



# Tasty, Easy Vegetable Recipes

**35 Vegetable Side Dishes, Dinners, and More**



**A Free eCookbook from the Mr. Food Test Kitchen**

**"OOH IT'S SO GOOD!!®"**



## **Tasty, Easy Vegetable Recipes: 35 Vegetable Side Dishes, Dinners, and More**

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Dear Friend,

Sometimes, one of the hardest things to do is get everyone to eat their veggies. French fries and potato chips are just more fun to eat than cucumbers and carrots. With these awesome recipes, however, you will have no trouble gettin' the whole family to eat and enjoy veggies. From okra to zucchini, these tasty and easy recipes are sure to have everyone beggin' for more.

Start any dinner party or holiday dinner with some delicious appetizers such as **Crunchy Zucchini Strips** (page 2) and **Fried Green Tomatoes** (page 5). These delightful recipes are gonna be new family favorites. Everyone you serve them to is guaranteed to go back for more. What's better than fried veggies?!

We've also included a bunch of amazing potluck and dinner recipes that are sure to be crowd-pleasers. Make something hearty like the **Sweet Potato Black Bean Chili** (page 26) for dinner, and everyone will be super impressed with your culinary skills. Take the **Hearty Squash Casserole** (page 9) to a potluck and watch as everyone lines up for their servin'. All of these fabulous recipes are healthy, tasty, and super easy.

A tasty side dish and a big salad are perfect pairs to any main course you're preparin' for dinner. Whip up some **Homestyle Green Beans** (page 11) or the **Best Broccoli Salad** (page 21) and serve with some chicken for a complete meal.

Finally, there are some classic veggie dishes that everyone knows, loves, and typically eats for the holiday. We've included our own versions of these yummy recipes, like **New Green Bean Casserole** (page 33). These will become new classics after the first time you make them for Christmas or Thanksgiving. All of these tasty veggie recipes will leave you saying...

"OOH IT'S SO GOOD!!®"

Kelly Howard Patty



P.S. Enjoy this eCookbook filled with 35 delicious vegetable recipes. Remember, our *Easy Pasta Recipes: 31 Best Pasta Recipes* eCookbook is available FREE, with many others also available on [www.MrFood.com](http://www.MrFood.com). Go on, tell your friends to visit [MrFood.com](http://MrFood.com), so they too can get their very own FREE copies!

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# Easy Corn Fritters

Our recipe for Easy Corn Fritters is a take-off on a traditional American classic. We've made it as easy as possible 'cause, after all, isn't that what we need these days?

**Makes:** about 2 dozen

**Cooking Time:** 15 min

## What You'll Need:

1-3/4 cups all-purpose flour  
2 teaspoons baking powder  
2 teaspoons salt  
1/2 teaspoon black pepper  
2 eggs, beaten  
1/2 cup salsa  
1 (14-3/4-ounce) can cream-style corn  
1 cup fresh or frozen corn (thawed if frozen)  
1/4 cup vegetable oil or more if needed



## What To Do:

1. In a large bowl, combine flour, baking powder, salt, and pepper. Add eggs and salsa; mix well. Stir in both corns.
2. In a large skillet over medium heat, heat 1 tablespoon oil. Drop batter into hot skillet 1 tablespoonful at a time and cook 4 to 5 minutes, or until golden, turning fritters halfway through cooking. Remove to a covered platter.
3. Add another tablespoon oil to skillet. When hot, repeat with remaining batter, adding more oil as needed.



Our Easy Corn Fritters can be served with an omelet instead of home fries, as an appetizer by themselves, or with warm salsa for dipping.

# Crunchy Zucchini Strips

We've all had fried eggplant, and now it's time zucchini had a turn. Don't take our word for it...whip up some of these Crunchy Zucchini Strips today!

**Makes:** about 48 zucchini strips

**Cooking Time:** 5 min

## What You'll Need:

3 zucchini (about 1 pound total)  
1 teaspoon salt  
1/2 cup all-purpose flour  
1-1/2 cups Italian-flavored bread crumbs  
2 eggs  
2 tablespoons milk  
2 cups vegetable oil



## What To Do:

1. Cut each zucchini in half crosswise then cut each half lengthwise into French fry-like strips. Place zucchini in a medium bowl and sprinkle with salt; toss to evenly coat.
2. Place flour and bread crumbs each in a separate shallow dish. In another shallow dish, whisk together the eggs and milk. Coat each zucchini strip in flour then dip in egg mixture and coat completely with bread crumbs; set aside on a platter.
3. In a large skillet, heat oil over medium-high heat until hot but not smoking. Fry zucchini strips a few at a time for 3 to 4 minutes, until golden on all sides, turning frequently. Drain on paper towels and serve immediately.



If you cook your zucchini strips in a tabletop deep fryer, they come out really crisp and golden.

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# My Aunt's Veggie Dip

Break out the fresh veggies and pita chips because once your guests get ahold of Aunt Helen's famous veggie dip, it's going to disappear in a flash!

