

Clean eating for foodies: 25 amazing clean eating recipes under 250 calories
by Chef Margot

"Let food be thy medicine, thy medicine shall be thy food"

Hippocrates

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CLEAN EATING FOR FOODIES: 25 AMAZING CLEAN EATING RECIPES UNDER 250 CALORIES BY CHEF MARGOT

Healthy adults are recommended to eat 4-5 servings of fruits and vegetables every day, yet only approximately 32.5% of American adults are consuming this much! Eating vegetables doesn't have to be flavorless and boring. Roasting vegetables brings out the flavors of each and every vegetable, and with the addition of herbs, spices, and sometimes different cheeses, the flavors really burst. You can keep it as simple as a mixture of olive oil, salt, and pepper, or you can mix things up a bit by throwing in some fresh basil and Gorgonzola cheese.

Many of these recipes call for dried herbs, but adding a pinch of the same fresh herb right before serving creates a beautiful presentation. These vegetable dishes can be eaten on their own or as a delightful side dish in combination with pasta, seafood, or meat. Some, such as roasted tomatoes, are a perfect addition to pasta sauces, while others, such as roasted eggplant, can act as the main course of a meal.

To "roast" means to cook using hot, dry air. Through roasting, your vegetables become almost caramelized and turn a beautiful brown color. The insides remain moist and tender, while the outsides gain the perfect amount of crisp. The beauty of roasting is that you can take them out of the oven whenever they are done to your liking. When the vegetables become tender, they begin to slowly brown. You can take them out as soon as they become tender, as soon as they become lightly browned, or right when the outsides begin to crisp.

You can roast virtually any vegetable, and choosing a combination of many different colored vegetables can make dinner time more fun for children. You can even make a sort of "dessert" meal with sweet vegetables such as sweet potatoes, or make ordinary vegetables sweet by glazing them with a honey mixture. And, as we all know, adding cheese to any meal automatically makes it more fun (apologies to those who are lactose-intolerant out there).

If you still haven't hopped aboard the vegetable train, maybe some of these health benefits will help change your mind:

Tomatoes contain lycopene, which is a powerful antioxidant that is known for its cancer-preventing abilities. It is especially useful in preventing prostate, colon, and lung cancers. Tomatoes also improve the digestive system by stimulating the detoxifying functions of your kidneys and liver.

The iron found in beets helps reactivate your red blood cells and supply oxygen to your entire body. The amount of copper found in beets helps the body absorb the iron at a faster rate. Beets also work to help detoxify the liver, and work to heal conditions such as jaundice and hepatitis.

Carrots increase the production and performance of white blood cells, which are a necessary part of maintaining a healthy immune system. These white blood cells help build up defense against many different kinds of diseases and infections. The nutrients found in carrots also help to detoxify the liver, which in turn works to detoxify the blood. Blood toxicity is a common cause of many types of skin problems.

While you may have turned away with disgust at any mention of Brussels sprouts when you were younger, you should rethink the way you view these nutritional powerhouses. The high fiber content of these vegetables helps lower cholesterol levels in the body. The nutrients in Brussels sprouts also help protect against prostate, ovarian, breast, colon, lung, and bladder cancer, as well as support healthy brain and nerve function. Just one cup of Brussels sprouts provides 273.5% of the recommended daily value of vitamin K, which is essential for blood, bone, and brain health.

While not as widely hated as Brussels sprouts, many people don't enjoy the flavor of broccoli. Broccoli is known as the most concentrated source of vitamin C out of all the cruciferous vegetables. Vitamin C helps protect the body against a myriad of different infections and diseases, and makes sure our immune system is functioning properly. Broccoli is also high in both vitamin K and calcium, which help prevent osteoporosis and other bone problems.

Cauliflower provides vitamins B1, B2, B3, B5, B6, B9, and vitamin K. Cauliflower is anti-inflammatory, provides digestive support, and helps detoxify the body as well as prevent certain types of cancers.

