HEALTHY MECK

The Welcome Table: A Blue Tablecloth Event

Recipes and Resources to Share

Chimichurri Sauce

Ingredients

1 bunch flat-leaf parsley, leaves only, finely chopped

1/2 of a large head of garlic, separated into cloves, peeled and finely minced

1 tablespoon dried oregano

1 teaspoon crushed red pepper flakes

1⁄2 cup red wine vinegar

1⁄2 cup extra-virgin olive oil

Salt and black pepper, to taste

Instructions

1. Mix all the ingredients in a medium bowl or combine in a food processor or blender and pulse to a coarse puree.
2. Serve as a condiment on top of grilled meat, fish, or vegetables such as potatoes.
3. Try it on tortillas or tacos, too.

Tip: To peel garlic, place the flat side of your knife on top of each clove and smash it with your palm. The skin should easily separate from the flesh.

Source: Chimichurri - OLDWAYS - Cultural Food Traditions OLDWAYS – Cultural Food Traditions

Fresh Salsa!

Ingredients

1-2 garlic cloves, finely chopped

1/3 large onion, finely chopped

½ large green bell pepper, finely chopped

½ to 1 whole jalapeno pepper, seeded and finely chopped

3-4 large Roma (paste) tomatoes, chopped

1 small bunch of cilantro leaves, finely chopped

Juice from ¼ lemon

Instructions

1. Mix ingredients together and serve, altering the recipe to suit your own taste preferences.
2. Store covered in the refrigerator.

Source: From the Garden to the Table: Salsa! | NDSU Agriculture

Tzatziki Sauce

Ingredients

1 small cucumber, scrubbed with clean vegetable brush under running water, chopped

1 Tablespoon fresh dill, gently rubbed under cold running water, chopped

1 ½ cups plain non-fat greek yogurt

2 garlic cloves, finely minced

2 Tablespoons olive oil

1 Tablespoon white vinegar

½ teaspoon salt

Instructions

1. Rinse and prepare produce.
2. Combine all ingredients in a bowl.
3. Serve chilled.
4. Store leftovers in a sealed container in the refrigerator for up to four days.

Source: Tzatziki Dip | UNL Food | Nebraska

Roasted or Air Fried Sweet Potatoes

Ingredients

4 large, sweet potatoes

4 tbsp. extra virgin olive oil

Sea salt and pepper, to taste

Optional herbs: 1/2 tsp garlic powder with ½ tsp of one of these spices: paprika, rosemary, basil, oregano, or chili powder

Instructions

1. Peel and cut into 1-inch cubes.
2. In large bowl, toss cubes with olive oil salt & pepper and herbs/spices of your choice until well coated.
3. If oven roasting:
    - Arrange in a single layer on baking sheets, lined with parchment paper.
    - Roast in the oven at 425°F until tender, about 30 to 40 minutes, stirring halfway through until potatoes are tender and caramelizing at the edges.
4. If cooking in an air-fryer:
    - Preheat it to 400° for 3-4 minutes
    - Place sweet potatoes in a single layer in the air fryer basket
    - Cook in batches, as needed
    - Air fry at 400° for 15-20 minutes until cubes are tender, flipping cubes halfway through.

Adapted From: Oven Baked Sweet Potato Fries | MyPlate

Green Smoothie

Adapted from incrediblesmoothies.com; Strawberry Pineapple Green Smoothie

Ingredients

1 cup frozen banana

1 cup strawberries

½ cup frozen pineapple

3 cups baby spinach

Instructions

1. Wash your hands for 30 seconds with hot water and soap.
2. Sanitize all food prep surfaces and cooking utensils.
3. Rinse and scrub all produce.
4. Blend together banana, strawberries, pineapple, 2 cups of spinach and one cup water until smooth.
5. Add one more cup of spinach.
6. Pour and serve cold.

Source: Michigan State University Extension

Build Your Own Smoothie

Pick your fruits:

- Bananas
- Apples
- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Oranges
- Pineapple
- Mango
- Peaches
- Pears
- Cherries
- Kiwi
- Watermelon
- Grapefruit
- Apricots
- Plums
- Cantaloupe
- Melon
- Grapes

Kick up the nutrition:

- Spinach
- Kale
- Avocados
- Carrots
- Celery
- Cucumber
- Swiss Chard
- Bok Choy

Add a base:

- Lowfat Milk
- Water
- Almond Milk
- 100% Juice
- Rice Milk
- Lowfat Yogurt
- Coconut Milk
- Coconut Water

Throw in some add-ins (optional):

- Peanut Butter
- Nut Butter
- Flax Seed
- Chia Seeds
- Walnuts
- Almonds
- Oatmeal
- Vanilla Extract
- Honey
- Agave Nectar
- Cinnamon
- Ginger

Place all ingredients in blender, blend & enjoy!

Visit healthyfamilyproject.com for more recipes.

