

Veggie Sides to Serve 4

1

PER SERVING

Buttered Broccoli with Lemon and Parmesan

Place **4 cups broccoli florets** in medium microwave-safe dish; cover with wax paper and microwave on High until crisp-tender, about 3 minutes. Drain and transfer to serving bowl. Add **2 teaspoons butter**, **grated zest and juice of 1/2 lemon**, and **1/4 teaspoon salt** and toss to coat. Sprinkle with **1 tablespoon grated Parmesan**.

1

PER SERVING

Roasted Zucchini with Yogurt and Mint

Preheat oven to 425°F. Cut **4 small zucchini lengthwise into quarters**; place in medium baking pan. Add **2 teaspoons olive oil**, **1/4 teaspoon salt**, and **1/8 teaspoon black pepper** and toss to coat. Bake, turning once, until zucchini are tender, 20–25 minutes. Transfer to serving platter; dollop with **1/4 cup plain low-fat Greek yogurt**. Sprinkle with **2 tablespoons chopped fresh mint**.

2

PER SERVING

Asparagus with Roasted Red Peppers and Capers

Heat **1 tablespoon olive oil** in large skillet over medium-high heat. Add **1 pound asparagus**, cut into 2-inch pieces, and cook, stirring often, until crisp-tender, about 5 minutes. Add **1/2 cup thinly sliced roasted red peppers (not in oil)**, **1 tablespoon capers, drained**, **1 garlic clove, minced**, and **1/8 teaspoon black pepper**. Cook, stirring constantly, until heated through, about 1 minute. Stir in **1 tablespoon minced fresh flat-leaf parsley**.

Minted Green Beans with Pine Nuts

2
PER SERVING

Bring large saucepan of water to boil. Add **1 pound trimmed green beans** and cook until crisp-tender, about 5 minutes. Drain. Transfer to serving bowl; add **2 tablespoons chopped fresh mint, 2 tablespoons toasted pine nuts, 2 teaspoons olive oil, grated zest and juice from 1 lemon, 1/4 teaspoon salt, and 1/8 teaspoon black pepper** and toss to coat.

Buttery Crumb-Topped Cauliflower

3
PER SERVING

Bring medium saucepan of water to boil; add **4 cups cauliflower florets** and cook until tender, about 5 minutes. Drain. Heat **2 teaspoons butter** in large nonstick skillet over medium heat; add **1/3 cup panko bread crumbs** and cook, stirring, until crumbs are toasted, about 3 minutes. Transfer to bowl. Wipe out skillet and add **2 teaspoons olive oil**. Set over medium-high heat. Add cauliflower, **1 garlic clove, minced, 1/4 teaspoon salt, and 1/8 teaspoon red pepper flakes**; cook, stirring often, until cauliflower is lightly browned, 5 minutes. Add crumbs and toss to combine.

Roasted Brussels Sprouts with Walnuts and Lemon

3
PER SERVING

Preheat oven to 425°F. Cut **1 pound Brussels sprouts** lengthwise into quarters; place in medium baking pan. Add **2 teaspoons olive oil, 1/4 teaspoon salt, and 1/8 teaspoon black pepper** and toss to coat. Bake, stirring once, until Brussels sprouts are tender, 20–25 minutes. Transfer to serving dish; add **2 tablespoons chopped walnuts, 2 teaspoons grated lemon zest, and 1 tablespoon lemon juice**. Toss to coat.

Rosemary Parmesan Oven Fries

3
PER SERVING

Preheat oven to 425°F. Cut **1 pound baking potatoes** into 1/2-inch sticks; place on medium baking pan. Add **2 teaspoons olive oil, 1/4 teaspoon salt, and 1/8 teaspoon black pepper** and toss to coat. Bake, turning once, until potatoes are tender and browned, about 30 minutes. Transfer potatoes to serving platter; sprinkle with **2 tablespoons grated Parmesan cheese, 1 garlic clove, minced, and 1 teaspoon minced fresh rosemary** and toss to coat.

Maple-Orange Mashed Sweet Potatoes

4
PER SERVING

Pierce **2 large sweet potatoes** (about 1 1/2 pounds) in several places with fork. Place in microwave-safe dish and cook on High until tender, 10–12 minutes. Let cool slightly. Cut each potato in half; scoop out flesh and place in medium bowl. Add **1 tablespoon maple syrup, 2 teaspoons butter, 1 teaspoon grated orange zest, and 1/4 teaspoon salt** and mash with potato masher.