You will find recipes for each of the vegetables listed above, as well as many others whose nutritional benefits are not provided (though are still present). Mix and match vegetables as you see fit. Many of these recipes offer ways to roast one certain vegetable, but the spices used for that vegetable can certainly be applied to other vegetables you would like to cook with it. You can even pile in the rest of the vegetables you have lying around your house! Chop up a potato, an onion, some mushrooms, a zucchini, and some carrots, toss them with olive oil, salt, pepper, and your spice or herb of choice, and stick them in the oven together. While roasting vegetables separately helps to bring out each individual flavor, roasting them together creates a beautiful mix of warm, hearty flavors that are perfect for a winter night around a fire.

Whether you're cooking for yourself, your kids, or an entire crowd, roasting vegetables allows you to create a beautiful, delicious presentation without a lot of extra work.

All of these recipes list “salt and pepper, to taste” as one of their ingredients. In the nutrition facts provided, salt is not taken into consideration since everyone will add a different amount. Each of these recipes is geared towards two servings, though can easily be altered for smaller or larger portions.

The next time you’re dreading munching on a raw carrot just to get your nutrients for the day, try roasting it instead. You’ll be pleasantly surprised how simply roasting a vegetable transforms it into an aesthetically pleasing delectable snack, side dish, or meal.

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ABOUT CHEF MARGOT

Chef Margot has a love for both food and healthcare. She enjoys learning and writing about fitness, nutrition and wellbeing. She has a degree in Psychology, and has travelled all over the world, visiting more than 42 countries in four different continents. Her willingness to experiment on herself and her diet attracted the interest of people, and made her a best seller author. Her goal is to educate as many people as possible about the amazing powers of food and how to easily incorporate these recipes into daily life.

1. SIMPLE ROASTED BRUSSELS SPROUTS

Better than the ones you dreaded to eat as a child, I promise.

Serves 2

INGREDIENTS

½ pound Brussels sprouts
1 tbsp olive oil
salt and pepper, to taste

DIRECTIONS

Preheat oven to 450 degrees F.
Slice Brussels sprouts in half, and then place on a baking sheet and coat with olive oil, salt and pepper. Toss until well combined.
Roast in oven for 30 minutes, tossing every 10 minutes to ensure proper browning.
When Brussels sprouts are lightly browned, remove from oven and serve.

NUTRITION FACTS PER SERVING

Calories: 109
Total Fat: 7.4g
Saturated Fat: 1.1g
Sodium: 28mg
Carbs: 10.3g
Fiber: 4.2g
Sugars: 2.5g
Protein: 3.9g

2. CHEESY ROASTED CAULIFLOWER

Melted cheese provides the perfect contrast to the slight crunch of cauliflower.

Serves 2

INGREDIENTS

2 tsp minced garlic
1 tbsp olive oil
½ of a large head of cauliflower, separated into florets
2 tbsp grated Parmesan cheese
1 tsp fresh parsley, chopped
salt and pepper, to taste

DIRECTIONS

Preheat oven to 450 degrees F.

Place the cauliflower florets on a baking sheet. Toss with olive oil, minced garlic, salt and pepper until well coated.

Roast for 25 minutes, then stir and top with parmesan cheese and fresh parsley. Roast for another 5-10 minutes until lightly browned. Remove from oven and serve.

NUTRITION FACTS PER SERVING

Calories: 165
Total Fat: 11.6g
Saturated Fat: 4.0g
Cholesterol: 15mg
Sodium: 236mg
Carbs: 8.7g

Fiber: 3.4g
Sugars: 3.2g
Protein: 9.6g

3. LEMON ROASTED BROCCOLI

A splash of lemon is an unexpected flavor that brightens up this dish.

Serves 2

INGREDIENTS

½ head of broccoli, separated into florets
2 tsp olive oil
1 clove garlic, minced
1 tsp lemon juice
salt and pepper, to taste

DIRECTIONS

Preheat oven to 400 degrees F.