**Yields:** 4 cups

**Chilling Time:** 1 hr

## What You'll Need:

2 (8-ounce) packages cream cheese, softened  
3/4 cup ranch dressing  
2 cups fresh or frozen corn (thawed if frozen)  
1/2 red bell pepper, diced  
3 scallions, sliced  
1 (2-1/4-ounce) can sliced black olives, drained and coarsely chopped  
1/4 teaspoon cayenne pepper



## What To Do:

1. In a large bowl, mix cream cheese and ranch dressing. Stir in remaining ingredients; mix well.
2. Spoon into a serving bowl, cover, and refrigerate 1 hour, or until ready to serve.



Serve with pita chips or fresh veggies.

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# Six Layer Dip

A winner every time, Six Layer Dip has got lots of tasty layers without taking lots of work!

**Serves:** 8

**Preparation Time:** 5 min

## What You'll Need:

- 1 (16-ounce) can refried bean
- 1 (8-ounce) container prepared guacamole
- 1 (16-ounce) container sour cream
- 1 (1-ounce) package dry taco seasoning mix
- 2 cups (8 ounces) shredded Mexican cheese blend
- 1 ripe tomato, chopped
- 4 scallions (green onions), thinly sliced



## What To Do:

1. Spread refried beans over a 12-inch round serving platter then spread guacamole over beans.
2. In a medium bowl, combine sour cream and taco seasoning; mix well then spread over guacamole. Sprinkle with cheese then the tomato, followed by the scallions. Serve immediately, or cover and chill until ready to serve.



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# Fried Green Tomatoes

Looking for an easy recipe for Fried Green Tomatoes? Mr. Food has the answer with this down-home Southern classic you can make no matter where you live!

**Serves:** 6

**Preparation Time:** 25 min

## What You'll Need:

1 egg  
1/4 cup water  
1-1/2 teaspoons salt  
1/2 teaspoon black pepper  
5 green tomatoes, cored and cut into 1/4-inch slices (see Note)  
1 cup all-purpose flour  
1 cup self-rising white cornmeal mix  
1-1/2 cups vegetable oil



## What To Do:

1. In a large bowl, combine egg, water, salt, and pepper; mix well. Add tomato slices in batches, turning to coat well.
2. In a shallow dish, combine flour and cornmeal mix; mix well. Dip each tomato slice in flour mixture, coating completely.
3. In a large skillet, heat oil over high heat until hot but not smoking. Fry tomato slices in batches 2 to 3 minutes per side, or until golden.
4. Drain on a paper towel-lined platter, then serve.



Green tomatoes are available in the early summer in most supermarkets, and with their popularity growing all around the country, you can often find them during the rest of the year in specialty and health food markets.

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# Country Corn Casserole

There's no reason to buy ready-made for the biggest holidays of the season, when a homestyle go-along like our tasty Country Corn Casserole is so easy to make. This hearty veggie bake fits Thanksgiving and Christmas perfectly!

**Serves:** 4

**Cooking Time:** 40 min

## What You'll Need:

2 cups frozen corn kernels, thawed  
1 teaspoon sugar  
1 teaspoon vanilla extract  
1 teaspoon salt  
1/4 teaspoon black pepper  
2 eggs, beaten  
1 cup milk  
1 tablespoon butter, melted  
2 tablespoons cracker crumbs (see Note)



## What To Do:

1. Preheat oven to 350 degrees F. Mix first 7 ingredients together in a large bowl. Pour into a 1-1/2-quart ungreased casserole dish.
2. Combine butter and cracker crumbs and sprinkle evenly over top of the casserole.
3. Bake 40 to 50 minutes, until set.



Use either saltine or Ritz®-type crackers to make crumbs.

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# Tomato Pesto Potluck Pie

Want to be the "top tomato" at your next potluck party? Then whip up our easy, cheesy Tomato Pesto Potluck Pie that's packed with yummy Italian ingredients sure to make you a hero.

**Serves:** 10

**Cooking Time:** 35 min

## What You'll Need:

1 rolled refrigerated pie crust  
1 (8-ounce) package cream cheese, softened  
1/2 cup ricotta cheese  
2 eggs  
1/4 grated Parmesan cheese  
1/3 cup sliced sun-dried tomatoes  
1 tablespoon prepared pesto  
1/4 cup sliced almonds



## What To Do:

1. Preheat oven to 350 degrees F. Unroll pie crust and place in a 9-inch pie plate; flute edges.
2. In a large bowl, combine cream cheese and ricotta cheese; blend well with an electric mixer on high speed. Add eggs, one at a time, and beat well with the electric mixer after each addition. Stir in Parmesan cheese, sun-dried tomatoes, and pesto; pour into crust. Sprinkle with sliced almonds.
3. Bake 35 to 40 minutes or until a knife inserted in center comes out clean. Allow to cool to room temperature and cut into wedges to serve.



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# Lovin' Onions

If you've never eaten onions baked like this...boy, are you in for a treat! You're gonna love 'em (and you'll love how easy they are)!

