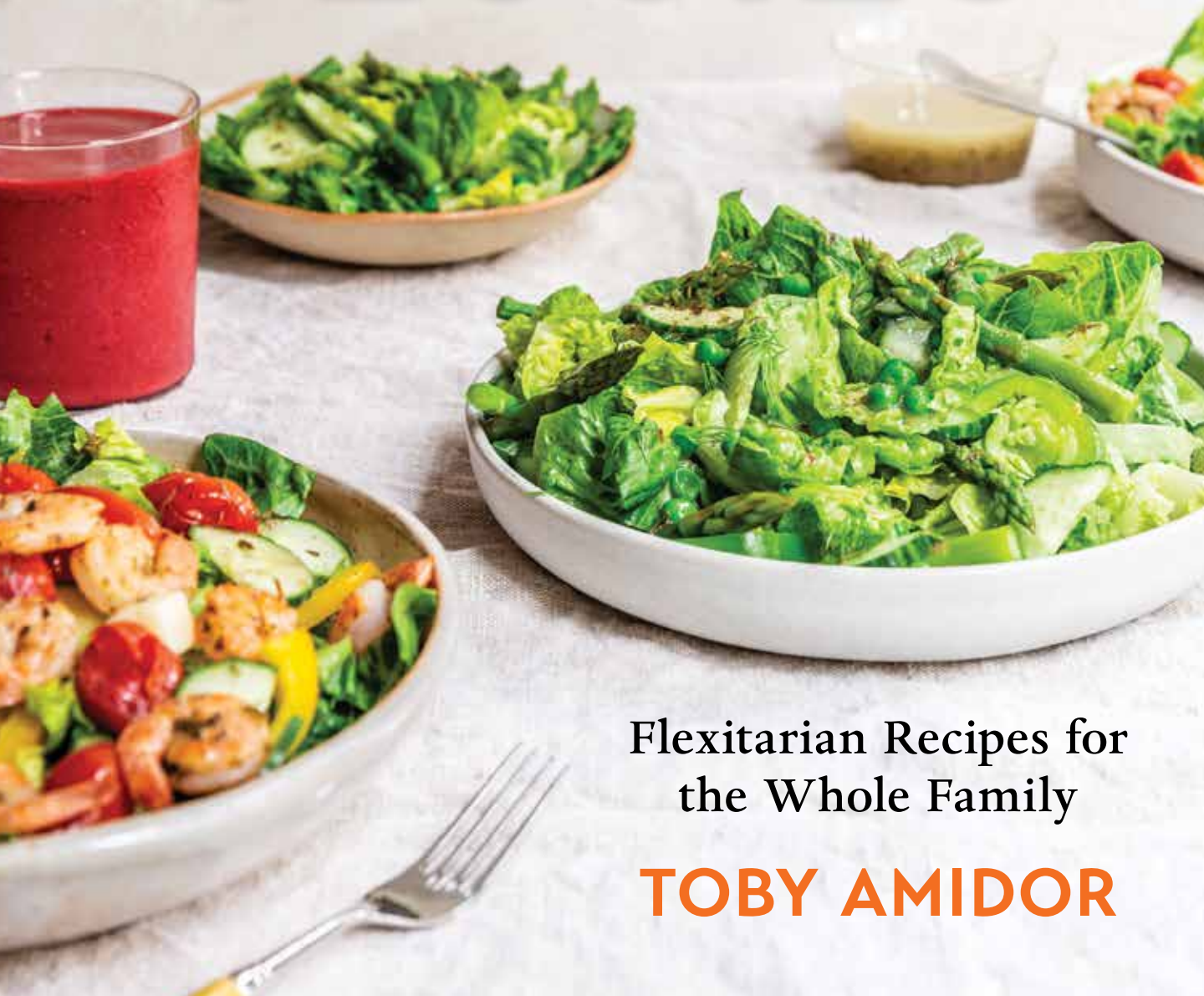


# UP YOUR VEGGIES



Flexitarian Recipes for  
the Whole Family

**TOBY AMIDOR**

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## INTRODUCTION

How many times have you heard a parent tell their kids to eat their veggies? (Or, is that the sound of your own voice you've heard?) Kids aren't the only problem though: in the U.S., only 1 in 10 adults meet the daily recommended vegetable intake while in Canada it's just 3 in 10 adults. Eating your vegetables daily can help provide your body with the nutrition it needs to thrive, plus research shows that it can help lower the risk of cardiovascular disease as well chronic diseases such as type 2 diabetes and cancer.

