



Veggies Mande Easy



Quick & Easy Dinners

August 2019



Cauliflower Avocado Bake

Ingredients

- 2 (10 ounce) bags Mann's cauliflower
- 1 medium red bell pepper, julienned
- 2 tablespoons vegetable oil, divided
- 1/3 cup chopped green onions
- 1 tablespoon minced garlic
- 3 tablespoons chopped parsley
- 1/2 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 ripe Del Monte® avocado, diced into 1/4" pieces
- 1 cup cheddar cheese, medium grated
- 1/2 cup bacon, cooked crisp and finely chopped

The Method

Preheat oven to 350°F.

Blanch cauliflower by bringing a large pot full of water to boil (large enough for all cauliflower florets). Carefully place cauliflower into salted boiling water and cook for 5 minutes. Drain and rinse with cold water.

Sauté red bell peppers in 1 tablespoon vegetable oil over moderate heat. When peppers soften, add green onions, garlic and parsley. Continue to sauté another 2 minutes. Set aside.

Add 1 tablespoon of vegetable oil in a large shallow baking pan. Place cauliflower in pan and season with salt and pepper then top with diced avocado. Spread sautéed red pepper mixture evenly over the top of the cauliflower and avocado. Top with grated cheese. Bake for 18-20 minutes.

Top with bacon and serve.

Servings: 5



Italian Broccoli Wrap

Ingredients

- 1 cup orzo pasta, cooked (drain well)
- 1 (12 ounce) bag Mann's Broccoli Wokly®
- 2 tablespoons chopped red bell pepper
- 2 tablespoons chopped sliced green onions
- 2 tablespoons Caesar salad dressing
- 2 flour tortillas, vegetable flavored or plain
- 4 teaspoons prepared pesto

The Method

In a saucepan, bring water with salt to boil in a pot and cook orzo pasta according to the directions on the package.

About 5 minutes before orzo pasta is done cooking, add Mann's Broccoli Wokly® to pot, stirring until bright green, about 1 minute. Drain well.

In a large bowl, combine Mann's Broccoli Wokly®, orzo, bell pepper, green onion and salad dressing. Toss to mix.

Lay 2 tortillas flat and spread each with 2 tablespoons of pesto, then top each with half broccoli filling and roll.

Cut in half and serve.

Servings: 2



Vegetable Medley Quinoa Bake

Ingredients

- 1 (12 ounce) bag Mann's vegetable medley
- 1 cup quinoa, rinsed, uncooked
- 2 cups water or low sodium vegetable broth
- 2 cloves fresh garlic, minced
- 2 teaspoons Italian seasoning
- 1 tablespoon olive oil
- ½ teaspoon sea salt

The Method

Preheat oven to 400° F.

Combine all ingredients in large casserole dish. Cover and bake for 45 minutes until vegetables are tender.

If not tender, add more water or broth and cook another 10 minutes.

Remove lid for last 10 minutes to brown tops of vegetables.

Serve immediately.

Servings: 4



Broccoli Spaghetti Parmesana

Ingredients

- 16 ounces spaghetti or any thin pasta
- 1 (12 ounce) bag Mann's Broccoli Wokly®
- 2 tablespoons olive oil
- ½ cup butter or margarine
- 2 garlic cloves, crushed
- ¼ cup grated Parmesana cheese

The Method

Bring a large pot of salted water to a boil. Add the pasta and cook according to package directions.

About 5 minutes before spaghetti is done cooking, add Mann's Broccoli Wokly® to pot, stirring until bright green, about 1 minute. Strain and drain.

Place spaghetti and Mann's Broccoli Wokly® in a large bowl and toss with olive oil, butter, garlic and Parmesana cheese.

Add salt and pepper, to taste.

May be served hot or cold.

Servings: 5



Pan Roasted Shaved Brussels Sprouts with Parmesan

Ingredients

- 1 (9 ounce) bag Mann's shaved Brussels sprouts
- ¼ cup olive oil
- ½ teaspoon salt
- ½ teaspoon pepper
- 3 tablespoons shredded Parmesan cheese
- 1 tablespoon fresh lemon juice
- ¼ teaspoon garlic powder

The Method

In large frying pan, mix Mann's shaved Brussels sprouts with olive oil, salt and pepper, stirring until well coated. Cook over medium high heat covered for 5 minutes, stirring every 2 minutes. After 5 minutes, remove lid, and continue to cook 3-5 more minutes over high heat, stirring frequently until browned in spots. Stir in Parmesan cheese, lemon juice and garlic powder.

Serve warm.

Servings: 3