**Serves:** 8

**Cooking Time:** 40 min

## What You'll Need:

1 tablespoon butter  
7 onions, coarsely chopped (about 7 cups)  
1/2 cup self-rising flour  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1-1/4 cups (5 ounces) shredded Cheddar cheese, divided  
1-1/4 cups (5 ounces) shredded Monterey jack cheese, divided  
1 tablespoon jarred jalapeno peppers, drained and chopped, optional



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 1-1/2-quart casserole with cooking spray.
2. In a large skillet over medium-high heat, melt butter. Add onions and sauté about 10 minutes, or until softened.
3. Meanwhile, in a medium bowl, combine flour, salt, and pepper. Add 1 cup of each cheese; mix well. Add jalapeño peppers, if desired, and cooked onions; mix well. Pour into prepared casserole dish. Combine remaining cheese and sprinkle evenly over onion mixture.
4. Bake 30 minutes, or until cheese is melted and bubbly.



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# Hearty Squash Casserole

This is a side dish often found at Southern "supper gatherings." It's topped with lots of melted cheese, and it's bound to make squash lovers out of everyone!

**Serves:** 4

**Cooking Time:** 40 min

## What You'll Need:

2 eggs  
1 tablespoon sugar  
1-1/2 cups shredded sharp Cheddar cheese, divided  
1/2 cup mayonnaise  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 pound yellow summer squash, cut into 1/4-inch slices  
1/4 cup plain bread crumbs



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 1-1/2-quart casserole dish with cooking spray; set aside.
2. In a large bowl, with a fork, beat eggs and sugar until frothy. Add 1 cup cheese, the mayonnaise, salt, and pepper; mix well. Stir in squash and pour mixture into prepared casserole dish.
3. Sprinkle with bread crumbs and bake 30 minutes. Remove from oven, top with remaining cheese, and bake an additional 10 to 15 minutes, until heated through and cheese is golden.



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# Easy Cauliflower Au Gratin

Get even your most finicky veggie eaters to eagerly gobble down our creamy Easy Cauliflower Au Gratin! This tasty veggie oven bake can be thrown together in a snap, using convenient frozen and refrigerated basics!

**Serves:** 6

**Cooking Time:** 35 min

## What You'll Need:

2 eggs  
1 (10-ounce) can cream of mushroom soup  
1/2 cup sour cream  
2 tablespoons butter, melted  
1/4 cup chopped onion  
2 cups shredded sharp Cheddar cheese, divided  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 (14-ounce) bag frozen cauliflower florets, thawed  
3/4 cup French fried onions



## What To Do:

1. Preheat oven to 350 degrees F. Coat an 8- x 8-inch baking dish or 2-quart casserole dish with cooking spray.
2. In a large bowl beat eggs. Add soup, sour cream, butter, onion, 1 cup cheese, salt and pepper, mix well. Stir in cauliflower.
3. Pour into prepared baking dish. Sprinkle with remaining cheese and French fried onions. Bake 35 to 40 minutes or until golden and bubbly.



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# Homestyle Green Beans

When we think of country cooking, we definitely think of it including lots of produce right from the field. This recipe came from a viewer who told me she likes to sauté Italian green beans from her husband's garden with tomatoes that she dried from the fall harvest. It's very trendy today yet country-delicious. To make it really easy, we substituted frozen Italian beans and a jar of sun-dried tomatoes.

**Serves:** 6

**Cooking Time:** 10 min

## What You'll Need:

2 tablespoons butter  
1/2 cup dry-packed sun-dried tomatoes, reconstituted and slivered (see Note)  
1/3 cup chopped walnuts  
2 garlic cloves, minced  
3 (9-ounce each) packages frozen Italian green beans, thawed  
3/4 teaspoon salt



## What To Do:

1. Melt butter in a medium skillet over medium-high heat.
2. Add sun-dried tomatoes, walnuts, and garlic and sauté 1 minute.
3. Add green beans and salt and sauté 6 to 7 minutes, or until beans are tender. Serve immediately.



Sun-dried tomatoes also come packed in oil. If you want to use those, just drain them then sauté in the oil instead of the butter.

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# Fried Cabbage

Just turn up the heat and start the fryin'. Then watch them follow their noses right to the kitchen table! This easy cabbage recipe can be made right on your stovetop--it doesn't get much simpler than that! Plus, it only uses five ingredients, so you're able to throw it together in a snap.

**Serves:** 6

**Cooking Time:** 40 min

## What You'll Need:

1/4 pound bacon  
1 head cabbage, coarsely chopped  
1/4 cup (1/2 stick) butter  
1 teaspoon salt  
1/4 teaspoon black pepper



## What To Do:

1. In a large pot, cook bacon over medium-high heat until crisp. Remove bacon from pot and crumble; set aside.
2. Add remaining ingredients to pot. Reduce heat to low, cover, and cook 30 to 35 minutes, or until cabbage is tender, stirring frequently.
3. Sprinkle with crumbled bacon, toss, and serve.



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# Baked Stuffed Peppers

Our over-stuffed veggie Baked Stuffed Peppers are a super change-of-pace easy side dish. Colorful red and green bell peppers serve as tasty edible bowls for a stuffing that teams with any main dish.

