTENTION TO YOUR SIDE DISHES

It's not fair that entrees get all the attention! While entrees do tend to steal the show, there's no reason to have blah side dishes to accompany them. Putting a small amount of effort into your side dishes makes them more palatable-- meaning you and your family are more likely to eat them, and most importantly, enjoy them!

When you're planning meals for the week, don't forget to plan a veggie side to go along. Common side dishes include green beans, corn, zucchini and carrots. In this e-book, you'll find delicious, easy recipes for these sides that you can quickly cook up any weeknight to help you get your daily fill of veggies.

PREPPING VEGGIES



PREP

Wash all of your veggies thoroughly before peeling and slicing. Use a coarse veggie scrub if needed for potatoes. Cut off any brown or bruised spots on veggies. Leave the peel on when you're cooking zucchini, yellow squash, or potatoes for an extra fiber boost. Trim the rough edges of green beans and asparagus, about 1/4 of an inch. Use aluminum foil on your roasting pans for a quick and easy clean up.

OILS

The most commonly used oil for roasting and general cooking with veggies is extra-virgin olive oil. Due to its higher smoke point, extra-virgin olive oil is less likely to burn under temperatures of 400 degrees F. If you will be roasting/cooking a veggie at higher than 400 degrees, use canola oil as its smoke point is 475 degrees F. Avocado oil is best for highest temps, up to 525 degrees F.



HERBS & SPICES

There are so many different herbs and spices you can use when cooking veggies. Favorites include garlic, onion, basil, oregano, paprika, smoked paprika, cumin, ginger, soy sauce, Sriracha, sweet chili sauce and so many more. Experiment and find your favorites!

Common post-cooking toppings include parmesan and Asiago cheese, feta or goat cheese, pine nuts, green onions, chives, parsley, cilantro, and many more!





SAUTEED GARLIC GREEN BEANS

Serves 4-6.

INGREDIENTS

4 cups fresh or frozen long green beans

1/2 Tbsp butter

1 Tbsp extra-virgin olive oil

1 tsp minced garlic

Kosher salt and fresh black pepper

INSTRUCTIONS

1. Place the green beans in a large glass dish, cover halfway with water. Microwave for about 6 minutes, or until the beans are soft.
2. Melt the butter and olive oil in a large skillet over medium-low heat. Add the green beans and garlic.
3. Let saute for about 10 minutes, stirring occasionally to allow the green beans caramelize. Season to taste with salt and pepper.
4. Remove from heat and enjoy!



SMOKED PAPRIKA & GARLIC ROASTED ZUCCHINI

Serves 4.

INGREDIENTS

3 large zucchini
Olive oil for drizzling
Garlic powder
Smoked paprika
Salt and pepper

INSTRUCTIONS

1. Preheat your oven to 400 degrees F.
2. Wash and slice the zucchini into small pieces.
3. Place in a large bowl and drizzle with olive oil, and then add a light dusting of garlic powder and smoked paprika. Season with salt and pepper to taste.
4. Place on a baking sheet and roast for 15-20 minutes, or until the zucchini is fork tender.



PARMESAN & GARLIC ZUCCHINI PANCAKES

Makes 6-8 pancakes.

INGREDIENTS

3 large zucchini, grated
1/2 tsp salt
1/2 cup all-purpose flour
1/2 cup grated parmesan cheese
1 large egg, beaten
2 cloves of garlic, minced
salt and pepper to taste
2 Tbsp olive oil
sour cream for serving

INSTRUCTIONS

1. In a large colander, toss the grated zucchini and the salt. Place in sink over a bowl and let drain for about 10 minutes. Squeeze with clean hands to get out excess moisture.
2. Mix flour, parmesan cheese, egg, garlic, salt and pepper in a large bowl. Stir in zucchini.
3. Heat the olive oil in a large skillet over medium high heat.
4. By 1/4 cup, form round patties and add to the hot skillet. Fry until golden on each side, about 2-3 minutes per side.
5. Let rest on a paper towel lined plate to drain excess oil. Top with sour cream!



ROASTED SWEET POTATOES

Serves 4.

