Veggies All Around

BY KATE SHERWOOD

Want leftovers of tonight’s main dish for lunch tomorrow? No problem. Just serve one or two of these veggie sides with dinner. Then take cover as everyone at the table scrambles for seconds (and thirds).

Got a question or suggestion? Write to Kate at healthycook@cspinet.org.

Snap Peas with Coconut Lime Dressing

Serves: 4 | Total Time: 20 minutes

The secret to this dish is the contrast of textures and flavors, so be sure to use roasted peanuts and don’t overcook your snap peas.

Lightly steam the snap peas until tender-crisp, about 2 minutes, then rinse under cold water. Drain well and transfer to a serving platter. • In a small bowl, whisk together the coconut milk, soy sauce, lime juice, and jalapeño (if using). • Drizzle the dressing over the snap peas and top with the peanuts and shallots.

Per serving (1 cup):
- calories 80
- sodium 95 mg
- total fat 4.5 g
- sat fat 1 g
- carbs 9 g
- protein 4 g
- fiber 3 g

Three-Bean Salad

Serves: 6 | Total Time: 15 minutes

Serve these well-dressed beans on romaine or butter lettuce. Love white beans, chickpeas, or black beans? You can substitute 3 cups (about 2 cans) of any combination of beans for the kidneys and edamame.

Steam the green beans until tender, about 5 minutes. Rinse under cold water and drain well. • In a large bowl, whisk together the olive oil, vinegar, onion, mustard, sugar, and salt. • Mix in the green beans, edamame, and kidney beans.

Per serving (1 cup):
- calories 140
- sodium 150 mg
- total fat 6 g
- sat fat 0.5 g
- carbs 15 g
- protein 7 g
- fiber 8 g

Broccolini with Lemon Parmesan Sauce

Serves: 4 | Total Time: 15 minutes

Broccolini is also called baby broccoli or broccoletti. Don’t ignore the tender (and delicious) stems.

Heat a large sauté pan over medium heat until hot enough for a drop of water to sizzle. • Add the oil and sauté the garlic until golden, stirring constantly, about 1 minute. • Add the broccolini to the pan with ¼ cup of water. Turn the heat to high and allow the water to steam the broccolini until tender and all the water has evaporated, about 2 minutes. Add up to another ¼ cup of water if the pan is dry before the broccolini is tender. • In a small bowl, whisk together the lemon juice, mayonnaise, parmesan, and black pepper. • Drizzle over the broccolini.

Per serving (1 cup):
- calories 110
- sodium 110 mg
- total fat 8 g
- sat fat 1.5 g
- carbs 7 g
- protein 5 g
- fiber 3 g