Vegetables also taste great! Different veggies can lend a range of flavors in many dishes from sweet to savory to umami. Plus, the variety of colors makes dishes more visually appealing. Have you ever been told that people eat with their eyes? If you see something with a pretty color or that looks attractive you are more likely to want to eat that food.

This purpose of this book is to encourage you to overcome popular barriers like taste, cost and time in order to eat more veggies. In this cookbook you will find 100 delicious plant-forward recipes that you can personalize to your liking as well as tips on how to use leftover vegetables to help minimize food waste and make sure you get every morsel out of your food dollar. The recipes in this book use accessible vegetables and keep prep and cooking time in mind. I've highlighted recipes that take 30 minutes or less, are easy to meal prep or are made in one pot.

However, vegetables aren't the only food that should be on your plate. To get the most nutrients and flavor from your meals, serve your veggies with starches, fruit, protein, healthy fat, milk and dairy foods or soy-milk beverages and soy yogurt. I've included many recipes that use plant-based foods like beans, peas, lentils, starches, nut and seeds or proteins like eggs, seafood, fish, chicken, beef, or pork to compliment the vegetables. You can always make easy swaps to personalize recipes to your preferences. For example, if you want to swap chicken for tofu then go for it! Just be mindful that it may change the cooking time.

This cookbook is truly a celebration of vegetables — their delicious flavors, gorgeous colors, and important contributions to overall health. Take the time to enjoy shopping for your vegetables in the produce aisle and when selecting them online. Don't be afraid to try new veggies that you see. And it doesn't matter which type of vegetable you choose — whether they are organic, conventional, local, or ugly. Be proud of the food you put on your plate and look for opportunities in your day to get more.

I hope you enjoy the vegetable-forward recipes in this cookbook. This book was made for you to be enjoyed by you any way you wish. Hopefully, it will help you to improve your health, and up your veggies and your recipe repertoire, too.

Happy, healthy cooking!

*Toby xxx*



## SALADS

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# RUBY RED SMOOTHIE

Red bell pepper in a smoothie? Absolutely! You only need half a red pepper to add a nice punch to this drink. Plus, one cup (250 mL) of chopped red bell pepper has three times more vitamin C than an orange!



**SERVES 2 | SERVING SIZE: 1 CUP (250 ML)**

## Blender



**3/4 cup (175 mL) frozen raspberries**

**1/4 English cucumber, roughly chopped**



**3/4 cup (175 mL) frozen strawberries**

**3/4 cup (175 mL) 100% pomegranate juice or cranberry juice**



**1/2 red bell pepper, seeded and quartered**



- 1 In a blender, combine the raspberries, strawberries, bell pepper, cucumber and pomegranate juice; blend on high speed until smooth, about 1 minute.
- 2 Divide evenly between two glasses and serve immediately.

### *Toby's Tips*

Look for 100% juice, which provides various phytonutrients. These nutrients are naturally found in food, help keep you healthy and may also aid in preventing disease.

#### NUTRITION INFORMATION (PER SERVING)

Calories: 123 • Total Fat: 1 g • Saturated Fat: 0 g  
Protein: 2 g • Total Carbohydrates: 30 g • Fiber: 6 g  
Sugars: 21 g • Sodium: 12 mg • Cholesterol: 0 mg





# GREEK SALAD SKEWERS



Food always tastes better on skewers! Enjoy these as a snack dipped in your favorite dressing, serve them as an appetizer at a dinner party or pack as part of a lunch. If you choose to prepare this recipe in advance, store the skewers in an airtight container in the refrigerator for up to 4 days.



**SERVES 4 | SERVING SIZE: 3 SKEWERS**



Twelve 4-inch (10 cm) skewers



1 medium green bell pepper, cut into twelve 1-inch (2.5 cm) pieces

12 pitted kalamata olives

3½ oz (110 g) feta cheese, cut into twelve 1-inch (2.5 cm) cubes

¼ English cucumber, sliced lengthwise and then cut into twelve 1-inch (2.5 cm) half moons

12 grape tomatoes

- 1 Thread each skewer with one each of the bell pepper, feta cheese, tomato, olive and cucumber.
- 2 Place skewers on a large serving platter; serve.

