

Illinois Extension



Garlic and Chive Potato Salad

(serves 6)

Fans of garlic will enjoy this potato salad.

Ingredients

1 pound potatoes
1/4 cup sour cream
1/4 cup plain Greek-style yogurt
2 Tbsp minced fresh chives
1 tsp minced green onion
2 cloves garlic, minced
1/4 tsp salt
1/4 tsp ground black pepper



Directions

1. Wash hands with soap and water.
2. Wash and peel potatoes. Cut into ½-inch cubes. Add to a medium pot filled with cold water. Bring to a boil. Reduce heat and simmer for 10 minutes, or until potatoes are tender.
3. Drain potatoes and add to a medium bowl with ice cubes. Stir occasionally to mix cooked potatoes and ice. Drain melted water and remove any remaining ice. Move cooled potatoes to a serving bowl.
4. While potatoes cook, wash chives and green onion. Mince and measure chives, green onion, and garlic. Combine sour cream, yogurt, chives, green onion, garlic, salt, and pepper in a small bowl until smooth. Cover and refrigerate until potatoes are cool.
5. Add dressing to cooled potatoes and stir to coat. Serve immediately or refrigerate for up to 4 days.

Nutrition Facts per serving (using full-fat sour cream and whole-milk yogurt): 80 calories, 2g fat, 110mg sodium, 15g carbohydrate, 1g fiber, 2g protein

Illinois Extension



Onion Soup

(serves 6)

While not a quick soup, low and slow cooking sweetens the onions and adds a deep flavor to this soup. Pair with a salad or sandwich for a light meal.



Ingredients

1 pound bulb onions, sliced (any combination)
1/4 cup oil
1 bay leaf
1 clove garlic, minced
1/4 tsp salt
1/4 tsp ground black pepper
1/4 tsp dried thyme
4 cups beef broth, reduced-sodium
6 slices firm bread, such as sourdough or a baguette
6 slices white cheese, such as swiss

Directions

1. Wash hands with soap and water.
2. In a medium saucepan over medium-low heat, combined onions and oil. Cook, stirring regularly, for 30 minutes. Onions will shrink in size and start to darken (Tip 1).
3. Add bay leaf, garlic, salt, pepper, thyme, and beef broth. Stir to combine. Bring to a simmer, cover with a lid, and cook 30 minutes.
4. Meanwhile, lay bread slices in a single layer on a baking sheet. (For easier clean-up, line baking sheet with foil or parchment paper.) Top evenly with cheese slices. Broil on highest rack in oven set on "High" for 5-7 minutes, or until cheese is melted and bread is crisp.
5. Serve soup topped with a slice of cheesy bread.

Tip 1: Onions will caramelize better in a metal saucepan, such as stainless steel. While a non-stick saucepan can be used, the onions may not caramelize and turn as deep brown in color.

Nutrition Facts per serving (soup and 1 slice of bread with 1 slice of cheese): 200 calories, 12g fat, 580mg sodium, 20g carbohydrate, 1g fiber, 6g protein

Illinois Extension



Blender Salsa

(serves 8, around 1/4 cup salsa per serving)

A quick, restaurant-style salsa using canned tomatoes.

Ingredients

1 (14-ounce) can whole peeled tomatoes, drained of juice

One quarter of medium red onion, roughly chopped

Half a medium jalapeño, with stem, seeds, and ribs removed (Tip 1)

1 clove garlic, roughly chopped

Half a lime, juiced (or around 1 Tbsp lime juice)

1/2 cup fresh cilantro leaves, with stems removed

1/2 tsp white sugar or honey (optional)



Directions

1. Wash hands with soap and water.
2. To a blender or food processor, add garlic. Cover with lid and process until garlic is in small pieces. Add onion and jalapeño. Cover with lid and pulse 1-second bursts until vegetables are in small pieces.
3. Add tomatoes, lime juice, cilantro, and sugar (if using). Cover with lid and pulse in 1-second bursts until salsa is the texture you desire.
4. Serve immediately or refrigerate for 1 week.

Tip 1: If fresh is not available, use 1 Tbsp canned diced jalapeños or 1 Tbsp canned diced green chilis.

Nutrition Facts per serving (calculated without optional sugar or honey): 10 calories, 0g fat, 60mg sodium, 2g carbohydrate, 1g fiber, 0g protein

Braised Napa Cabbage with Carrots and Leek

(serves 6)

Lots of fall flavors in this veggie side dish. Try with roasted chicken or turkey and mashed potatoes.