On a baking sheet, toss broccoli with olive oil, garlic, salt and pepper until well combined.

Bake until broccoli florets are tender, about 15-20 minutes. Remove from oven and transfer to serving dish. Squeeze lemon juice over broccoli before serving.

NUTRITION FACTS PER SERVING

Calories: 73
Total Fat: 5.0g
Saturated Fat: 0.7g
Sodium: 30mg
Carbs: 6.3g
Fiber: 2.4g
Sugars: 1.5g
Protein: 2.6g

4. SIMPLE ROASTED ASPARAGUS

When you want to keep it plain and simple, since asparagus has so much flavor on its own.

Serves 2

INGREDIENTS

½ bunch of asparagus
1 tbsp olive oil
salt and pepper, to taste

DIRECTIONS

Preheat oven to 425 degrees F, and chop off the ends of asparagus spears (the last ½ inch).
On a baking sheet, toss asparagus with olive oil, salt and pepper.
Bake in oven until tender, approximately 15 minutes. Remove and serve.

NUTRITION FACTS PER SERVING

Calories: 87
Total Fat: 7.0g
Saturated Fat: 1.0g
Carbs: 4.3g
Fiber: 2.2g
Sugars: 2.2g
Protein: 2.2g

5. ONION ROASTED SWEET POTATOES

A savory alternative to sweeter yam recipes.

Serves 2

INGREDIENTS

½ package dry onion soup mix
½ pound sweet potatoes, diced
1 tbsp olive oil

DIRECTIONS

Preheat oven to 450 degrees F.

On a baking sheet, toss sweet potatoes with onion soup mix and olive oil until well coated.

Roast in oven 40-50 minutes, until the potatoes are tender and slightly browned. Remove and serve.

NUTRITION FACTS PER SERVING

Calories: 222

Total Fat: 7.2g

Saturated Fat: 1.1g

Sodium: 793mg

Carbs: 38.0g

Fiber: 5.3g

Sugars: 1.0g

Protein: 2.5g

6. SIMPLE ROASTED OKRA

A simple way to roast an uncommon vegetable.

Serves 2

INGREDIENTS

12 okra pods, sliced in half
1 tbsp olive oil
salt and pepper, to taste

DIRECTIONS

Preheat oven to 425 degrees F.
On a baking sheet, toss okra with olive oil, salt and pepper.
Roast for 10-15 minutes, until lightly browned. Remove from oven and serve.

NUTRITION FACTS PER SERVING

Calories: 126
Total Fat: 7.4g
Saturated Fat: 1.1g
Sodium: 14mg
Carbs: 14.9g
Fiber: 6.4g
Sugars: 3.0g
Protein: 3.9g

7. ROASTED FETA POTATOES

A unique Greek twist on simple potatoes.

Serves 2

INGREDIENTS

1 pound potatoes, diced
1 clove garlic, minced
1 tbsp olive oil
2 tsp lemon juice
1 tsp oregano
½ cup crumbled feta cheese

DIRECTIONS

Preheat oven to 450 degrees F.

On a baking sheet, toss potatoes with olive oil, garlic, lemon juice, oregano, salt and pepper until well combined.

Roast in oven for 50-60 minutes, until potatoes are browned. Remove from oven, top with crumbled feta cheese, and serve.

NUTRITION FACTS PER SERVING

Calories: 249
Total Fat: 15.3
Saturated Fat: 6.7g
Cholesterol: 33mg
Sodium: 434mg
Carbs: 38.2g

Fiber: 5.8g
Sugars: 4.3g
Protein: 9.4g

8. SIMPLE ROASTED BUTTERNUT SQUASH

The sweet flavor of butternut squash is made more noticeable with simple seasonings.

Serves 2

INGREDIENTS

½ butternut squash, peeled and diced
1 tbsp olive oil
salt and pepper, to taste

DIRECTIONS

Preheat oven to 450 degrees F.

