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ROASTED VEGETABLES W/ ITALIAN DRESSING (ACCOMPANIMENT)

- 2 potatoes, peeled & cut into 1-inch chunks
- 2 carrots, peeled & cut into 1-inch chunks
- 1 large purple onion, cut into wedges
- 1 medium zucchini, cut into 1-inch chunks
- 2 bell peppers, cut into 1-inch chunks (2 different colors)

1. Preheat oven to 425°. Parboil potatoes and carrots in boiling water to cover for 2 minutes. Drain well. In a large bowl, combine the parboiled vegetables with the balance of the vegetables.
2. To make the Dressing, (see back of card) whisk together all the ingredients.
3. Toss the vegetables with the dressing. Place the vegetables in a single layer on a large un-oiled baking tray and bake, stirring every 15 minutes or until vegetables are tender.

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Dr. Conforti is a faculty member in the Human Nutrition, Foods and Exercise Department at Virginia Tech. Both recipes adapted from: Mooswood Restaurant Low-Fat Favorites, 1996, Clarkson Potter Publishers

- 4 teaspoons olive oil
- 1/2 cup lemon juice
- 6 garlic cloves, minced
- 3 tablespoons minced fresh rosemary
- 1 tablespoon minced fresh oregano
- 1 teaspoon salt

1. Whisk together all the ingredients.

ITALIAN DRESSING (ACCOMPANIMENT)

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CHERRY TOMATOES STUFFED W/ CHEESE & HERBS (ACCOMPANIMENT)

- 8 oz. cottage cheese or non-fat yogurt cheese
- 2 tablespoons minced fresh parsley leaves
- 1 tablespoon minced fresh thyme leaves
- 1 tablespoon minced fresh tarragon leaves
- 1 tablespoon minced fresh oregano leaves
- 2 tablespoons lemon juice
- 1/2 tablespoon red wine vinegar
- 1/4 tablespoon pepper
- basil sprigs
- 1/4 teaspoon salt
- 20 cherry tomatoes
- balsamic vinegar

1. Combine all ingredients in a food processor or mix by hand in a bowl.
2. Cut tomatoes in half and scoop out the seeds.
3. Fill each half with the cheese mixture and garnish with a sprig of herb and a drop of balsamic vinegar.

Adapted by Sandy Bosworth, Manager, Green Garden Café, College of Human Resources and Education, Virginia Tech

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