Ingredients

Half a head of Napa cabbage, core removed and cut into thin strips
4 carrots, cut into coins
1 large leek, removed of green leaves and end of stem
1 cup fat-free, reduced-sodium chicken broth
1 Tbsp oil
1 Tbsp dried thyme leaves
1/2 tsp black pepper
1/4 tsp paprika

Directions

1. Wash hands with soap and water.
2. Cut trimmed leek into thin rings. Rinse in water to remove any soil trapped between leek's layers.
3. In a large skillet, add cut cabbage, carrots, leek, chicken broth, and oil. Cook over medium heat 10 minutes, stirring occasionally.
4. Add thyme, paprika, and pepper, and stir to combine. Continue cooking another 10 minutes until most of broth is evaporated and vegetables are tender.

Nutrition Facts per serving: 60 calories, 2.5g fat, 170mg sodium, 8g carbohydrate, 2g fiber, 2g protein



Illinois Extension



Roasted Ratatouille

(serves 6)

Ratatouille is a tasty veggie side dish. Pair with chicken, feta cheese, and brown rice or quinoa.



Ingredients

1 medium zucchini
1 medium eggplant
1 small onion
1 small bell pepper (any color)
4 mushrooms
1 large tomato (or 1 cup grape tomatoes)
2 cloves garlic, minced
3 Tbsp oil
1 tsp each dried basil, thyme, rosemary
1/2 tsp ground black pepper

Directions

1. Preheat oven to 400°F.
2. Wash hands with soap and water.
3. Wash and dice zucchini, eggplant, onion, bell pepper, mushrooms, and tomato into 1/2-inch cubes.
4. In a large bowl, combine vegetables, garlic, oil, herbs, and black pepper. Spread onto a foil-lined baking sheet. Bake for 45 minutes or until vegetables are tender.
5. Refrigerate leftovers within 2 hours and eat within 4 days.

Nutrition Facts per serving: 100 calories, 7g fat, 5mg sodium, 10g carbohydrate, 4g fiber, 2g protein

Illinois Extension



Summer Squash and Onion Packets

(serves 2)

An easy summer side dish with quick clean-up.

Ingredients

2 small yellow summer squash or zucchini (or a combination of both)

1 small onion

1 Tbsp butter or margarine

1/4 tsp black pepper



Directions

1. Preheat grill or oven as directed in Step 6.
2. Wash hands with soap and water.
3. Wash summer squash or zucchini. Cut into 1/4-inch rounds.
4. Cut onion in half and then into thin slices.
5. Gather 2 large pieces of foil. Divide cut squash and zucchini evenly between foil. Divide butter and black pepper evenly between foil packets. Fold foil to seal all sides.
6. Grill over indirect heat for 15-20 minutes or until vegetables are tender. To bake, preheat oven to 350°F and bake in foil for 30-45 minutes.

Nutrition Facts per serving: 80 calories, 6g fat, 10mg sodium, 7g carbohydrate, 2g fiber, 2g protein

Illinois Extension



Chive Cornbread

(serves 12)

With chunks of corn kernels and chive, this is a hearty sweet cornbread.

Ingredients

- 1 cup corn kernels (Tip 1)
- 1 cup shredded cheddar cheese
- 1 cup 2% milk
- 1/4 cup oil
- 1 egg
- 2 Tbsp chopped fresh chives
- 1 cup yellow corn meal
- 1/2 cup all-purpose flour
- 1/2 cup whole-wheat flour (or all-purpose flour)
- 1/4 cup granulated sugar
- 2 tsp baking powder



Directions

1. Preheat oven to 400°F. Grease 8x8-inch square baking pan.
2. Wash hands with soap and water.
3. In a small bowl, combine corn, cheese, milk, oil, egg, and chives until smooth. (For a smoother bread, chop corn kernels into smaller pieces with a food processor or knife.)
4. In a large bowl, combine corn meal, flours, sugar, and baking powder.
5. Add corn mixture to flour mixture, and stir just until mixture is combine. Batter will still be lumpy.
6. Spread into prepared pan. Bake 20-25 minutes or until a toothpick comes out clean.
7. Cool on a rack for 10 minutes, and remove from pan to cool completely or serve right away.

Tip 1: Fresh, frozen, or canned corn works here. If using frozen, thaw before stirring into batter. If using canned, drain corn of canning liquid.

Nutrition Facts per serving: 210 calories, 9g fat, 160mg sodium, 27g carbohydrate, 2g fiber, 6g protein