



Recipes

Spring Vegetables Made Easy

Recipe: Roasted or Grilled Ratatouille Skewers

Ingredients

- ¼ cup olive oil
- 2 tablespoons finely chopped fresh basil
- 1 tablespoon chopped fresh oregano
- 2 garlic cloves, minced
- ¼ teaspoon ground black pepper
- 1 yellow summer squash and 1 zucchini (8 oz each), halved lengthwise and sliced ½ inch thick
- 1 small eggplant, cut into 1 inch cubes
- 2 cups cherry tomatoes

Directions

1. In small saucepan, combine oil, basil, oregano, garlic and pepper; mix well. Alternately thread vegetables onto skewers to make 6-8 kabobs.
2. Brush kabobs with oil mixture.
3. To Roast: Heat oven to 425 degrees. Place kabobs on lightly greased baking sheet and roast for 20-25 minutes, turning once, until vegetables are softened and golden brown.
4. To Grill: Heat grill to medium heat. Place kabobs directly on gas grill over medium heat or on charcoal grill 4-6 inches from medium coals. Cook 5-7 minutes or until vegetables are crisp-tender, turning once.



Recipe: Sautéed Spinach with Walnuts & Golden Raisins

Ingredients

- 2 tablespoons olive oil
- ¼ cup golden raisins
- 3-4 tablespoons chopped walnuts
- 4 cloves garlic, minced
- 24 ounces fresh spinach
- 2 tablespoons balsamic vinegar
- ¼ teaspoon salt
- ground pepper to taste

Directions

1. Heat oil in a large nonstick skillet or Dutch oven over medium-high heat.
2. Add raisins, pine nuts and garlic; cook, stirring, until fragrant, about 30 seconds.
3. Add greens and cook, stirring until just wilted, about 2 minutes. Remove from heat; stir in vinegar and salt.
4. Season with pepper to taste. Serve immediately.



Health*Matters is UC Berkeley's Wellness Program with campus partners including Office of Environment, Health & Safety, Human Resources, Physical Education Program, Recreational Sports, and University Health Services: CARE Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.

Recipe: Quick Pickled Spring Vegetables

Ingredients

- 4-5 cups mixed spring vegetables, thinly sliced (try carrots, radishes, green beans, asparagus, zucchini)
- ½ sweet onion, thinly sliced
- 4 inch long piece of ginger, peeled and thinly sliced
- 2 cloves garlic, minced
- 1 ½ cups rice vinegar
- 1 ½ cups water
- Juice of 2-3 limes
- 3-4 tablespoons sugar or honey
- ¾ teaspoon salt
- Seasonings to taste

Directions

1. Fill 2 clean quart sized jars with the vegetables, garlic and ginger.
2. Bring the rice vinegar, water, lime juice, sugar and salt to a boil in medium saucepan.
3. Pour liquid over vegetables and cover, tipping jar back and forth to disperse and coat vegetables.
4. Place the jar in the refrigerator and let sit for at least 4 hours or overnight. Store in the refrigerator.



Recipe: Shaved Asparagus with Parmesan Dressing

Ingredients

- 2 pounds large asparagus
- ½ cup coarsely grated Parmigiano-Reggiano cheese
- 3 tablespoons fresh lemon juice
- 2 tablespoons warm water
- ¼ cup olive oil
- salt & pepper to taste

Directions

1. Break off white, tough end of asparagus. Using a vegetable peeler, shave the asparagus into long, thin strips, and transfer to a large bowl.
2. In a small bowl, mix the Parmigiano-Reggiano with the lemon juice, water, and olive oil.
3. Add to the asparagus and toss to coat. Season the salad with salt and pepper and refrigerate until ready to serve.



For more information and healthy cooking resources, visit *Cook Well Berkeley* at <http://tinyurl.com/cookwellberkeley>