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rhodeahead

# Veg Out All Year

A RHODE AHEAD COOKBOOK



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# Veg Out All Year

## You can make great veggie recipes in any season.

In this Rhode Ahead cookbook, you'll find easy and delicious recipes, many featuring local food from Rhode Island farms.

In our state, we have a surprising bounty of local produce, even when there's snow on the ground! Rhode Islanders want more local food, so many farmers are growing produce in greenhouses all year. In addition to local fruits and veggies, you can find seafood, meats, poultry, eggs, cheeses, breads, nuts, juices, teas, coffee, and more. Go to [farmfreshri.org](http://farmfreshri.org) to find out where to buy local food.

No matter where you find your veggies, the recipes in this Rhode Ahead cookbook will help them shine in delicious main dishes, salads, and sweet treats. They all come with the side benefit of being healthy and nutritious too.

Happy cooking (and eating)!





# Chickpea Garden Burgers

Chickpeas and garbanzo beans are two names for the same thing. If you feel ambitious, you can soak and cook dried chickpeas, but the canned version works very well.

SERVINGS: **4**

PREP TIME: **15 MIN**

COOK TIME: **10 MIN**

1 15.5 oz. can garbanzo beans, no salt added, drained and rinsed

½ cup low-sodium bread crumbs

¼ cup sunflower seeds or nuts, no salt added, finely chopped

½ medium onion, finely chopped

1 stalk celery, finely chopped

1 carrot, grated

¼ cup fresh parsley, finely chopped

1 tsp. garlic powder

2 Tbsp. low-sodium soy sauce

1 egg, lightly beaten

¼ tsp. black pepper

2 Tbsp. canola oil

4 whole-wheat, low-sodium burger buns



Coarsely mash chickpeas with a fork or masher.

Add remaining ingredients, except oil and buns, and mix thoroughly. Form into four patties.

Meanwhile, heat oil in large skillet and cook over medium heat until brown. Flip over and brown other side.

Serve on a lightly toasted bun with your favorite burger toppings, such as lettuce, tomato, pickle, and avocado.

Nutrition information: 292 calories, 13.3 g total fat (1.3 g saturated fat), 41 mg cholesterol, 596 mg sodium, 36.9 g total carbohydrate, 10.3 g protein

## MAIN DISHES

# Black Bean and Sweet Potato Quesadillas

To save time, cook the sweet potatoes up to three days ahead. To adjust the level of spiciness, use hot salsa or jalapeño Jack cheese to suit your taste.

SERVINGS: **6**

PREP TIME: **25 MIN**

COOK TIME: **20 MIN**

5 cups sweet potato,  
scrubbed and cubed

¼ tsp. salt

1 15 oz. can black beans,  
no salt added,  
drained and rinsed

6 oz. Monterey Jack cheese,  
grated

6 large whole-wheat tortillas

6 Tbsp. mild salsa

1 avocado, diced (optional)

Fresh lime wedges (optional)



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Place sweet potato chunks in pan, cover them with water, and bring to a boil. Cover pot and simmer until tender, about 15 minutes. Drain pot, then mash sweet potatoes and combine with salt.

To assemble quesadillas, spread mashed sweet potato over each tortilla. Over half of tortilla, add a layer of black beans, salsa, and cheese. Fold tortillas in half and heat in a nonstick pan or griddle over medium heat until golden brown on each side, turning once. Keep quesadillas warm in the oven until ready to serve. Cut in half and top with salsa, avocado, and a squeeze of fresh lime juice.

**To complete the meal:** Serve with a green salad or fresh corn.

Nutrition information: 420 calories, 13.6 g total fat (2.3 g saturated fat), 4 mg cholesterol, 434 mg sodium, 65.7 g total carbohydrate, 10.7 g protein

# Pumpkin Ravioli

You can use fresh or canned pumpkin puree in this recipe. Either will do the trick (and be a treat).

SERVINGS: **6**

PREP TIME: **30 MIN**

COOK TIME: **10 MIN**

1 cup pureed pumpkin  
¾ cup part-skim ricotta cheese  
⅓ cup grated Parmesan cheese  
2 tsp. brown sugar  
¼ tsp. salt  
Pinch of nutmeg  
1 package wonton wrappers  
½ cup low-sodium chicken broth  
¼ cup reduced-fat sour cream  
Chopped parsley



In a medium bowl, stir together the pumpkin, cheese, sugar, salt, and nutmeg. Have a platter or baking sheet and a small bowl of water ready.