## *Toby's Tips*

Serve with the Easy Balsamic Vinaigrette (page XX) for dipping.

### NUTRITION INFORMATION (PER SERVING)

Calories: 104 • Total Fat: 7 g • Saturated Fat: 4 g  
Protein: 5 g • Total Carbohydrates: 5 g • Fiber: 1 g  
Sugars: 3 g • Sodium: 429 mg • Cholesterol: 22 mg



# UDON NOODLE AND SHRIMP SOUP

This one-pot meal is perfect to tote to work or school in an insulated food container. The shrimp provides a very lean source of protein, the noodles are your carbs, and the mushrooms, carrots, green onions and cilantro have your veggies covered.



**SERVES 4 | SERVING SIZE: 1<sup>2</sup>/<sub>3</sub> CUPS (400 ML)**



- |   |   |
|---|---|
| 3 oz (90 g) dried udon noodles          | 1/4 tsp (1 mL) ground black pepper  |
| 1 tbsp (15 mL) olive oil                | 8 oz (250 g) raw shrimp (size 26/30), thawed if frozen, peeled and deveined |
| 2 garlic cloves, minced                 | 2 green onions, sliced  |
| 10 oz (300 g) cremini mushrooms, sliced | 1/4 cup (60 mL) chopped fresh cilantro                                      |
| 3 medium carrots, chopped               | 1 tbsp (15 mL) freshly squeezed lime juice                                  |
| 4 cups (1 L) low-sodium vegetable broth | 2 tsp (10 mL) reduced-sodium soy sauce                                      |
| 2 cups (500 mL) water                   | 1 tsp (5 mL) sesame oil   |
| 1/2 tsp (2 mL) salt                     |   |
| 1/4 tsp (1 mL) ground ginger            |   |

- 1 Cook the noodles according to the package directions. Set aside.
- 2 In a large pot, heat the olive oil over medium heat until shimmering. Add the garlic and mushrooms; cook until the mushrooms soften, about 5 minutes. Add the carrots; cook until softened, about 5 minutes. Add the vegetable broth, water, salt, ginger and pepper; bring to a boil over high heat. Lower the heat to medium-low and simmer, stirring occasionally, until flavors combine, about 10 minutes.
- 3 Add the shrimp, green onions, cilantro, lime juice, and soy sauce; bring to a boil over high heat. Lower the heat to medium-low and simmer, stirring occasionally, until the shrimp is cooked through, about 2 minutes. Drizzle in the sesame oil.
- 4 To serve, ladle 1<sup>2</sup>/<sub>3</sub> cups (400 mL) into each of 4 bowls. Serve immediately.

## NUTRITION INFORMATION (PER SERVING)

Calories: 235 • Total Fat: 6 g • Saturated Fat: 1 g  
 Protein: 18 g • Total Carbohydrates: 27 g • Fiber: 4 g  
 Sugars: 5 g • Sodium: 626 mg • Cholesterol: 85 mg







# AVOCADO AND WHITE BEAN SANDWICH

Avocado and white bean not only taste great together, but they're super nutritious, too. Avocados provide heart healthy monounsaturated fat, along with the carotenoids lutein and zeaxanthin, which have been shown to keep eyes healthy as we age. Beans are filled with fiber and are a good source of iron, calcium and zinc.

**SERVES 4 | SERVING SIZE: 1 SANDWICH**

**1<sup>3</sup>/<sub>4</sub> cups (425 mL) canned low-sodium cannellini or great northern beans, drained and rinsed**  
**2 avocados, sliced**  
**1 tbsp (15 mL) freshly squeezed lime juice**  
**1 garlic clove, minced**  
**2 tbsp (30 mL) chopped fresh parsley**  
**2 tbsp (30 mL) chopped fresh cilantro**

**1/4 tsp (1 mL) salt**  
**1/8 tsp (0.5 mL) ground black pepper**  
**1/8 tsp (0.5 mL) hot pepper flakes**  
**8 slices 100% whole wheat bread, toasted**  
**4 oz (125 g) fire-roasted red bell peppers, cut into 4 even slices**  
**2 mini cucumbers, thinly sliced**

- 1 In a large bowl, add the beans; mash with a fork or potato masher. Add the avocado and lime juice; mash until combined. Add the garlic, parsley, cilantro, salt, black pepper and hot pepper flakes; mash until combined.
- 2 Place 4 slices of toasted bread on a cutting board. Onto each piece of bread, lay flat a slice of roasted red pepper and top with 1/2 cup (125 mL) avocado mixture. Using the back of a spoon, press down slightly. Top with half of one cucumber and a piece of bread.
- 3 Slice the sandwiches in half and serve immediately.