INGREDIENTS

2-3 large sweet potatoes
Olive oil for drizzling
Seasoned salt

INSTRUCTIONS

1. Preheat your oven to 400 degrees F.
2. Scrub, wash, peel and dice the sweet potatoes into 1/4 inch dice.
3. Toss evenly with a thin coat of olive oil and season with the seasoned salt.
4. Place in a single layer on a baking sheet and roast for 20 minutes or until fork tender.



SPIRALIZED HASH BROWNS

Serves 4.

INGREDIENTS

2 russet potatoes
2 Tbsp olive oil for drizzling
salt and pepper
1-2 tsp smoked paprika

INSTRUCTIONS

1. Preheat your oven to 400 degrees F.
2. Scrub the potatoes under running water. Peel with a veggie peeler and slice off the ends.
3. Attach to a spiralizer and set on the thinnest blade. Spiralize both potatoes.
4. Spray a baking sheet with cooking spray, add the potato noodles. Drizzle with olive oil, and then sprinkle with salt, pepper and smoked paprika. Use your fingers to massage the oil and spices into the noodles.
5. Bake for 15 minutes, or until the noodles are soft when pierced with a fork.



BBQ CAULIFLOWER TOTS

Makes ~24 tots.

INGREDIENTS

1/2 head cauliflower
1 cup Mexican cheese, shredded
1 egg
1/4 cup cornmeal
1/2 tsp salt
Fresh black pepper, to taste
2 Tbsp your favorite BBQ sauce

INSTRUCTIONS

1. Preheat your oven to 400 degrees F. Spray a mini muffin tin with cooking spray.
2. To shred the cauliflower: chop half a head of cauliflower into small pieces, place into a food processor. Pulse until riced. Place in a large bowl and squeeze out excess moisture carefully with a paper towel.
3. Combine the rest of the ingredients into the bowl and stir to combine.
4. Scoop the mixture by spoonful into each tin and press down firmly.
5. Bake at 400 degrees F for 15-20 minutes, or until golden brown.
6. Serve with ketchup or BBQ sauce for dipping! Or, combine half ketchup half BBQ sauce for a delicious dip.



ROASTED SWEET CHILI CAULIFLOWER

Serves 4.

INGREDIENTS

1 head cauliflower, cut into florets

Olive oil for drizzling

¼ cup rice vinegar

2 tsp olive oil

1 tbsp sriracha

1 tsp soy sauce

2 tbsp sweet chili sauce

INSTRUCTIONS

1. Preheat your oven to 400 degrees F.
2. Drizzle the cauliflower with olive oil. Spread onto a baking sheet and roast for 20 minutes, flipping half way.
3. Meanwhile, whisk together the rest of the ingredients.
4. Take the cauliflower out of the oven and let cool for a few minutes before tossing with the sauce.



PARMESAN ROASTED BROCCOLI

Serves 4.

INGREDIENTS

3 large head of broccoli, cut into small florets
4 tsp minced garlic
3 Tbsp olive oil
salt and pepper

AFTER ROASTING

1 Tbsp olive oil
juice from $\frac{1}{2}$ lemon
 $\frac{1}{4}$ cup pine nuts
 $\frac{1}{3}$ cup shaved parmesan

INSTRUCTIONS

1. Preheat your oven to 400 F.
2. Place florets on sheet pan, drizzle with garlic and olive oil and use your hands to combine.
3. Roast for 20 minutes. Remove from oven and toss in additional olive oil, lemon juice, pine nuts and shaved parmesan. Serve immediately.



ROASTED CARROTS & BALSAMIC GLAZE

Serves 4.

INGREDIENTS

1 lb large carrots

1-2 Tbsp Olive oil for drizzling

Garlic powder

Salt and pepper

Pre-made balsamic glaze (I use Trader Joe's)

INSTRUCTIONS

1. Preheat your oven to 400 degrees F.

2. Wash and peel the carrots. Slice in half, and slice each half into quarters, as evenly as you can.

3. Place in a large bowl and drizzle with olive oil until each piece is covered in a thin layer.

4. Dust with garlic powder and add salt and pepper to taste.

5. Place on a baking sheet and bake for 20-25 minutes, or until the carrots are fork tender.

6. Drizzle with balsamic glaze and serve immediately!



SIMPLE BRAISED CARROTS

PER POUND OF PEELED, SLICED CARROTS:

1 Tbsp butter

½ tsp salt

1 Tbsp sugar

INSTRUCTIONS

1. Combine all ingredients in a 2 qt saucepan.
2. Pour water to just cover carrots. Bring to a boil, then reduce heat to a simmer for about 30 minutes, until most of the water is absorbed.