**Serves:** 4

**Cooking Time:** 25 min

## What You'll Need:

1/4 cup olive oil  
1 onion, chopped  
4 garlic cloves, minced  
1 ripe tomato, finely chopped  
1/4 cup chopped fresh parsley  
3/4 cup Italian bread crumbs  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
2 red or green bell peppers, split lengthwise and cleaned  
1 tablespoon grated or shredded Parmesan cheese  
1/4 cup water



## What To Do:

1. Preheat oven to 400 degrees F. Coat an 8-inch square baking dish with cooking spray.
2. In a large skillet over high heat, heat olive oil; saute onion and garlic 4 to 5 minutes, or until softened. Remove from heat and add tomato, parsley, bread crumbs, salt, and pepper; mix well.
3. Evenly fill each pepper half with mixture and place in prepared baking dish. Sprinkle with Parmesan cheese, then pour water into bottom of baking dish.
4. Bake 20 to 30 minutes, or until golden and tender.



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# Amish Harvest Tomatoes

This Amish farm favorite is made from ruby red tomatoes that are bathed in a tangy homemade marinade. Take advantage of your homegrown tomatoes or the ruby red beauties at the market and team this healthy salad with any of your main dishes.

**Serves:** 6

**Chilling Time:** 4-6 hours

## What You'll Need:

3 large tomatoes, cored and cut into 1-inch chunks

1 large onion, sliced very thin

1 teaspoon dried Italian seasoning

1/2 cup vegetable oil

1/2 cup apple cider vinegar

1/3 cup sugar

1 teaspoon salt

1/4 teaspoon black pepper



## What To Do:

1. In a large bowl, combine tomatoes, onion, and Italian seasoning; set aside.
2. In a small bowl, whisk together oil, vinegar, sugar, salt, and pepper, until sugar is dissolved. Pour over tomato mixture, stir, and cover with plastic wrap.
3. Refrigerate 4 to 6 hours or overnight.



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# Amish Chow Chow Relish

Amish Chow Chow is a relish that pairs with everything. Its tangy vinegar marinade jazzes up veggies like cauliflower and green and yellow wax beans to the point that second helpings will be in order.

**Yields:** 10 cups

**Preparation Time:** 10 min

## What You'll Need:

2 cups frozen cauliflower, thawed and cut into small pieces  
2 cups frozen sliced carrots, thawed  
2 cups frozen cut green beans, thawed  
2 cups frozen cut yellow wax beans, thawed  
1 (15-ounce) can red kidney beans, rinsed and drained  
1 large onion, coarsely chopped  
1/2 red bell pepper, cut into 1/2-inch pieces  
2 cups water  
1 cup white vinegar  
2-1/2 cups sugar  
1/2 teaspoon celery seed  
1/4 teaspoon turmeric  
1/2 teaspoon salt



## What To Do:

1. In a large heat-proof bowl, combine all vegetables; set aside.
2. In a medium saucepan, bring water, vinegar, sugar, celery seed, turmeric, and salt to a boil over high heat; stir occasionally. Pour over vegetables; mix gently.
3. Let mixture sit until cool then cover and refrigerate until ready to serve.



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# Homemade Microwave Pickles

Never made your own pickles? What are you waiting for?! With the help of the microwave, we can make pickles way faster than our grandmas ever could, and now we can have them homemade whenever we want!

**Makes:** 2 cups

**Chilling Time:** 2 hr

## What You'll Need:

1 large cucumber, thinly sliced  
1 onion, thinly sliced  
3/4 cup sugar  
1/2 cup white vinegar  
1/2 teaspoon mustard seed  
1/4 teaspoon celery seed  
1/4 teaspoon turmeric  
1 teaspoon salt



## What To Do:

1. In a microwaveable 2-quart bowl, combine all ingredients; mix well.
2. Microwave uncovered at 80% power 5 minutes, stirring halfway through. Allow pickles to cool.
3. Cover and chill at least 2 hours before serving.



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# Dutch Red Cabbage

Move over, boring side dishes! Our Dutch Red Cabbage is an old favorite that we know you're gonna love.

**Serves:** 10

**Cooking Time:** 40 min

## What You'll Need:

1 red cabbage, shredded (about 2-3/4 pounds)  
2 Granny Smith apples, peeled and chopped  
1/4 cup butter  
1/4 cup dry red wine  
1/3 cup brown sugar  
1-1/2 teaspoons salt  
1/4 teaspoon black pepper  
1/4 teaspoon ground cloves  
1/2 cup coarsely chopped cooked bacon



## What To Do:

1. In a large soup pot over medium heat, combine all ingredients; bring to a boil. Cover and reduce heat to low.
2. Simmer 30 minutes, or until cabbage is tender, stirring occasionally.



Red wine vinegar can be substituted for wine. Just add an additional 1/4 cup sugar.

# Roasted Country Vegetables

If you're looking for the perfect side dish to go with your chicken, meat loaf, pork chops, or steak, then look no further. Our Roasted Country Vegetables are so easy to make and will complement whatever main dish you've cooked up!