## Toby's Tips

Serve the avocado-bean mixture over a salad instead of on bread to make this recipe gluten-free.

### NUTRITION INFORMATION (PER SERVING)

Calories: 412 • Total Fat: 17 g • Saturated Fat: 3 g  
Protein: 17 g • Total Carbohydrates: 52 g • Fiber: 16 g  
Sugars: 7 g • Sodium: 650 mg • Cholesterol: 0 mg



# RED CABBAGE SLAW WITH MANDARINS AND ALMONDS



With the hustle and bustle of everyday life, it's good to have a few go-to recipes like this one to meal prep. I love this salad because the flavors just keep getting better as it sits in the fridge during the week. Prep it on Sunday and divide it into equal portions for easy access.



**SERVES 4 | SERVING SIZE: 1¼ CUPS (310 ML)**



2 tbsp (30 mL) red wine vinegar

2 medium carrots, shredded

1 tsp (5 mL) agave nectar or honey

1 cup (250 mL) mandarin orange fruit  
cup or canned mandarin oranges in  
100% juice or water, drained

½ tsp (2 mL) garlic powder

2 green onions, sliced

¼ tsp (1 mL) salt

¼ cup (60 mL) sliced unsalted almonds

⅛ tsp (0.5 mL) ground black pepper

¼ cup (60 mL) dried cranberries or dried  
tart cherries

¼ cup (60 mL) extra-virgin olive oil

4 cups (1 L) shredded red cabbage

- 1 In a small bowl, whisk together the red wine vinegar, agave nectar, garlic powder, salt and pepper. Slowly drizzle in the olive oil, whisking constantly, until incorporated.
- 2 In a large bowl, combine the cabbage, carrots, mandarin oranges, green onions, almonds and dried cranberries; toss to combine.
- 3 Drizzle the dressing onto the slaw and toss to coat. Cover the bowl and place in the refrigerator for at least 30 minutes or up to 5 days. Serve cold.

## Toby's Tips

Store extra-virgin olive oil in a cool, dark place away from any heat sources (so not next to the stove!).

### NUTRITION INFORMATION (PER SERVING)

Calories: 261 • Total Fat: 17 g • Saturated Fat: 2 g  
Protein: 3 g • Total Carbohydrates: 26 g • Fiber: 5 g  
Sugars: 19 g • Sodium: 195 mg • Cholesterol: 0 mg





# BRUSSEL SPROUTS, KALE AND FARRO BOWL

This recipe is everything I want from a bowl: a hearty base, tons of veggies and a crunchy finish.

**SERVES 4 | SERVING SIZE: 1 BOWL**

**Rimmed baking sheet lined with parchment paper or a silicone mat**

1 cup (250 mL) farro	¼ tsp + ⅛ tsp (1.5 mL) salt, divided
2 cups (500 mL) water	6 cups (1.5 L) chopped kale
1 cup (250 mL) low-sodium vegetable broth	2 medium carrots, shredded
1 lb (500 g) Brussel sprouts, halved	⅛ tsp (0.5 mL) ground black pepper
1 lb (500 g) butternut squash, cubed	¼ cup (60 mL) raw chopped walnuts
3 tbsp (45 mL) olive oil, divided	¼ cup (60 mL) crumbled goat cheese
2 tbsp (30 mL) honey	

**PREHEAT THE OVEN TO 425°F (220°C)**

- 1 In a medium saucepan, add the farro, water and vegetable broth; bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer until the farro is cooked through, about 30 minutes. Fluff the farro with a fork and set aside to cool slightly.
- 2 In a large bowl, combine the Brussel sprouts, butternut squash, 2 tbsp (30 mL) olive oil, honey and ¼ tsp (1 mL) salt. Spread the mixture onto the prepared baking sheet in a single layer.
- 3 Place the baking sheet in the preheated oven and roast until the vegetables begin to brown, about 25 minutes, turning the vegetables halfway through. Remove the baking sheet from the oven and set aside to cool slightly, about 5 minutes.
- 4 In a large skillet, heat the remaining 1 tbsp (15 mL) olive oil over medium heat until shimmering. Add the kale, carrots, remaining ⅛ tsp (0.5 mL) salt and pepper; cook until the kale has wilted and carrots have softened, about 3 minutes.
- 5 In each of 4 bowls, arrange ½ cup (125 mL) cooked farro and 1½ cups (375 mL) of the roasted vegetable mixture side-by-side. Top with about ½ cup (125 mL) of the carrot-kale mixture. Sprinkle with 1 tbsp (15 mL) each of the walnuts and goat cheese. Serve warm.

