



Veggie of the Month (April): Bell Peppers

Benefits:

1. High water content! (>90%)
2. High vitamin content
3. Contain several different antioxidants with different benefits (prevent chronic conditions like heart disease and cancer)
4. Good source of iron AND vitamin C, which helps iron absorb in the gut
5. Improve eye health

Prep:

Adequately rinse or add one tsp of baking soda to 2 cups of water and soak for 15 minute (removes more pesticides)

Chinese Cabbage Salad



Ingredients:

- 6 Mandarin Oranges or Clemntines
- 2 tablespoons of Rice Vinegar
- 2 tablespoons reduced sodium soy sauce
- 1 tbsp tahini
- 2 tbsp fresh grated ginger
- 1/2 tsp asian chili paste
- 2 cups shredded red cabbage
- 2 cups shredded kale
- 2 cups packaged julienned carrots
- 2 cups sliced red peppers
- ½ cup dry roasted peanuts, finely chopped (unsalted)
- ¼ cup sliced green onions

Directions:

1. Peel, seed, and section mandarin oranges over a bowl to catch juice; reserve 2 tablespoons of the juice.
2. In an extra-large bowl whisk together the reserved orange juice, vinegar, soy sauce, tahini, sugar, ginger, and chili paste. Add orange sections, cabbage, kale, carrots, sweet peppers, ¼ cup of the peanuts, and the green onions; toss to coat.
3. Top servings with the remaining ¼ cup peanuts.

<https://www.forksoverknives.com/recipes/vegan-salads-sides/chinese-cabbage-salad/>

Spiced Eggplant Stuffed Peppers



Ingredients:

- 2 large eggplants (1 lb. each)
- 1 28-oz. can no-salt-added whole peeled tomatoes
- 1 clove garlic, minced
- 2½ teaspoons ground cumin
- 1¼ teaspoons paprika
- 1¼ teaspoons ground coriander
- 1 15-oz. can chickpeas, rinsed and drained (1½ cups)
- 1 onion, finely chopped (1 cup)
- 3 cloves garlic, chopped
- 6 medium yellow and/or green bell peppers

Directions:

1. Preheat oven to 400°F. Prick both eggplants several times with a fork; place on a rimmed baking sheet. Roast 30 to 35 minutes or until soft all over when touched. Cool about 15 minutes or until easy to handle. Reduce oven temperature to 375°F.
2. Meanwhile, drain liquid from canned tomatoes into bottom of a 3-qt. baking dish. Add minced garlic, 1½ teaspoons of the cumin, and ¼ teaspoon each of the paprika and coriander; mix well.
3. Coarsely chop drained tomatoes; spread half of the tomatoes in baking dish. Place the remaining tomatoes in a medium bowl.
4. Peel and coarsely chop eggplants. Add eggplants, chickpeas, onion, and chopped garlic to bowl with tomatoes. Stir in the remaining 1 teaspoon each cumin, paprika, and coriander.
5. Cut off pepper tops and set aside; remove seeds and membranes. Spoon eggplant mixture into peppers. Place peppers in the baking dish.
6. Bake 30 minutes. Place tops on peppers; bake 30 minutes more or until peppers are tender and tops start to brown. Serve warm or at room temperature with pan sauce on the side.

<https://www.forksoverknives.com/recipes/vegan-baked-stuffed/spiced-eggplant-stuffed-peppers/>

Israeli Pepper Tomato Salad



Ingredients:

- 6 medium tomatoes, seeded and chopped
- 1 each medium green, sweet red and yellow peppers, chopped
- 1 medium cucumber, seeded and chopped
- 1 medium carrot, chopped
- 3 green onions, thinly sliced
- 1 jalapeno pepper, seeded and chopped
- 2 tablespoons each minced fresh cilantro, parsley, dill and mint
- 1/4 cup lemon juice
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:

In a large bowl, combine the tomatoes, peppers, cucumber, carrot, green onions, jalapeno and herbs. In a small bowl, whisk together the remaining ingredients. Pour over the tomato mixture; toss to coat evenly. Cover and refrigerate for at least 1 hour. Serve with a slotted spoon.

<https://www.tasteofhome.com/recipes/israeli-pepper-tomato-salad/>

Summer Bounty Ratatouille



Ingredients:

- 1 large eggplant, peeled and cut into 1-inch cubes
- 1-1/2 teaspoons kosher salt, divided
- 3 tablespoons olive oil
- 2 medium sweet red peppers, cut into 1/2-inch strips
- 2 medium onions, peeled and chopped
- 4 garlic cloves, minced
- 1/4 cup tomato paste
- 1 tablespoon herbes de Provence
- 1/2 teaspoon pepper
- 3 cans (14-1/2 ounces each) diced tomatoes, undrained
- 1-1/2 cups water
- 4 medium zucchini, quartered lengthwise and sliced 1/2-inch thick
- 1/4 cup chopped fresh basil
- 2 tablespoons minced fresh rosemary
- 2 tablespoons minced fresh parsley
- 2 French bread baguettes (10-1/2 ounces each), cubed and toasted

Directions:

1. Place eggplant in a colander over a plate; toss with 1 teaspoon kosher salt. Let stand 30 minutes. Rinse and drain well.
2. In a Dutch oven, heat oil over medium-high heat; saute peppers and onions until tender, 8-10 minutes. Add garlic; cook and stir 1 minute. Stir in tomato paste, herbs

de Provence, pepper, remaining salt, tomatoes and water. Add zucchini and eggplant; bring to a boil. Reduce heat; simmer, uncovered, until flavors are blended, 40-45 minutes, stirring occasionally.

3. Stir in fresh herbs. Serve over baguette cubes.

<https://www.tasteofhome.com/recipes/summer-bounty-ratatouille/>