Lay one wonton wrapper out on a surface. Dip your finger or a pastry brush in the water and moisten the edge of one half of the wonton wrapper.

Place about one rounded teaspoon of pumpkin mixture in the middle of the wrapper, slightly closer to the moistened side. Fold the dry side over so that the edges meet and the wonton wrapper is folded in half. Pinch the edges to seal.

Repeat with the remaining wrappers and filling, laying the ravioli in a single layer on the platter or baking sheet.

Heat a large pot of water to boiling. Carefully drop the ravioli into the water and cook for 3 minutes. Drain ravioli.

In the empty pot, stir together the broth and sour cream. Return the ravioli to the pot and gently stir to coat with the sauce. Sprinkle with the parsley and serve immediately.

Nutrition information: 259 calories, 5.6 g total fat (3 g saturated fat), 24 mg cholesterol, 533 mg sodium, 38 g total carbohydrate, 12 g protein

# Tofu and Green Bean Stir-Fry With Peanut Sauce

This recipe packs a quadruple punch of nutrition with four members of the legume family: green beans, tofu, peanuts, and bean sprouts.

SERVINGS: 4

PREP TIME: 15 MIN

COOK TIME: 20 MIN

## Sauce

2 cloves garlic, minced  
2 tsp. fresh ginger, grated  
2 Tbsp. low-sodium soy sauce  
1 Tbsp. honey  
3 Tbsp. peanut butter  
2 tsp. lemon or lime juice  
1 small tomato, diced  
½ cup water  
Pinch red pepper flakes (optional)

## Stir-Fry

2 Tbsp. canola oil  
8 oz. extra firm tofu, diced small  
1 small onion, sliced  
¾ lb. fresh green beans  
½ lb. bean sprouts  
½ red bell pepper, sliced thin  
3 Tbsp. fresh basil, chopped (optional)



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In a blender, combine all sauce ingredients and blend until smooth. Set aside.

In wok or large skillet, heat oil and stir-fry tofu cubes over high heat until golden brown, 5-7 minutes. Remove tofu and set aside.

Add onion and green beans to wok (add more oil if needed) and stir-fry until tender crisp, about 5 minutes.

Add half of the bean sprouts and red bell pepper and stir-fry 2 more minutes.

Add tofu.

Add sauce and stir-fry until heated, 1-2 minutes.

Top with remaining bean sprouts and fresh basil.

**To complete the meal:** Serve with steamed brown rice.

Nutrition information: 256 calories, 16 g total fat (2.4 g saturated fat), 0 mg cholesterol, 139 mg sodium, 21.4 g total carbohydrate, 12.7 g protein

# Potato and Vegetable Cakes

This recipe from Farm Fresh Rhode Island makes great use of vegetables you may already have around the house.

SERVINGS: **4**

PREP TIME: **15 MIN**

COOK TIME: **10 MIN**

2 potatoes, grated

1 zucchini, grated

1 carrot, grated

1 egg

1 Tbsp. flour

Olive oil for cooking

Salt and pepper (to taste)



Wash vegetables and grate. Combine in a small mixing bowl with egg and flour.

After all ingredients are mixed, shape the mixture in small patties.

Place on a hot pan with oil and cook each one until each side is golden brown.

Serve warm and enjoy.

Nutrition information: 169 calories, 8.4 g total fat (1.4 g saturated fat), 41 mg cholesterol, 37 mg sodium, 21 g total carbohydrate, 4.1 g protein



# Quinoa Salad With Lemon Tahini

Quinoa gives this salad an intriguing texture, while the lemon tahini and feta provide a bright spark.

SERVINGS: **4**

PREP TIME: **20 MIN**

COOK TIME: **25 MIN**

## Salad

1 cup dry quinoa  
2 cups water or broth  
1 15-oz. can garbanzo beans,  
drained and rinsed  
½ cup cucumber, diced  
1 cup cherry tomatoes,  
sliced in half  
3 Tbsp. fresh parsley,  
chopped  
Mixed salad greens  
2 Tbsp. feta cheese, crumbled  
(optional)

## Dressing

1 garlic clove, minced  
¼ cup tahini (sesame  
seed paste)  
Zest of 1 lemon  
¼ cup fresh lemon juice  
2 Tbsp. extra-virgin olive oil  
2 Tbsp. hot water  
Pinch sea salt



In a medium saucepan, combine quinoa and water or broth and bring to a boil.