Savor the Flavors

Vegetable Cooking Guide

Vegetable	Grill Time (min)	Roast	Steam Time (min)	Seasonings
Artichokes	5–10	Yes	20–30	Bay Leaves, Dill, Parsley
Asparagus	5–8	Yes	5–8	Dill, Dry Mustard, Sesame Seed, Tarragon
Beets	20–30	Yes	No	Allspice, Bay Leaves, Cinnamon, Cloves, Dill, Ginger, Dry Mustard
Bell Peppers	5–8	Yes	3–5	5-Spice Powder, Cumin, Italian Seasoning
Broccoli	No	Yes	3–5	5-Spice Powder, Caraway, Cayenne, Cumin, Dill, Marjoram, Dry Mustard, Italian Seasoning, Rosemary, Tarragon
Brussels Sprouts	15–20	Yes	5–8	Caraway, Marjoram, Dry Mustard, Sage
Cabbage	20–40	Yes	8–15	Caraway, Celery Seed, Dill, Dry Mustard, Tarragon
Carrots	8–10	Yes	10–20	5-spice powder, Caraway, Cayenne, Cummin, Dill, Marjoram, Dry mustard, Italian seasoning, Rosemary, Tarragon
Cauliflower	20-30	Yes	4-5	Caraway, Cayenne, Celery Seed, Dill, Paprika, Tarragon
Corn	15-20	Yes	15	Cayenne, Chili Powder, Curry Powder
Eggplant	5-7	Yes	10-15	5-spice powder, Allspice, Basil, Bay Leaves, Chili Powder, Cumin, Dill, Italian seasoning, Marjoram, Oregano, Sage
Green Beans	5-10	Yes	5-10	Basil, Cayenne, Chili Powder, Cinnamon, Dill, Marjoram, Dry mustard, Mint, Oregano, Rosemary, Tarragon, Thyme
Green Peas	no	no	5-6	Chili Powder, Dill, Marjoram, Mint, Oregano, Poppy Seeds, Rosemary, Sage, Sesame Seed, Tarragon
Kale	3-4	Yes	5-8	Cayenne, Coriander, Garlic, Ginger, Red Pepper Flakes
Lima Beans	No	Yes	30	Cayenne, Chili Powder, Curry Powder, Dill, Rosemary, Sage
Mushrooms	5–8	Yes	10–15	Oregano, Rosemary, Tarragon
Onions	5–8	Yes	8–12	5-Spice Powder, Bay Leaves, Caraway, Cumin, Curry Powder, Marjoram. Dry mustard, Italian seasoning, Oregano, Rosemary, Sage
Parsnips	Boil then 5–10	Yes	20–25	Cinnamon, Chives, Fennel Seeds, Nutmeg, Parsley, Thyme

Vegetable	Grill Time (min)	Roast	Steam Time (min)	Seasonings
Potatoes	5-10	Yes	20–30	5-Spice Powder, Basil, Bay Leaves, Caraway, Celery Seed, Chives, Cumin, Curry Powder, Dill, Dry Mustard, Italian Seasoning, Oregano, Paprika, Poppy Seeds, Rosemary, Sesame Seed, Tarragon, Thyme
Pumpkins	5-8	Yes	8–10	Allspice, Cinnamon, Cloves, Ginger, Nutmeg
Red Cabbage	20–40	Yes	8–15	Allspice, Bay Leaf, Marjoram
Rutabaga	30–45	Yes	20–30	Allspice, Basil, Dill, Fennel, Garlic, Poppy Seeds
Spinach	No	No	1-2	Allspice, Cinnamon, Marjoram, Oregano, Sesame Seed, Tarragon
Squash	5-7	Yes	10–12	5-Spice Powder, Allspice, Basil, Bay Leaves, Cinnamon, Cloves, Cumin, Dill, Ginger, Italian Seasoning, Marjoram, Oregano, Rosemary, Sage, Thyme
Sweet Potatoes	5-10	Yes	20–30	5-Spice Powder, Cinnamon, Cloves, Cumin, Dry Mustard, Italian Seasoning, Oregano, Paprika, Poppy Seeds, Rosemary, Sesame Seed, Tarragon
Tomatoes	3-5	Yes	2-4	Celery Seed, Chili Powder, Marjoram, Oregano, Sage, Sesame Seed, Tarragon
Turnips	8-10	Yes	18-22	Allspice, Caraway, Celery Seed, Cinnamon, Dill, Sage
Zucchini	5-7	Yes	10-12	5-spice powder, Bay Leaves, Cumin, Dill, Italian seasoning, Poppy Seeds

Source: Herbs and Spices. Expanded Food and Nutrition Education (EFNEP) Program Blog. (Accessed at https://ncefnep.org/herbs-and-spices/)

Additional Resources

- **Herbs and Spices (Expanded Food and Nutrition Education Program):** https://ncefnep.org/herbs-and-spices/
- **Healthy Cooking with Herbs and Spices** (Oklahoma State University Extension): https://extension.okstate.edu/county/mcclain/media/docs/educational-lessons/herbs-and-spices-fact-sheet.pdf
- **Utilizing Herbs and Spices** (University of Wyoming Extension): https://uwyoextension.org/uwnutrition/newsletters/utilizing-herbs-and-spices/
- **Spice it Up** (NC Cooperative Extension – Guilford County): https://guilford.ces.ncsu.edu/2022/04/spice-it-up-3/
- **Common Herbs and Spices: How to Use Them Deliciously** (American Heart Association): https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/preparing/common-herbs-and-spices-how-to-use-them-deliciously

Healthy Meck thanks our partners at NC Cooperative Extension – Mecklenburg County for assembling these recipes and educational resources.