

Side Dishes



Broccoli with cranberries

2 teaspoons olive oil
3 cloves garlic, minced
4 cups broccoli florets
1/2 cup sweetened dried cranberries
Parmesan cheese

Salt and ground black pepper

Heat oil in a large skillet over medium heat. Add garlic and saute 1 minute. Add broccoli and cranberries and saute 3 minutes, until broccoli is crisp-tender. Season, to taste, with salt and black pepper, sprinkle with Parmesan cheese.

Orange and Avocado Salad

Dressing:

1/2 c orange juice
1/4 c vegetable oil
2 T red wine vinegar
1 t grated orange peel

Salad:

2 c torn red leaf lettuce
Romaine lettuce cut into bite-size pieces
Ripe avocado, peeled and sliced
1/4 c orange juice
Medium red onion, thinly sliced
2 oranges, cut into bite-sized pieces
Almonds

Combine dressing ingredients in jar with lid and shake well. Chill.

Dip avocado into orange juice. Then combine all ingredients over the lettuce.

Grilled veggies

Large zucchini, sliced

Side Dishes

Yellow squash, sliced
1 ea. red, green and yellow bell peppers, sliced
Green apple, sliced
Large onion, sliced
Mushrooms, sliced

Put veggies in gallon plastic bag, add 12 oz jar of zesty Italian dressing, garlic, fresh basil. Marinate for approximately 1 hour.

Drain veggies, grill over medium to high heat 10 to 12 minutes until tender. Baste with reserved marinade as needed during grilling.

Spinach Strawberry Salad

Fresh spinach, washed and dried
Pint strawberries, sliced
Red onions, sliced
Pecans, roughly chopped

Dressing:

2 T sesame seeds
1 T poppy seeds
1 1/2 t chopped onions
1/4 t Worcestershire sauce
1/4 t paprika
1/2 c vegetable oil
1/4 c cider vinegar

Arrange spinach, strawberries, red onions and pecans in large salad bowl. Place next six ingredients in blender or food processor. With unit running, add oil and vinegar in a steady stream. Blend until thickened. Drizzle over salad. Serve immediately.