

Easy Vegetable Frittata



Ingredients

6 eggs
¼ cup whole milk yogurt
1 cup shredded mozzarella cheese, divided
¼ cup red onions, chopped
1 cup mushrooms, chopped
8-10 stalks asparagus ends, trimmed and chopped
¼ cup cilantro, chopped
½ cup cherry tomatoes, sliced

Directions

1. Preheat the oven to 425° degrees.
2. Whisk together the egg, yogurt, half the shredded mozzarella cheese and salt & pepper; set mixture aside.
3. Heat olive oil in an oven safe pan or cast iron pan. Add onions, mushrooms, and asparagus and cook for 3-5 minutes until the vegetables soften.
4. Pour the egg mixture on top of the cooked vegetables. Place sliced cherry tomatoes on top and add the remaining cheese.
5. Bake uncovered in the preheated oven until the center is set, and not jiggly, about 10-15 minutes.

Source: [Feelgoodfoodie](#)

(Makes: 4 servings) (Cook Time: 25 minutes)

Stove Top Macaroni and Cheese



Ingredients

1 small head broccoli
5 ounces cheddar or Monterey Jack cheese
1 (16-ounce) package whole wheat macaroni
1½ tablespoons unsalted butter
2 tablespoons all-purpose flour
½ teaspoon salt
½ teaspoon ground black pepper
4 tablespoons light cream cheese
1½ cups nonfat milk

Directions

Rinse and chop broccoli. Grate cheddar or Monterey Jack cheese. In a microwave-safe bowl, add broccoli and just enough water to cover half-way. Heat in microwave until bright green and tender, about 6–8 minutes. Cook pasta following package directions. Drain in a colander and set aside. While pasta is cooking, make cheese sauce. In a small pot over medium heat, heat milk. When hot, remove from heat. Cover to keep warm. In a large pot over medium heat, melt butter. Add flour. Whisk with a fork, stirring constantly. Slowly add the warm milk. Stir constantly with a rubber spatula, until sauce thickens. Sauce should be thick enough to coat the back of a spoon. Stir in salt and black pepper. Add cream cheese, grated cheese, and broccoli. Stir until grated cheese is melted. Remove from heat. Add macaroni to cheese sauce. Stir to coat. (Makes: 16 servings) (Cook Time: 45 minutes)

Source: Cooking Matters

Hearty Lentil Soup



Source: Celebrate Your Plate

Ingredients

2 tablespoons olive oil or vegetable oil
1 yellow onion
4 cloves garlic, minced or 2
tablespoons garlic powder
4 carrots
4 stalks of celery
2 pounds potatoes
1 cup dried brown lentils
1 teaspoon dried rosemary (optional)
½ teaspoon dried thyme (optional)
2 tablespoons Dijon mustard
6 cups low sodium vegetable broth
1 cup frozen peas

(Makes: 8 servings) (Cook Time: 60 minutes)

Directions

1. Wash your hands, surfaces, utensils, and vegetables.
2. Dice onion, mince garlic and add to large pot with olive or vegetable oil and cook over medium heat for 3-5 minutes.
3. Dice celery and carrots and add to pot and cook for 3-5 more minutes.
4. Peel and cut potatoes into 1-inch cubes and add to pot along with lentils, Dijon mustard, vegetable broth and rosemary and thyme (if using).
5. Stir ingredients to combine, place lid on the pot, and increase heat to high until the stew reaches a boil. Once it reaches a boil, turn heat to low and simmer for 30

Grilled Veggie Skewers



(Makes: 4 servings) (Cook Time: 20 minutes)

Ingredients

1 fresh pineapple, cut into chunks
2 medium zucchinis, cut into 1-inch slices
2 medium yellow squash, cut into 1-inch slices
½ pound whole fresh mushrooms
1 medium red onion, cut into chunks
12 cherry tomatoes

1 medium red bell pepper, cut into chunks
8 bamboo skewers, soaked in water for 20 minutes
⅓ cup olive oil
1 ½ teaspoons dried basil
¾ teaspoon dried oregano
½ teaspoon salt
⅛ teaspoon ground black pepper

Directions

Preheat a grill for medium heat and lightly oil the grate. Alternately thread pineapple chunks, zucchini slices, yellow squash slices, mushrooms, onion chunks, tomatoes, and bell pepper chunks onto skewers.

Whisk olive oil, basil, oregano, salt, and black pepper in a bowl; brush some of the mixture over vegetables.

Cook skewers on the preheated grill until vegetables are tender. Turn and baste vegetables with remaining olive oil mixture occasionally, 10 to 15 minutes.

Source: https://www.allrecipes.com/recipe/229166/grilled-veggie-skewers/?utm_source=emailshare&utm_medium=social&utm_campaign=shareurlbuttons