

Take a 'Savory' World Tour with Grey Bears' Veggies

Time is *now* for *Sure-Fire Roasted Vegetables!*

The Seasoning Mixes for roasting vegetables (recipes below) feature flavors of Italian, Mexican, and Indian cuisines. Get creative and see how a few different herbs & spices can transform your Grey Bears' Bag-O-Veggies into tasty sensations from far away and exotic places.

I suggest doubling this recipe to enjoy these treats later as a snack, in a green salad, or in a bowl of broth.



Mixed Vegetables Combo:

1/2 cup broccoli (or cauliflower) florets, chopped
1/2 cup onion, diced
1/2 cup bell pepper, diced
1/2 cup zucchini or yellow squash, diced
1/2 cup eggplant, (or ?) diced
2-4 garlic cloves, minced small
1/2 recipe of **Italian, Mexican** or **Indian**
Seasoning Mix (see recipes below)
3/4 cup cooked or canned chickpeas or black
beans, rinsed and drained.

Root Vegetables Combo:

1/2 cup carrots, chopped
1/2 cup sweet potatoes or new potatoes, diced
1/2 cup butternut or winter squash, peeled and diced
1/2 cup parsnips or rutabaga (or ?), peeled and diced
1/2 cup onion, chopped
2-4 garlic cloves, minced small
1/2 recipe of **Italian, Mexican** or **Indian** Seasoning
Mix (see recipes below)
3/4 cup cooked or canned chickpeas or black beans,
rinsed and drained.

Directions

1. Preheat the oven to 375 degrees F.
2. Wash and prepare all vegetables from ONE of the lists above. (Find many of these in your GB Bag.)
3. Toss these vegetables with 1-2 Tablespoon olive oil in a large bowl.
4. Add the Seasoning Mix of your choice (see below) and toss again, thoroughly.
5. Spread out all the veggies on a cooking sheet (or two) making a single layer.
6. Roast them in the oven for about 20-30 minutes, until they are tender.
7. Stir in the beans and let them heat up for about 3-8 minutes, then serve hot from the oven.
8. Enjoy along with an awesome green salad (Greens from your bag?).
9. Store remainders in a covered air-tight container in the fridge. These will keep for 2-3 days.



Where will my roasted veggies take me today?

To Italy, Mexico, or India?

Choose one of the spice mixes below to dress the veggies you've prepared.

Combine all ingredients in a small bowl and mix well. Then add in Step 4 above.



Italian Seasoning Mix

1/4 cup fresh parsley, chopped
 2 teaspoons dried basil
 2 teaspoons dried rosemary
 1 teaspoon dried oregano
 1/4 teaspoon salt
 1/4 teaspoon ground black pepper

Herbs & Spices

are known for their
 antioxidant, antimicrobial,
 and antiviral effects – great
 disease PREVENTION!



Mexican Seasoning Mix

1/4 cup fresh cilantro, minced
 2 teaspoons ground cumin
 1 teaspoon dried basil
 1 teaspoons dried rosemary
 1/4 teaspoon salt
 1/4 teaspoon ground black pepper



Indian Seasoning Mix

1/4 cup fresh cilantro, minced
 1 teaspoons curry powder
 1 teaspoons garam masala
 1/4 teaspoon salt
 1/4 teaspoon ground black pepper



You might not be able to jaunt over to Italy or down to Mexico this week or next, yet how about a trip to your nearest herb counter? **Santa Cruz** -unlike many cities- boasts of a number of stores that feature **bulk herbs** that are fresh and sold for pennies on the dollar (cheaper than their prepackaged cousins). Take a friend along with you on this adventure. If you haven't been before, the two of you will delight in the smells and varieties of so many culinary delights. Watch out for the smells of cloves and peppermint. These two are knockouts!!! *Ask for help, if you can't find something.*

The Way of Life (37 years), 1220 A 41st Avenue, Capitola, CA 95010

The Staff of Life Natural Food Market (42 years), 1266 Soquel Avenue, Santa Cruz, CA 95062

The Herb Room (36 years), 1130 Mission Street, Santa Cruz, CA 95060

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