NOTES

Carrots should be peeled and sliced into 1/4 inch pieces.



GARLIC-PARM ROASTED ASPARAGUS WITH LEMON

Serves 4.

INGREDIENTS

1 bunch of asparagus, rinsed and trimmed
1 Tbsp olive oil for drizzling
1 tsp garlic, minced
juice from 1/2 a lemon
1/4 cup shaved parmesan cheese

INSTRUCTIONS

1. Preheat your oven to 400 degrees F.
2. Spread the asparagus onto a baking sheet and drizzle with olive oil and garlic.
3. Roast for 15 minutes.
4. Sprinkle with parmesan cheese. Roast for 15 minutes.
5. Remove from oven and squeeze with lemon juice. Top with additional parmesan.



BAKED CORN ON THE COB

INGREDIENTS

Fresh ears of corn, with the husks on

INSTRUCTIONS

1. Preheat your oven to 400 degrees F.
2. Trim the edges of the corn husk so there's no hanging threads.
3. Place in rows directly on the rack in your oven. Bake for 35 minutes.
4. Remove from oven and let rest for a few minutes.
5. Remove husks carefully, they will be hot!



SPICY CREAMED CORN

Serves 4.

INGREDIENTS

3 Tbsp butter

16oz frozen baby or niblet corn

1 large jalapeno, seeded and diced

1 shallot, diced

salt and pepper to taste

1 cup half and half

1/4 cup crumbled Cotija cheese

fresh cilantro

INSTRUCTIONS

1. In a large skillet, heat the butter over medium heat and add the corn, jalapeno and shallot. Saute until the corn is golden and the shallot is translucent. Season with salt and pepper.
2. Take 1 cup of the corn mixture and add to a food processor along with the one cup of half and half. Blend until smooth. Add the pureed corn back into the saucepan.
3. Turn the heat on low and let simmer until reduced slightly, about 10 minutes.
4. Top with Cotija cheese and the fresh cilantro.



BAKED PARMESAN TOMATOES

Serves 4.

INGREDIENTS

3 large beefsteak tomatoes

1 cup shaved parmesan cheese

1 Tbsp dried basil

1 Tbsp dried oregano

2 Tbsp fresh Italian parsley, roughly chopped

INSTRUCTIONS

1. Preheat your oven to 400 degrees F. Spray a baking sheet with cooking spray.

2. Slice the tomatoes into 1/4" slices and arrange on the baking sheet.

3. Top each slice with enough parmesan to cover the top, as well as a sprinkling of basil and oregano.

4. Bake for 10 minutes, until the cheese is melted and bubbly.

5. Top with the fresh chopped Italian parsley. Serve immediately!



SPAGHETTI SQUASH PANCAKES

Makes 6 pancakes.

INGREDIENTS

1 spaghetti squash
1/2 tsp salt
1/2 cup all-purpose flour
1/2 cup grated parmesan cheese
1 large egg, beaten
2 cloves of garlic, minced
salt and pepper to taste
2 Tbsp olive oil
sour cream and green onions for serving

INSTRUCTIONS

1. Preheat your oven to 400 degrees F. Slice the spaghetti squash in half lengthwise and scoop out the seeds. Place on a baking sheet cut side up and roast for about an hour until the flesh is soft.
2. Remove from oven and let cool, then use a fork to shred the squash. Squeeze the squash with clean hands over a colander in the sink to remove as much water as you can.
3. In a large bowl, mix the shredded squash, flour, parmesan cheese, egg, garlic, salt and pepper.
4. Heat the olive oil in a large skillet over medium heat.
5. By 1/4 a cup, scoop the mixture into the hot skillet and flatten with a spatula. Fry until browned on each side, about 5-6 minutes per side. Let rest on a paper towel lined plate to drain.
6. Top with sour cream and green onions.