**NUTRITION  
INFORMATION  
(PER SERVING)**

Calories: 468 • Total Fat: 19 g • Saturated Fat: 3 g  
Protein: 16 g • Total Carbohydrates: 66 g • Fiber: 14 g  
Sugars: 14 g • Sodium: 397 mg • Cholesterol: 4 mg



# FLANK STEAK BOWL

## WITH BLACK BEANS, PEPPERS AND ONIONS



There is no need to eat out when you can make your own spin on fajitas for a fraction of the cost.



**SERVES 4 | SERVING SIZE: 1 BOWL**

- |   |  |
|---|--|
| 5 tbsp (75 mL) olive oil, divided         | 1 cup (250 mL) canned low-sodium black beans, drained and rinsed |
| ½ tsp (2 mL) garlic powder                | 1 garlic clove, minced   |
| ½ tsp (2 mL) onion powder                 | 1 medium onion, thinly sliced                                    |
| ½ tsp (2 mL) salt, divided                | 1 medium red bell pepper, cut into 1-inch (2.5 cm) strips        |
| ¼ tsp (1 mL) ground black pepper, divided | 1 medium green bell pepper, cut into 1-inch (2.5 cm) strips      |
| 12 oz (375 g) flank steak                 | 1 tsp (5 mL) dried oregano                                       |
| 1 cup (250 mL) long-grain brown rice      | ½ cup (125 mL) prepared tomato salsa                             |
| 2 cups (500 mL) water                     |  |

- 1 In a medium bowl, whisk together 2 tbsp (30 mL) olive oil, garlic powder, onion powder, ¼ tsp (1 mL) salt and ⅛ tsp (0.5 mL) black pepper.
- 2 Cut steak in half lengthwise. Then cut crosswise into ¼-inch (0.5 cm) thick slices and place in the medium bowl with the olive oil mixture; toss to coat. Cover and refrigerate for at least 20 minutes or up to 24 hours.
- 3 In a medium saucepan, add brown rice and water; bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, about 40 minutes. Set aside for 10 minutes then fluff with a fork. Add beans; stir to combine.
- 4 In a large skillet, heat 2 tbsp (30 mL) oil over medium heat until shimmering. Add garlic and cook until fragrant, about 30 seconds. Add onion, red bell pepper, green bell pepper, oregano, remaining ¼ tsp (1 mL) salt and remaining ⅛ tsp (0.5 mL) black pepper; stir and cook until softened, about 7 minutes. Transfer to a plate, reserving skillet.
- 5 In the skillet, heat the remaining 1 tbsp (15 mL) oil over medium-high heat until shimmering. In batches as necessary, remove steak from the bowl, allowing excess marinade to drip off, and add to skillet. Cook until beef reaches an internal temperature of 145°F (63°C), about 3 minutes per side.
- 6 In each of 4 bowls, spoon 1 cup (250 mL) rice mixture and gently push down with the back of a spoon. Arrange ⅔ cup (150 mL) vegetable mixture beside the rice. Top with about 3 oz (90 g) steak and 2 tbsp (30 mL) salsa.

### NUTRITION INFORMATION (PER SERVING)

Calories: 534 • Total Fat: 24 g • Saturated Fat: 4 g  
Protein: 27 g • Total Carbohydrates: 56 g • Fiber: 9 g  
Sugars: 5 g • Sodium: 657 mg • Cholesterol: 53 mg





## PESTO

This gorgeous green sauce makes a wonderful topper for fish, chicken or even soups and bowls.