On a baking sheet, toss butternut squash with salt, pepper and olive oil until well coated.
Roast in oven for about 30 minutes, until butternut squash is tender and lightly browned.

NUTRITION FACTS PER SERVING

Calories: 92
Total Fat: 7.1g
Saturated Fat: 1.0g
Sodium: 3mg
Carbs: 8.2g
Fiber: 1.4g
Sugars: 1.5g
Protein: 0.7g

9. BROWN SUGAR ROASTED SWEET POTATOES

The mix of brown sugar and cinnamon really bring out the sweet flavor of sweet potatoes.

Serves 2

INGREDIENTS

1.5 cups of sweet potatoes, diced
1 tbsp olive oil
2 tsp brown sugar
¼ tsp cinnamon
salt and pepper, to taste

DIRECTIONS

Preheat oven to 400 degrees F.

On a baking sheet, toss sweet potatoes with olive oil, salt and pepper until well coated.

Roast for 20 minutes, and then sprinkle with brown sugar and cinnamon. Toss to coat, then return to the oven.

Roast for another 15-20 minutes, until potatoes are tender and lightly browned. Remove from oven and serve.

NUTRITION FACTS PER SERVING

Calories: 205
Total Fat: 7.2g
Saturated Fat: 1.0g
Sodium: 11mg
Carbs: 34.5g
Fiber: 4.8g

Sugars: 3.5g
Protein: 1.7g

10. CHEESY ROASTED CORN ON THE COB

Roasted on a grill instead of in the oven provides a smokier flavor.

Serves 2

INGREDIENTS

2 ears corn, husk and silk removed
1/3 cup shredded Parmesan cheese
1 tbsp butter, melted
1 tsp chili powder
salt and pepper, to taste

DIRECTIONS

Preheat a grill to medium-high heat.
Brush a thin layer of butter over each ear of corn. Sprinkle corn with chili powder, Parmesan cheese, salt and pepper. Wrap each ear of corn with foil and place on grill.
Grill for approximately 10 minutes, turning occasionally. When corn begins to brown, remove and serve.

NUTRITION FACTS PER SERVING

Calories: 204
Total Fat: 12.5g
Saturated Fat: 7.8g
Cholesterol: 35mg
Sodium: 315mg
Carbs: 15.8g
Fiber: 2.1g

Sugars: 2.4g
Protein: 11.1g

11. HONEY GLAZED CARROTS

A sweet alternative to this standard dish.

Serves 2

INGREDIENTS

6 carrots, sliced in half
1 tbsp olive oil
3 tbsp honey
salt and pepper, to taste

DIRECTIONS

Preheat oven to 400 degrees F.
On a baking sheet, toss carrots with olive oil, honey, salt and pepper.
Bake 40-50 minutes, until carrots are tender. Remove from oven and serve.

NUTRITION FACTS PER SERVING

Calories: 230
Total Fat: 7.4g
Saturated Fat: 1.0g
Sodium: 127mg
Carbs: 43.5g
Fiber: 5.2g
Sugars: 34.6g
Protein: 1.8g

12. LEMON ROASTED EGGPLANT

The sprinkle of lemon at the end really brings out the rich flavors of the eggplant.

Serves 2

INGREDIENTS

½ of a large eggplant, sliced into rounds
1 tbsp olive oil
1 tbsp lemon juice
salt and pepper, to taste

DIRECTIONS

Preheat oven to 400 degrees F.
On a baking sheet, toss eggplant rounds with olive oil, salt and pepper.
Roast for 25-30 minutes, until tender and lightly browned.
Remove from oven and sprinkle with lemon juice before serving.

NUTRITION FACTS PER SERVING

Calories: 90
Total Fat: 7.3g
Saturated Fat: 1.1g
Sodium: 4mg
Carbs: 6.7g
Fiber: 3.9g
Sugars: 2.8g
Protein: 1.2g

13. GARLIC ROASTED TOMATOES

This simple dish is perfect when served over pasta.