**Serves:** 6

**Cooking Time:** 30 min

## What You'll Need:

1/3 cup olive oil  
1 teaspoon garlic powder  
1 teaspoon salt  
1/2 teaspoon black pepper  
1 head cauliflower, cut into florets  
1 red bell pepper, cut into 1-inch chunks  
1 onion, peeled and cut into 1-inch chunks  
3 carrots, peeled and cut into 1-inch chunks



## What To Do:

1. Preheat oven to 425 degrees F. Coat a rimmed baking sheet with cooking spray.
2. In a large bowl, combine oil, garlic powder, salt, and black pepper; mix well. Add vegetables to mixture, tossing until evenly coated. Place on prepared baking sheet.
3. Bake 30 to 35 minutes, or until tender.



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# Roasted Rainbow Cauliflower

Roasting vegetables is a great way to prepare them, as it allows the natural sugars to develop. It's even better when the veggies you're cooking have a rainbow of colors, like these yellow and purple varieties of cauliflower. It's almost too pretty to eat...almost!

**Serves:** 6

**Cooking Time:** 25 min

## What You'll Need:

1/4 cup olive oil  
1/2 teaspoon garlic powder  
1/4 teaspoon onion powder  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 head Rainbow Cauliflower, cut into 1-inch florets



## What To Do:

1. Preheat oven to 425 degrees F.
2. In a large bowl, combine olive oil, garlic powder, onion powder, salt, and pepper. Add cauliflower and gently toss until evenly coated. Place on rimmed baking sheet.
3. Bake 25 to 30 minutes, or until tender, turning once halfway through cooking.



If you cannot locate rainbow cauliflower by Salad Savoy, regular cauliflower will work as well.

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# Okra and Corn Skillet

Mmm, once you taste this favorite Southern side dish packed with bacon, you'll be hooked! This homestyle recipe is guaranteed to be partnering with all kinds of main dishes on your dinner table throughout the year.

**Serves:** 6

**Cooking Time:** 15 min

## What You'll Need:

5 slices bacon  
1/2 large red bell pepper, chopped  
3 scallions, thinly chopped  
1 (16-ounce) package frozen sliced okra, thawed  
1 (15-1/2-ounce) can whole-kernel corn, drained  
1 tomato, chopped  
1/4 teaspoon black pepper



## What To Do:

1. In a large skillet, cook bacon until crisp; drain on a paper towel-lined platter then crumble and set aside.
2. In the same skillet, sauté the red pepper and scallions over medium heat for 3 to 5 minutes, or until tender. Stir in okra, corn, tomato, salt, and black pepper, and cook 5 minutes, or until heated through. Stir in bacon and serve.



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# Best Broccoli Salad

We've got what we think is the Best Broccoli Salad, and we're betting you'll agree! This garden-fresh broccoli salad that's tossed in a creamy homemade dressing and livened up with a few surprises is sure to be one of your favorite easy salad recipes for potluck parties!

**Serves:** 6

**Chilling Time:** 4 hrs

## What You'll Need:

1-1/2 cups mayonnaise  
1/2 cup sour cream  
1/4 cup sugar  
1 bunch broccoli, cut into small florets (see Note)  
1/2 head cauliflower, cut into small florets (see Note)  
1 small red onion, chopped  
1 cup shredded sharp Cheddar cheese  
1 (3-ounce) container real bacon bits



## What To Do:

1. In a large bowl, combine mayonnaise, sour cream, and sugar; mix well. Add remaining ingredients; mix until well combined.
2. Cover and chill at least 4 hours before serving.



Make sure to cut the broccoli and cauliflower into very small florets.

This is even better if it's made a few days in advance and allowed to marinate in the fridge.

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# Chilled Stacked Salad

Chilled Stacked Salad is a colorful and easy make-ahead layered salad that is perfect for easy summer entertaining. It's among our favorite easy salad recipes for potluck parties. We know once you start stacking, you'll never want to stop!

**Serves:** 10

**Chilling Time:** 2 hr

## What You'll Need:

2 cups mayonnaise  
1/2 cup sour cream  
1/2 teaspoon garlic powder  
1 head romaine or iceberg lettuce, chopped  
2 red bell peppers, finely chopped  
1 red onion, finely chopped  
1 (9-ounce) package frozen corn, thawed and drained  
3 ribs celery, finely chopped  
2 cups (8 ounces) shredded sharp Cheddar cheese  
1 (3-ounce) container real bacon bits



## What To Do:

1. In a medium bowl, combine mayonnaise, sour cream, and garlic powder; mix well.
2. In a large glass bowl (see Note), layer half the lettuce then half the bell pepper, onion, corn, celery, mayonnaise mixture, and cheese. Repeat layers once more then top with bacon bits.
3. Cover and chill at least 2 hours before serving. Toss just before serving.



Using a trifle dish or large glass bowl with straight sides allows you to see all the colorful layers of this salad.

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# My Favorite Tomato Salad

What's one of Mr. Food's favorite recipes? This simple Tomato Salad and homemade dressing that shouts "fresh from the garden." It's now our favorite, and we bet you'll be saying it's "My Favorite Tomato Salad" too.