**SERVES 8**

**SERVING SIZE: 1 TBSP (15 ML)**

**YIELD: ½ CUP (125 ML)**

**Food processor**

**¼ cup (60 mL) pine nuts**

**2 tbsp (30 mL) shredded Romano cheese**

**2 tbsp (30 mL) freshly squeezed lemon juice**

**1 garlic clove, crushed**

**¼ tsp (1 mL) salt**

**⅛ tsp (0.5 mL) ground black pepper**

**2 cups (500 mL) packed basil leaves**

**⅓ cup + 1 tbsp (90 mL) extra-virgin olive oil**

- 1 In a food processor, add the pine nuts, Romano cheese, lemon juice, garlic, salt and pepper; pulse until finely ground. Add the basil leaves; pulse until incorporated. With the motor running, slowly drizzle in the oil; pulse until a smooth paste forms.
- 2 Serve immediately or store in an airtight container in the refrigerator for up to 1 week.

### **NUTRITION INFORMATION (PER SERVING)**

**Calories: 151**

**Total Fat: 15 g • Saturated Fat: 2 g**

**Protein: 3 g • Total Carbohydrates: 5 g**

**Fiber: 3 g • Sugars: 0 g**

**Sodium: 109 mg • Cholesterol: 1 mg**

## LEMON VINAIGRETTE

This refreshing vinaigrette is my go-to salad dressing because it compliments pretty much any green salad. Enjoy over the All Greens Salad (page XX) and the Roasted Tomato and Shrimp Salad (page XX).



**MAKES ¾ CUP (175 ML)**

**SERVING SIZE: 2 TBSP (30 ML)**

**¼ cup (60 mL) apple cider vinegar**

**2 tbsp (30 mL) freshly squeezed lemon juice**

**2 tsp (10 mL) Dijon mustard**

**1 clove garlic, minced**

**1 tsp (5 mL) lemon zest**

**1 tsp (5 mL) dried oregano**

**1 tsp (5 mL) dried parsley**

**¼ tsp (1 mL) salt**

**⅛ tsp (0.5 mL) ground black pepper**

**½ cup (125 mL) extra-virgin olive oil**

- 1 In a medium bowl, whisk together the apple cider vinegar, lemon juice, Dijon mustard, garlic, lemon zest, oregano, parsley, salt and pepper. Slowly drizzle the olive oil, whisking constantly, until combined.
- 2 Store in an airtight container in the refrigerator for up to 2 weeks.

### **NUTRITION INFORMATION (PER SERVING)**

**Calories: 165**

**Total Fat: 19 g • Saturated Fat: 3 g**

**Protein: 0 g • Total Carbohydrates: 1 g**

**Fiber: 0 g • Sugars: 0 g**

**Sodium: 139 mg • Cholesterol: 0 mg**

# 100 PLANT-FORWARD RECIPES FOR THE WHOLE FAMILY

How many times have you heard a parent tell their kids to eat their veggies? Kids aren't the only problem though: in the U.S., only 1 in 10 adults meet the daily recommended vegetable intake while in Canada it's just 3 in 10 adults.

Whether you're a vegetarian, flexitarian or just looking to eat more plants, this book's for you. Bestselling author Toby Amidor wants to help you overcome popular barriers like taste, cost and effort in order to eat more vegetables, which can help provide your body with the nutrition it needs to thrive and help lower the risk of chronic diseases, including cardiovascular disease and type 2 diabetes.

In this cookbook you will find 100 delicious plant-forward recipes that you can personalize to your liking. Looking to serve yourself chicken but add a plant-based protein for a family member? Toby provides simple swaps to make sure everyone at the table is happy. She also keeps cooking time, budget and accessibility in mind. Recipes range from appetizers to bowls and include Roasted Carrot and Chickpea Dip, Speedy Vegetable Soup, Kale and Sweet Potato Salad with Shredded Chicken and Poached Egg Superfood Bowl.

*Up Your Veggies* is truly a celebration of vegetables — their delicious flavors, gorgeous colors, and important contributions to overall health.



## **Toby Amidor, MS, RD, CDN, FAND**

is a *Wall Street Journal* bestselling cookbook author, award-winning dietitian and spokesperson who believes that healthy and wholesome can also be appetizing and delicious. She is the author of nine cookbooks, including *The Best 3-Ingredient Cookbook* and *The Best*

*Rotisserie Chicken Cookbook* and *The Family Immunity Cookbook*, which won a Gourmand Award for Best Health Book. She is the founder of Toby Amidor Nutrition and the nutrition expert for FoodNetwork.com. She lives in New York.

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