Reduce heat and simmer about 15 minutes until quinoa fluffs up.

Meanwhile, whisk together garlic, tahini, lemon zest and juice, olive oil, and salt. Add hot water to thin as necessary. Set aside.

Toss cooled quinoa, garbanzo beans, cucumber, tomato, and parsley with the dressing. Serve over mixed salad greens with feta cheese on top.

Nutrition information: 450 calories, 20.6 g total fat (3.3 g saturated fat), 4 mg cholesterol, 308 mg sodium, 54.3 g total carbohydrate, 16.9 g protein



# Spinach Salad With Cranberry Vinaigrette

Cranberries aren't just for Thanksgiving.  
They add flavor and nutrition to salads all year long.

SERVINGS: **4**

PREP TIME: **10 MIN**

COOK TIME: **5 MIN**

## Vinaigrette

1 cup cranberry juice  
½ cup cranberries,  
fresh or frozen  
1 tsp. onion, minced  
1 Tbsp. extra-virgin olive oil  
1 Tbsp. red wine vinegar  
1 tsp. honey  
Salt and pepper to taste

## Salad

10-oz. bag baby spinach  
1 apple, cored and diced  
½ cup walnuts  
½ cup dried cranberries  
2 Tbsp. crumbled feta, goat,  
or blue cheese (optional)



In a small saucepan, combine cranberry juice, cranberries, and onion. Cook over medium heat for about 5 minutes, until berries pop. Let cool slightly.

Place in blender with remaining vinaigrette ingredients and blend until smooth. Chill in the refrigerator until ready to serve.

Place salad ingredients in a serving bowl and serve or toss with the vinaigrette.

Nutrition information: 233 calories, 14.3 g total fat (1.9 g saturated fat), 3 mg cholesterol, 125 mg sodium, 23.1 g total carbohydrate, 6.9 g protein

# Roasted Sweet Potato Wedges

You can't get any simpler than this recipe, and the results are irresistible.

SERVINGS: **4**

PREP TIME: **10 MIN**

COOK TIME: **45 MIN**

3 medium sweet potatoes

3 Tbsp. olive oil

Salt and pepper



Preheat oven to 375°F.

Scrub sweet potatoes (or peel if you prefer) and cut into wedges.

Place sweet potatoes in a bowl and add olive oil, salt, and pepper. Toss until wedges are well coated.

Place on a baking sheet in a single layer. Roast for 40-45 minutes, turning them halfway through cooking time.

Nutrition information: 223 calories, 10.7 g total fat (1.5 g saturated fat), 0 mg cholesterol, 10 mg sodium, 31.4 g total carbohydrate, 1.7 g protein

# Rainbow Fruit Salad

This recipe from The National Heart, Lung, and Blood Institute makes a delicious breakfast, salad, or dessert.

SERVINGS: **12**

PREP TIME: **20 MIN**

COOK TIME: **0 MIN**

## Fruit Salad

1 large mango, peeled and diced  
2 cups fresh blueberries  
2 bananas, sliced  
2 cups fresh strawberries, halved  
2 cups seedless grapes  
2 nectarines, unpeeled and sliced  
1 kiwi fruit, peeled and sliced

## Honey Orange Sauce

1/3 cup unsweetened orange juice  
2 Tbsp. lemon juice  
1½ Tbsp. honey  
¼ tsp. ground ginger  
Dash of nutmeg



Prepare the fruit.

Combine all the ingredients for the sauce and mix.

Just before serving, pour honey orange sauce over the fruit.

Nutrition information: 107 calories, 0.5 g total fat (0.1 g saturated fat), 0 mg cholesterol, 2 mg sodium, 27.1 g total carbohydrate, 1.2 g protein

# Kale Chips

This Farm Fresh Rhode Island recipe works best with Lacinato, or “Dinosaur Kale.” An olive oil mister is great for lightly coating the leaves of kale with oil. Instead of tossing the oil in a bowl with the leaves, just lightly spray the leaves before tossing with spices.

