



From the Food Bank Kitchen

Veggie Sides — Good and Cheap Cookbook

Leanne Brown created *A SNAP Cookbook—Good and Cheap* to provide a resource that uses basic food items to create affordable meals that don't take long to prepare. Cooking on a limited budget can be a challenge, and cooking at home saves money compared to ordering takeout or eating out. Download this book for FREE online!

1. Go to www.leannebrown.com
2. Click the FREE PDF button to get the cookbook
3. Print it or save it to your computer (or just print a couple recipes; it doesn't have to be the whole book)

A healthy goal for everyone is to find ways to add more vegetables to their day. The following recipes are from the section of the book called **Snacks, Sides, and Small Bites**.

Spicy Green Beans

Serve with a fried egg on top over rice or pasta for a delicious meal!

Serves 2

- 1 Tbsp vegetable oil
- 1/2 lb green beans, ends trimmed, chopped into bite-size pieces (can substitute frozen green beans)
- 1 tsp sambal oelek (or 1/4 to 1/2 tsp chili flakes)
- 1 tsp soy sauce
- 2 cloves garlic, finely chopped
- *Optional: 1 tsp grated ginger and 1 tsp lemon juice*

Directions: Add the oil to a frying pan on medium heat. Once it's hot, add the green beans. Let them cook undisturbed for about one minute. Mix the garlic, soy sauce, and sambal oelek (or chili flakes) in a bowl (and the ginger and lemon juice, if using). The beans should have turned bright green. Add about 1/4 cup of water to the pan and cook another 2 minutes, until the water is mostly gone. Pour the soy sauce mixture into the pan and toss gently to coat. Cook another 2 minutes, until most of the liquid is gone. Poke the beans with a fork; if it goes through easily, they're done. They should take about 5 minutes. Taste and add more chili sauce or soy sauce if you want the beans hotter or saltier.

Jacket Sweet Potatoes

Serves 4

These can also be served with all kinds of toppings, usually leftovers from other meals. Try filling with roast chicken, leftover cooked veggies, chili, beans and cheese, sautéed ground turkey with peppers, corn and tomatoes — whatever's around!

- 4 large sweet potatoes
- Salt and pepper
- 1/4 cup sour cream
- 1/2 bunch scallions, finely chopped

Directions: Heat oven to 400°F. Scrub the sweet potatoes and stab them with a fork a few times. Lay them on a baking sheet. Bake for 60 to 75 minutes. Because sweet potatoes vary greatly in size, check them after an hour by stabbing with a long knife. If it goes through easily, they're ready. If not, bake longer. Let cool for 15 minutes.

Make a long cut along the top of each potato and open them gently, beating with a fork to fluff up the soft, orange middle. Sprinkle with salt and pepper. Let each person add sour cream and scallions (or more salt and pepper) to their taste.

Smoky and Spicy Roasted Cauliflower

Serves 4

Roasted veggies are always delicious, but there's something magical that happens to cauliflower in the oven. It gets so crispy and nutty, and that flavor is brought out even more with the spices here. Try it with an egg on top for dinner!

- 1 head cauliflower, cut into small pieces
- 2 cloves garlic, unpeeled
- 1 Tbsp butter, melted
- 1/2 to 1 tsp smoked paprika, to taste
- 1/4 to 1/2 tsp cayenne pepper, to taste
- Salt and pepper

Directions: Turn the oven to 400° F. In a medium-sized roasting pan, arrange the cauliflower pieces and the unpeeled cloves of garlic. Pour the butter over the cauliflower and then sprinkle the spices over top. Use your hands to toss the cauliflower to coat it thoroughly with butter and spices. Bake for 45 minutes to 1 hour, depending on how crispy you like the florets. Squeeze the roasted garlic throughout and throw away the skins.