

COOKING WITH VEGGIES

PIRATES SPORTS NUTRITION AND FUELING TEAM

Eating enough vegetables during the day is necessary in order to get essential vitamins and minerals. However, many of us don't necessarily LOVE veggies but we know how important they are. We often get stuck in a rut with the same 2-3 veggie options simply because we don't know how to prepare different types or how to make them taste good. Here are some ways to prepare flavorful veggies to accompany your lean proteins at meals!



ASPARAGUS

Roasted Asparagus

Cut off woody ends. Pre-heat oven to 425 degrees. Spread asparagus in a single layer on a large baking sheet. Drizzle with olive oil and sprinkle with salt, pepper and garlic salt. Cook until tender (about 12-15 minutes).



GREEN BEANS

Green Beans with Almonds

Saute green beans in olive oil with chopped garlic and almond slivers or walnuts for a flavorful side of green beans.



CARROTS

Brown Sugar Glazed Carrots

Steam carrots in a steamer or use the frozen carrots that can be microwaved. Make a mixture of brown sugar, salt, butter and grated orange peel and heat until sugar is dissolved and mixture is bubbly. Coat carrots with the mixture. This will add a sweet side to your meal!



BRUSSEL SPROUTS

Apricot Glazed Brussel Sprouts

Steam brussel sprouts in a steamer or use frozen brussel sprouts and heat them in the microwave. Heat 1/2 cup apricot preserves and some lemon juice over low heat for 5-10 minutes or until uniform consistency. Coat cooked brussel sprouts in the mixture. You can also add chopped cashews for extra flavor.



EGGPLANT

Eggplant Rolls

Preheat the oven to 400 degrees. Trim the ends off the eggplant and cut into 1/4 inch slices, lengthwise. Brush both sides with olive oil and sprinkle with salt and pepper. Roast until tender 15-20 minutes. Add your favorite fillings, roll it up and secure it with a toothpick. Filling example: olives and feta cheese.



CAULIFLOWER

Cauliflower Mash

Cook 2 cups of cauliflower in a microwave with 2 Tbsp water for 9 minutes. Drain, add salt, pepper, garlic powder and 2 Tbsp butter. Mash by hand or with a food processor for a lighter alternative to mashed potatoes.



BROCCOLI

Roasted Broccoli

Preheat oven to 400 degrees. Trim broccoli and toss them in a bowl with olive oil, salt, pepper and garlic salt. Place on a baking sheet in a single layer and bake 15 minutes, or until slightly browned and tender. Other options are to add lemon for a little zing!

PEPPERS

Grilled Peppers

Preheat grill to medium high heat. Slice peppers in quarters. Lightly oil the grate and place peppers on the grill, inside facing down. Grill for 3-5 minutes and flip over. Fill the pepper with mozzarella cheese and a sprinkle of oregano.

BEETS

Roasted Beets

Preheat oven to 425 degrees. Cut beets into 1/2" chunks. Set on a baking sheet and drizzle with olive oil and sprinkle with salt and pepper. Roast until tender, about 25 minutes. Let beets cool. In a bowl, toss beets with a little balsamic vinegar and basil leaves.

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