

HEALTHY SOMERSET RECIPES

Mexican Veggie Bake

Ingredients:

- Cooking oil spray
- 2 zucchini or yellow summer squash, washed
- 1 green or red bell pepper, washed
- 1 (15 ounce) can corn, drained
- 1 (15 ounce) can black beans, rinsed and drained
- 1 jar mild or medium salsa
- 1 cup baked tortilla chips, crushed
- 1 cup sharp cheddar cheese, grated



Directions:

1. Preheat oven to 400°.
2. Spray a 9x13 baking pan or one of similar size with cooking oil spray.
3. Chop squash and pepper into cubes.
4. Combine vegetables with the salsa in a mixing bowl and pour into the pan.
5. Cover with foil and bake for 20 minutes.
6. Remove foil. Top mixture with chips and shredded cheese. Bake uncovered for 5 —10 more minutes.

Summer Squash Medley

Ingredients:

- 2 Tablespoons vegetable oil
- 1 yellow summer squash, washed and sliced
- 1 zucchini, washed and sliced
- 1 onion, chopped
- ¼ teaspoon garlic powder
- Salt and pepper to taste
- 1 (14.5 ounce) can diced Italian tomatoes
- Parmesan cheese, grated

Directions:

1. In large pan over medium heat, add oil.
2. Add squash and onion. Cook on medium heat until tender, about 10 minutes, stirring often.
3. Add tomatoes and simmer 5 minutes.
4. Season with garlic powder, salt and pepper to taste.
5. Serve warm, topped with parmesan cheese.



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Crispy Crunchy Eggplant Sticks

Ingredients:

- 1 large eggplant, washed and sliced into finger-sized sticks
- Cooking oil spray
- 1 Tablespoon vegetable oil
- Pepper to taste
- 1 cup seasoned breadcrumbs
- 1/2 cup Parmesan cheese, grated
- 1 large egg

Directions:

1. Preheat the oven to 450 degrees.
2. Spray a large baking sheet with cooking oil spray.
3. In a large bowl, add the eggplant, oil, salt, and pepper.
4. In a small bowl, crack the egg and beat lightly.
5. In a shallow dish, mix the breadcrumbs and Parmesan cheese.
6. Dip each eggplant stick first in the egg, and then in the breadcrumb mix, turning to coat on all sides. Place each slice on the baking sheet.
7. Bake in the oven for ten minutes until golden brown and crispy.



Cabbage Stir-fry

Ingredients:

- 1 Tablespoon vegetable oil
- 1 small head cabbage, washed and chopped
- 1 medium onion, chopped
- 2-4 cloves garlic, chopped
- 2 medium green or red peppers, washed and chopped
- 2-4 Tablespoons soy sauce (to taste)

Directions:

1. Wash peppers and cabbage before chopping.
2. Heat oil in a large skillet.
3. Add onions, peppers, cabbage, and garlic to skillet and cook over medium heat until vegetables are tender.
4. Add soy sauce and stir until sauce boils.
5. Refrigerate leftovers.