**Serves:** 6

## What You'll Need:

1/2 cup olive oil  
1/4 cup red wine vinegar  
1 tablespoon sugar  
1 teaspoon garlic powder  
1 teaspoon salt  
1/2 teaspoon black pepper  
4 large beefsteak tomatoes, chunked  
1 large green bell pepper, chunked  
2 to 3 scallions (green onions), sliced  
1/4 cup chopped fresh basil



## What To Do:

1. In a large bowl, combine olive oil, vinegar, sugar, garlic powder, salt, and black pepper; mix well with a whisk.
2. Stir in remaining ingredients and gently toss until evenly coated. Serve immediately, or cover and refrigerate until ready to serve.



Tomatoes are at their tastiest when eaten at room temperature. If you're assembling this salad in advance and refrigerating, just let it sit out on the counter for 30 minutes or so before serving.

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# Confetti Zucchini Salad

This fresh-as-a-farm stand colorful veggie salad is a cut above the rest. Confetti Zucchini Salad is chock-full of garden veggies that add a healthy and tasty bonus to mealtime.

**Serves:** 4

**Preparation Time:** 20 min

## What You'll Need:

3 medium-sized zucchini, thinly sliced (see Note)  
2 ribs celery, finely chopped  
1 medium-sized red bell pepper, finely chopped  
1 medium-sized yellow bell pepper, coarsely chopped  
2 tablespoons chopped fresh parsley  
1/2 cup Italian dressing  
1 tablespoon sugar



## What To Do:

1. In a large bowl, combine zucchini, celery, bell peppers, and parsley; mix well.
2. In a small bowl, combine dressing and sugar; mix well. Pour over vegetable mixture and toss to coat evenly.
3. Serve, or cover and chill until ready to serve.



We like to make sure the zucchini is sliced very thinly, and the easiest way to do that is to use a food processor with a slicing disc.

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# Italian Bread Salad

Stop! Don't throw away that stale bread. It's great for absorbing the dressing in our tasty and refreshing Italian Bread Salad. Perfect for any potluck event, lunch, or even dinner any day of the week!

**Serves:** 8

**Preparation Time:** 25 min

## What You'll Need:

1/4 cup balsamic vinegar  
2 tablespoons olive oil  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
10 (1-inch thick) stale Italian bread slices, cut into 1-inch cubes  
6 plum tomatoes, chopped  
1 small red onion, chopped  
1/4 cup chopped fresh basil or 1 teaspoon dried basil  
1/4 cup chopped fresh oregano or 1 teaspoon dried oregano



## What To Do:

1. Whisk together first 4 ingredients in a small bowl until well blended.
2. Combine bread cubes and remaining 4 ingredients in a large bowl. Add dressing; toss gently. Let stand 20 minutes before servings.



Once you've tossed the salad, letting it stand for 20 minutes gives all the flavors a good chance to "marry."

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# Sweet Potato Black Bean Chili

Personal Chef and cooking instructor, Chef Danielle stopped by the Test Kitchen to share her hearty and flavorful recipe for Sweet Potato Black Bean Chili. And man, is it good!

**Serves:** 6

**Cooking Time:** 4 hr

## What You'll Need:

3 sweet potatoes, peeled and diced  
1 red bell pepper, diced  
1 onion, diced  
1/4 teaspoon black pepper  
2 (14-1/2-ounce) cans diced tomatoes, undrained  
2 (15-1/4-ounce) cans black beans, undrained  
1 tablespoon chili powder  
2 teaspoons cumin  
1 teaspoon salt  
1/2 teaspoon black pepper



## What To Do:

1. In a large slow cooker, combine all ingredients; mix well.
2. Cover and cook on high 4 hours, or until potatoes are fork-tender.



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# Spaghetti Squash Alfredo

Too many people pass right by the spaghetti squash in the supermarket produce section simply because they don't know what it is or how to prepare it. Well, not only is it a fun dish to serve, but it's a fresh-tasting, low-fat, low-calorie option for combining with flavorful toppings. C'mon, give spaghetti squash a chance!

**Serves:** 4

**Cooking Time:** 30 min

## What You'll Need:

1 spaghetti squash  
1 cup reduced-fat sour cream  
1/2 cup (2 ounces) shredded part-skim mozzarella cheese  
1/4 cup grated Parmesan cheese plus 1 tablespoon for sprinkling  
1 teaspoon garlic powder  
1/2 teaspoon salt  
1/2 teaspoon black pepper



## What To Do:

1. Place about 1 inch of water in a soup pot; place the whole squash in the pot. Bring to a boil over medium-high heat, cover, and cook 25 to 30 minutes, or until tender.
2. In a medium saucepan over medium-low heat, combine remaining ingredients except 1 tablespoon Parmesan cheese; whisk until smooth and creamy, stirring frequently to prevent burning.
3. When squash is tender, remove it to a cutting board and allow to cool slightly, about 15 minutes. Cut squash in half lengthwise, then use a soup spoon to remove and discard seeds. Scrape the inside of squash with a fork, shredding it into noodle-like strands. Add strands to the sauce and stir until thoroughly mixed and heated through. Sprinkle with remaining Parmesan cheese and serve immediately.