Serves 2

INGREDIENTS

1 1/3 cup grape tomatoes
1 clove garlic, minced
2 tsp olive oil
salt and pepper, to taste

DIRECTIONS

Preheat oven to 450 degrees F.

On a baking sheet, toss tomatoes with olive oil, salt, pepper, and garlic until coated.

Bake 15-20 minutes, until the skins begin to brown. Remove from oven and serve.

NUTRITION FACTS PER SERVING

Calories: 60
Total Fat: 4.9g
Saturated Fat: 0.7g
Sodium: 5mg
Carbs: 4.4g
Fiber: 1.2g
Sugars: 2.6g
Protein: 1.0g

14. ROASTED TOMATO STUFFED PEPPERS

Perfect bite-size snacks for an appetizer or a dinner party.

Serves 2

INGREDIENTS

2 bell peppers, halved
½ cup cherry tomatoes, halved
2 tbsp fresh basil, chopped
3 cloves garlic, minced
salt and pepper, to taste

DIRECTIONS

Preheat oven to 400 degrees and grease a baking sheet.

Place bell pepper halves open side up on baking sheet. In a medium bowl, toss cherry tomatoes, basil, garlic, salt and pepper. Fill pepper halves with mixture.

Wrap peppers in aluminum foil, then bake for 15 minutes. Remove from oven, remove aluminum foil, then bake for another 15 minutes. When slightly browned, remove from oven and serve.

NUTRITION FACTS PER SERVING

Calories: 51
Total Fat: 0.5g
Sodium: 7mg
Carbs: 10.2g
Fiber: 3.1g

Sugars: 6.0g
Protein: 1.9g

15. ROASTED KALE

This simple side dish is kicked up a notch with the addition of chili powder.

Serves 2

INGREDIENTS

2 cups kale, densely packed with stems removed
1 ½ tsp olive oil
1 ½ tsp chili powder
salt and pepper, to taste

DIRECTIONS

Preheat oven to 400 degrees F.

On a baking sheet, toss kale with olive oil, chili powder, salt and pepper until evenly coated.

Roast in oven for 8-10 minutes, until the edges become brown and slightly crispy. Remove from oven and serve.

NUTRITION FACTS PER SERVING

Calories: 69

Total Fat: 4.5g

Saturated Fat: 0.6g

Sodium 45mg

Carbs: 6.9g

Fiber: 3.1g

Sugars: 1.6g
Protein: 3.1g

16. SAGE ROASTED BROCCOLI

Fresh sage instead of ground adds a unique texture and flavor to the overall dish.

Serves 2

INGREDIENTS

2 cups broccoli florets
¼ red onion, diced
4 fresh sage leaves, torn into small pieces
1 tbsp olive oil
¼ tsp garlic powder
salt and pepper, to taste

DIRECTIONS

Preheat oven to 400 degrees F.

On a baking sheet, toss broccoli with olive oil, onion, sage leaves, garlic powder, salt and pepper until evenly coated.

Roast 20-30 minutes, until the broccoli is tender and lightly browned. Remove from oven and serve.

NUTRITION FACTS PER SERVING

Calories: 97
Total Fat: 7.3g
Saturated Fat: 1.0g
Sodium: 29mg
Carbs: 7.3g
Fiber: 2.6g

Sugars: 2.1g
Protein: 2.7g

17. SAGE ROASTED PARSNIPS

Mint adds a unique flavor to this sage and parsnip side dish.

Serves 2

INGREDIENTS

2 parsnips, cut into strips
1 ½ tsp olive oil
1 clove garlic, minced
1 ½ tsp honey
1 ½ tsp fresh mint, chopped
1 ½ tsp fresh sage, chopped
salt and pepper, to taste

DIRECTIONS

Preheat oven to 450 degrees F.

On a baking sheet, toss parsnips with olive oil, garlic, honey, salt and pepper.

