

HEALTHY SOMERSET RECIPES

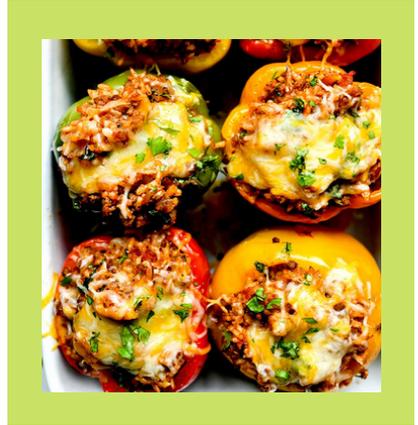
Stuffed Peppers

Ingredients:

- Cooking oil spray
- 1 medium onion, chopped
- 3 cups cooked brown rice
- 1 (15 ounce) can diced tomatoes
- 1 (15 ounce) can black beans, rinsed and drained
- 4 large green peppers, washed
- 1 cup low-moisture part-skim mozzarella cheese, shredded
- ½ cup water

Directions:

1. Preheat oven to 350 degrees.
2. Spray a 9 x 13 pan with cooking oil spray.
3. In a large bowl, mix onion, rice, tomatoes and beans. Set aside.
4. Cut tops off peppers and remove seeds from inside.
5. Pour ½ cup water in the 9x13 pan.
6. Fill peppers with rice mixture and place in pan.
7. Sprinkle shredded cheese on the stuffed peppers.
8. Bake for 30-40 minutes or until peppers are tender.



Oven Roasted Vegetables

Ingredients:

- 4 cups of vegetables such as broccoli, squash, carrots, peppers
- 2 Tablespoons vegetable oil
- 4 Tablespoons vinegar
- ½ teaspoon each garlic powder, oregano and pepper
- 1 teaspoon basil

Directions:

1. Preheat oven to 425 degrees F.
2. Place all ingredients in a 9 x 13 inch baking dish or a pan of similar size.
3. Toss vegetables to coat completely with seasonings and oil.
4. Cover with foil and bake for 40 minutes or until tender.

HEALTHY SOMERSET RECIPES

Cucumber Salad

Ingredients:

- 2 English cucumbers or 4 medium cucumbers
- ½ cup low-fat sour cream, plain yogurt, or Greek yogurt*
- 1 tablespoon white vinegar
- 1 teaspoon sugar
- 1 tablespoon chopped fresh dill or 1 teaspoon dried dill
- Salt and pepper to taste



Directions

1. Peel the cucumbers if desired and thinly slice them with a knife or a mandolin slicer. Put them in a large salad bowl.
2. In a medium bowl whisk together the yogurt, vinegar, sugar, and dill. Add salt and pepper to taste.
3. Pour dressing over cucumber slices and toss until combined. Cover and let chill in the fridge for at least 4 hours or overnight.
4. Serve with a slotted spoon.

Veggie Quesadillas

Ingredients:

- 1 zucchini, washed and chopped
- ½ broccoli head, washed and chopped
- 1 green bell pepper, washed, seeded, and chopped
- 1 small onion, peeled and chopped
- 1 carrot, washed and shredded
- 4 whole wheat or corn tortillas
- 1 cup low-fat cheddar cheese, shredded
- ½ cup salsa
- Cooking oil spray

Directions:

1. Spray pan with cooking oil spray.
2. Cook vegetables on medium heat for 4-5 minutes, stirring frequently. Remove from pan.
3. Spray pan with cooking spray. Place tortilla in the pan. Sprinkle with half the vegetables and half of the cheese.
4. Place the other tortilla on top. Cook on medium heat for 4-6 minutes or until the cheese starts to melt and the bottom tortilla starts to brown.
5. Flip quesadilla. Cook for 4 minutes or until tortilla browns.
6. Repeat steps 3-5 for each quesadilla.
7. Cut each quesadilla in half. Serve with salsa.