If you want to save some time, cut the raw squash in half lengthwise and place in a microwaveable covered casserole dish with 2 tablespoons water; microwave 10 to 12 minutes, or until tender.

Be careful when cutting raw spaghetti squash—the outer skin is very hard.

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# Howard's Carrot and Cauliflower Soup

This creamy and delicious veggie soup is so tasty, you'll have a tough time convincing your gang that it's actually good for you! Leave it to Howard to come up with an easy soup recipe that's both hearty and healthy.

**Yields:** 10 cups

**Serving Size:** 2 cups

**Cooking Time:** 1 hr

## What You'll Need:

4 large carrots, cut into chunks  
1 head cauliflower, cut into chunks  
4 cups chicken broth  
4 cups water  
1-1/2 teaspoons salt  
1/4 teaspoon black pepper  
1 cup milk  
Parmesan cheese for sprinkling



## What To Do:

1. In a soup pot, combine all ingredients except milk. Bring to a boil over high heat, then reduce heat to low and simmer 45 minutes, or until vegetables are very tender.
2. Using an immersion blender, puree until smooth. Stir in milk and simmer an additional 5 minutes, or until hot. Spoon into bowls and top with Parmesan cheese.



If you don't have an immersion blender, no problem! Just transfer mixture to a blender, puree until smooth, then return to soup pot and complete the recipe.

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# Crustless Veggie Pie

Great idea for lunch, brunch, or a light main dish at dinner. This turns your favorite veggies into a crustless pie that spins the mystery of what to serve into a whole bunch of hoorays!

**Serves:** 6

**Cooking Time:** 1 hr 10 min

## What You'll Need:

1/4 cup vegetable oil  
1 small eggplant, peeled and cut into 1/2-inch cubes  
2 zucchini, cut into 1/2-inch cubes  
1 onion, coarsely chopped  
4 fresh tomatoes, peeled and chopped or 1 can (14-1/2 ounces) whole tomatoes, drained  
3 eggs  
3/4 cup grated Parmesan cheese  
1 tablespoon minced fresh parsley  
1/2 teaspoon dried basil  
1/2 teaspoon dried oregano  
Pepper to taste  
1 cup (4 ounces) mozzarella cheese, thinly sliced or shredded



## What To Do:

1. In a large skillet, heat the oil; saute the eggplant, zucchini, and onion for 7 to 10 minutes, until vegetables are softened. Add the tomatoes; cover and simmer for 20 to 25 minutes, until mixture is quite soft. (If using canned tomatoes, reduce cooking time to 10 minutes.)
2. Transfer to a large bowl and let cool. Preheat oven to 350 degrees F.
3. In a small bowl. Beat the eggs in 1/4 cup of the Parmesan cheese, the parsley, basil, and oregano.
4. Add the cheese mixture to the sauteed vegetables; season with salt and pepper.
5. Pour half the mixture into a greased 10-inch pie pan and sprinkle another 1/4 cup Parmesan cheese over the top. Add remaining vegetable mixture and then the remaining Parmesan cheese.
6. Top with mozzarella and bake for 40 to 45 minutes or until sat and golden brown.

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# Skillet Eggplant Parmigiana

When time is short and the weather is warm, keep your cool and your kitchen cool by making our hearty Skillet Eggplant Parmigiana. This twist on the classic Italian favorite will make you a kitchen hero.

**Serves:** 4

**Cooking Time:** 30 min

## What You'll Need:

2 eggs  
1-1/2 cups Italian-seasoned bread crumbs  
1 eggplant (about 1 pound), cut into 1/4-inch slices  
1/3 cup vegetable oil, divided  
1 (24-ounce) jar marinara sauce, divided  
1-1/2 cups shredded mozzarella cheese



## What To Do:

1. Place eggs in a shallow dish and beat lightly. Place bread crumbs in another shallow dish.
2. Dip eggplant slices in egg then place in bread crumbs and pat crumbs lightly onto both sides.
3. In a large skillet, heat 2 tablespoons oil over medium heat until hot. Fry eggplant 1 to 2 minutes per side, or until golden, adding more oil as needed. Remove to platter.
4. When finished frying eggplant, discard oil and place 3/4 cup sauce in skillet. Layer with fried eggplant then spoon 3/4 cup sauce over eggplant and sprinkle with 1/2 cup cheese. Repeat layers 2 more times, finishing with sauce and reserving 1/2 cup cheese.
5. Cover and heat 12 to 15 minutes on medium-low heat. Remove cover and sprinkle with remaining cheese; cook 3 to 5 minutes, or until cheese is melted. Serve immediately.



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# Vegetable Pasta Toss

The age-old struggle to find ways to get everyone to eat their vegetables just got easier. Our incredibly delicious Vegetable Pasta Toss is so colorful and tasty, they may even ask for second helpings.