Roast about 30 minutes, until parsnips are tender. Remove from oven, toss with mint and sage, and serve.

NUTRITION FACTS PER SERVING

Calories: 125
Total Fat: 3.9g
Saturated Fat: 0.6g
Sodium: 11mg
Carbs: 23.2g
Fiber: 5.2g

Sugars: 9.1g
Protein: 1.4g

18. PESTO ROASTED BEETS

Pesto provides a unique twist on simple roasted beets.

Serves 2

INGREDIENTS

2 beets, sliced into rounds
3 tbsp basil pesto
Salt and pepper, to taste

DIRECTIONS

Preheat oven to 400 degrees F.

Place the beets in a large saucepan filled halfway with water. Bring to a boil, then reduce heat and simmer until beets are tender, approximately 20 minutes.

Drain beets, toss with pesto, then place on a baking sheet.

Roast in oven until beets have turned slightly brown, 10-15 minutes.

NUTRITION FACTS PER SERVING

Calories: 45
Total Fat: 0.2g
Sodium: 77mg
Carbs: 10.1g
Fiber: 2.1g
Sugars: 8.0g
Protein: 1.8g

19. THYME ROASTED RADISHES

An unusual vegetable is made delicious with the addition of thyme.

Serves 2

INGREDIENTS

1 bunch radishes, diced
1 tbsp olive oil
½ tsp thyme
½ tsp garlic powder
salt and pepper, to taste

DIRECTIONS

Preheat oven to 450 degrees F.

On a baking sheet, toss radishes with olive oil, thyme, garlic powder, salt and pepper.

Roast in oven until tender, approximately 15-20 minutes. Remove from oven and serve.

NUTRITION FACTS PER SERVING

Calories: 65
Total Fat: 7.0g
Saturated Fat: 1.0g
Sodium: 5mg
Carbs: 1.1g
Protein: 0.2g

20. HONEY ROASTED ACORN SQUASH

Sage adds a unique twist on a classic autumn vegetable.

Serves 2

INGREDIENTS

½ acorn squash
1 tbsp honey, melted
½ tsp sage
1 tbsp unsalted butter, melted
salt and pepper, to taste

DIRECTIONS

Preheat oven to 350 degrees F.

On a baking sheet, toss acorn squash with honey, sage, butter, salt and pepper until well coated. Cover in aluminum foil, then bake for 30 minutes. Remove aluminum foil, then bake for another 15 minutes until tender and lightly browned. Remove from oven and serve.

NUTRITION FACTS PER SERVING

Calories: 126
Total Fat: 5.9g
Saturated Fat: 3.7g
Cholesterol: 15mg
Sodium: 45mg
Carbs: 20.0g
Fiber: 1.7g

Sugars: 8.6g
Protein: 1.0g

21. FETA ROASTED SWISS CHARD

The addition of feta at the end adds an unexpected burst of flavor.

Serves 2

INGREDIENTS

½ bunch swiss chard
½ large onion, diced
1 ½ tsp olive oil
½ cup feta cheese
salt and pepper, to taste

DIRECTIONS

Preheat oven to 350 degrees F.

On a baking sheet, toss swiss chard with olive oil, onion, salt and pepper until well coated.

Bake until stems become tender and onion begins to brown, about 20 minutes.

Remove from oven, sprinkle with feta, then bake until feta melts – about 10 minutes. Remove from oven and serve.

NUTRITION FACTS PER SERVING

Calories: 145
Total Fat: 11.5g
Saturated Fat: 6.1g
Cholesterol: 33mg
Sodium: 419mg
Carbs: 5.0g
Fiber: 0.8g

Sugars: 3.1g
Protein: 5.6g

22. GARLIC ROASTED ZUCCHINI AND TOMATOES

Parmesan, fresh basil, and red pepper flakes are the secret to making this dish really pop.

Serves 2

INGREDIENTS

1 zucchini, sliced into rounds
1 cup tomatoes, diced
¼ onion, diced
1 ½ cloves garlic, minced
¼ tsp red pepper flakes
1 tbsp olive oil
¼ cup grated Parmesan cheese
1 ½ tsp fresh basil, chopped
salt and pepper, to taste

DIRECTIONS

Preheat oven to 450 degrees F.

On a baking sheet, toss zucchini with tomatoes, olive oil, garlic, red pepper flakes, salt and pepper.

Bake until vegetables are tender and slightly browned, approximately 18-20 minutes. Remove from oven, sprinkle with Parmesan cheese and basil, and serve.

NUTRITION FACTS PER SERVING

Calories: 144

Total Fat: 10.4g

Saturated Fat: 3.1g

Cholesterol: 10mg

Sodium: 144mg

Carbs: 8.9g

Fiber: 2.4g

Sugars: 4.3g

Protein: 6.6g

23. ROASTED EGGPLANT WITH MUSHROOMS

Simple roasted vegetables are paired together with tomato paste for an easy side dish.

Serves 2

INGREDIENTS

1 eggplant, peeled and diced
½ onion, diced
1 cup mushrooms, sliced
1 ½ tablespoons tomato paste
½ cup water
1 clove garlic, minced
½ tsp dried basil
salt and pepper, to taste

DIRECTIONS

Preheat oven to 450 degrees F.

In a casserole dish, toss eggplant, onion, mushrooms, tomato paste, water, garlic, basil, salt and pepper until fully coated.

Bake in oven for approximately 45 minutes, until eggplant is tender and slightly browned.

Remove from oven and serve.

NUTRITION FACTS PER SERVING

Calories: 87

Total Fat: 0.7g

Sodium: 21mg

Carbs: 19.6g

Fiber: 9.3g
Sugars: 8.6g
Protein: 4.2g

24. ROASTED ASPARAGUS WITH WALNUTS AND GORGONZOLA

A simple dish is made more elegant with walnuts and Gorgonzola cheese.

Serves 2

INGREDIENTS

½ bunch asparagus
1 tbsp olive oil
¼ cup walnuts, chopped
¼ cup Gorgonzola cheese, crumbled
salt and pepper, to taste

DIRECTIONS

Preheat oven to 400 degrees F.
Chop off ends of asparagus. On a baking sheet, toss asparagus with olive oil, salt and pepper.
Roast in oven for 10-15 minutes, until asparagus is cooked to your liking.
Remove from oven, sprinkle with Gorgonzola and walnuts, and serve.

NUTRITION FACTS PER SERVING

Calories: 243
Total Fat: 22.3g
Saturated Fat: 5.6g
Cholesterol: 20mg
Sodium: 268mg
Carbs: 5.5g
Fiber: 3.1g

Sugars: 1.4g
Protein: 9.9g

25. ROASTED TOMATOES WITH FRESH HERBS

Fresh herbs instead of dried provide a straight-from-the-garden taste.

Serves 2

INGREDIENTS

4 plum tomatoes, sliced in half and seeds removed
1 tbsp olive oil
1 tbsp chopped garlic
½ tsp fresh parsley, chopped
½ tsp fresh basil, chopped
½ tsp fresh oregano, chopped
¼ cup feta cheese, crumbled
salt and pepper, to taste

DIRECTIONS

Preheat oven to 375 degrees F.
On a baking sheet, toss tomatoes with olive oil, garlic, parsley, basil, oregano, salt and pepper.
Sprinkle with feta cheese.
Bake in oven until tomatoes are fully cooked yet not mushy, about 15 minutes. Remove from oven and serve.

NUTRITION FACTS PER SERVING

Calories: 174
Total Fat: 11.5g
Saturated Fat: 3.9g
Cholesterol: 17mg

Sodium: 242mg

Carbs: 15.0g

Fiber: 3.0g

Sugars: 10.7g

Protein: 5.9g

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