**Serves:** 4

**Cooking Time:** 15 min

## What You'll Need:

1/4 cup olive oil  
1 onion, peeled and cut into 1/4-inch slivers  
1 large fresh zucchini, cut into 1/2-inch chunks  
1/2 pound fresh asparagus, trimmed and cut into 2-inch pieces  
3 garlic cloves, chopped  
1 pound fettuccine pasta  
1 cup cherry tomatoes, cut in half  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 cup fresh baby spinach  
4 ounces feta or goat cheese, crumbled



## What To Do:

1. In a large skillet, heat oil over high heat; add onion, and cook 6 to 8 minutes, or until onion begins to brown, stirring frequently. Reduce heat to medium, stir in zucchini, asparagus, and garlic, and continue cooking 6 to 8 minutes, or until fork-tender.
2. Meanwhile, cook pasta according to package directions; drain and place in a large bowl.
3. Add tomatoes, salt, and pepper to vegetable mixture and heat 2 minutes.
4. Add vegetable mixture and spinach to pasta; toss gently to combine. Sprinkle with cheese; serve immediately.

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# Homestyle Cabbage

Delight the family with a wholesome New England-style dish they'll love.

**Serves:** 6

**Cooking Time:** 40 min

## What You'll Need:

1 cabbage, cut into six wedges, core removed  
1 onion, thinly sliced  
1 green bell pepper, thinly sliced into rings  
1 tablespoon sugar  
2 tablespoons (1/4) butter  
1 (28-ounce) can whole tomatoes, drained broken up  
1/8 teaspoon salt  
1/8 teaspoon black pepper  
1 cup (4 ounces) shredded Cheddar cheese



## What To Do:

1. Preheat oven to 350 degrees F. Place cabbage wedges in a large pot; add about 1 inch of lightly salted water, cover, and boil 10 minutes.
2. Meanwhile, in a medium-sized saucepan over medium heat, cook onion, green pepper, and sugar in butter until vegetables are tender, stirring constantly. Stir in tomatoes, salt, and black pepper.
3. Drain cabbage well, then carefully place wedges in a greased 9- x 13-inch baking pan.
4. Pour vegetable mixture over cabbage. Sprinkle cheese over vegetables and bake 20 to 30 minutes or until heated through.



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# New Green Bean Casserole

The classic holiday green bean casserole gets a tasty Test Kitchen makeover for a New Green Bean Casserole recipe you'll be applauded for. Whether for Thanksgiving or Christmas, this one will deliver lots of tasty excitement!

**Serves:** 4

**Cooking Time:** 45 min

## What You'll Need:

1 (16-ounce) bag of frozen green beans, thawed  
3 tablespoons flour  
1 3/4 cups milk  
1 (8-ounce) package mushrooms, sliced  
1/2 teaspoons salt  
1/4 teaspoon black pepper  
1/4 cup crumbled Gorgonzola or blue cheese  
1/2 cup French fried onions



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 2-quart baking dish with cooking spray. Place green beans in baking dish and set aside.
2. In a saucepan, whisk flour into milk over medium heat. Stir in mushrooms, salt, and pepper; bring to a simmer, and cook 4 to 5 minutes, or until sauce thickens, stirring frequently. Stir cheese into mixture then pour over green beans. Stir beans gently.
3. Bake 15 minutes. Remove from oven, sprinkle French fried onions on top, and bake an additional 10-15 more minutes, or until bubbly.



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# Asparagus Bacon Bundles

The big bold taste of bacon is trendier than ever. Our Asparagus Bacon Bundles are sure to guarantee that your family will eat their vegetables. With the smoky taste of bacon in every bite, this one is a hit-maker.

**Makes:** 12 bundles

**Cooking Time:** 20 min

## What You'll Need:

1 pound fresh asparagus, trimmed  
12 slices bacon  
1/2 teaspoon black pepper  
1/4 cup chopped sundried tomatoes in oil



## What To Do:

1. Preheat oven to 450 degrees F. Coat a baking sheet with cooking spray.
2. Wrap 4 asparagus spears with a slice of bacon, leaving both ends of the asparagus unwrapped (see Note); place on prepared baking sheet and repeat with remaining asparagus and bacon; sprinkle bundles with pepper.
3. Bake 18 to 20 minutes, or until bacon is crisp.
4. Place on a large platter, sprinkle with sundried tomatoes, and serve immediately.



If the asparagus spears are thick, you can use 3 per bundle. Adjust the number of spears in each bundle accordingly.

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# Spinach Casserole Surprise

We always like to go the extra mile for the holidays, but that doesn't have to mean lots of work! Take advantage of some market shortcuts for this holiday-festive Spinach Casserole Surprise. This comforting veggie bake will team with any of your holiday favorites.

**Serves:** 4

**Cooking Time:** 40 min

## What You'll Need:

1 (3-ounce) package cream cheese, softened  
1/4 cup (1/2 stick) butter, softened  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
2 (10-ounces) packages frozen spinach, thawed, well drained  
1/4 cup grated Parmesan cheese  
1/4 cup chopped pecans



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 1-1/2-quart casserole dish with cooking spray, set aside.
2. In a large bowl, combine the cream cheese, butter, salt, and pepper; mix well. Add spinach; mix well.
3. Spoon mixture into casserole dish. Sprinkle with cheese, then with pecans.
4. Bake 30 to 35 minutes, or until heated through and top is golden.



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