SERVINGS: **4**

PREP TIME: **10 MIN**

COOK TIME: **30 MIN**

2 teaspoons olive oil

1 bunch kale leaves, rinsed,  
dried with stem and center  
rib removed

Salt and pepper (to taste)

Garlic powder, crushed red  
pepper, or spice of your  
choice (to taste)



Preheat oven to 250°F.

Toss kale with oil in large bowl. Sprinkle with salt and pepper and optional spices.

Arrange leaves in single layer on 2 large baking sheets. Bake until crisp, about 30 minutes for flat leaves and up to 33 minutes for wrinkled leaves.

Transfer leaves to rack to cool. Break or cut with scissors in chip-sized pieces before serving.

Nutrition information: 62 calories, 2.3 g total fat (0.3 g saturated fat), 0 mg cholesterol, 37 mg sodium, 8.9 g total carbohydrate, 2.5 g protein



# Whole-Grain Cranberry Pancakes

Start your day sweetly with this berry-filled brunch recipe.

SERVINGS: **4**

PREP TIME: **10 MIN**

COOK TIME: **10 MIN**

1 cup white whole-wheat flour

2 Tbsp. flax meal

2 tsp. baking powder

1 Tbsp. sugar

¼ tsp. salt

1 egg, beaten

2 Tbsp. safflower oil (or other light cooking oil)

1¼ cup low-fat milk

1 cup cranberries, fresh or frozen, coarsely chopped

Maple syrup for serving



In a large bowl, combine flour, flax meal, baking powder, sugar, and salt. Set aside.

In medium bowl, whisk the egg with oil and milk. Add to dry mixture along with cranberries and stir until just combined.

Heat large skillet or griddle to medium and lightly grease.

Place about ¼ cup of batter for each pancake and cook until golden brown, 2-3 minutes, then flip to cook other side.

Keep warm until ready to serve.

Nutrition information: 273 calories, 11 g total fat (1.8 g saturated fat), 49 mg cholesterol, 241 mg sodium, 36.9 g total carbohydrate, 8.8 g protein

# Oatmeal Yogurt Muffins

We call them dessert, but you can enjoy these muffins for breakfast or a mid-afternoon snack.

SERVINGS: **12**

PREP TIME: **20 MIN**

COOK TIME: **20 MIN**

1 cup rolled oats  
1 cup plain yogurt  
1 egg  
2 Tbsp. vegetable oil  
¼ cup applesauce  
⅔ cup brown sugar  
1 cup white whole-wheat flour  
1 tsp. salt  
½ tsp. baking soda  
1 tsp. baking powder  
1 cup cranberries or blueberries (fresh or frozen)



Preheat oven to 400°F.

Grease muffin tin or insert paper muffin cups.

Soak oats in the yogurt, set aside.

Using an electric mixer, beat the egg, oil, applesauce, and brown sugar.

In a medium bowl, sift flour, salt, baking soda, and baking powder. Add berries and toss.

Fold oats and yogurt and dry ingredients with berries into the wet mixture.

Spoon into muffin pan and bake for 20 minutes. Cool on a wire rack.

Nutrition information: 137 calories, 3.5 g total fat (0.8 g saturated fat), 15 mg cholesterol, 268 mg sodium, 22.6 g total carbohydrate, 3.9 g protein

# Strawberry Oatmeal Smoothie

The oats have a soft, thick consistency when they are soaked in yogurt.

SERVINGS: **2**

PREP TIME: **60 MIN**

COOK TIME: **0 MIN**

½ cup rolled oats

1 cup yogurt

1 cup strawberries  
(fresh or frozen)

1 Tbsp. honey

1 cup milk or juice



Soak oats in the yogurt for one hour or overnight in the refrigerator.

Place all ingredients in a blender or food processor and blend until smooth.

Nutrition information: 281 calories, 5.6 g total fat (3 g saturated fat), 17 mg cholesterol, 146 mg sodium, 42.6 g total carbohydrate, 14.2 g protein

# Apple Coffee Cake

Pick fresh apples, then bake them into this tasty dessert.  
You'll have plenty to share around the table.

SERVINGS: **20**

PREP TIME: **40 MIN**

COOK TIME: **35-40 MIN**

5 cups tart apples (such as  
Granny Smith), cored, peeled,  
and chopped

1 cup sugar

1 cup raisins

½ cup pecans, chopped

¼ cup vegetable oil

2 tsp. vanilla

1 egg, beaten

2½ cups all-purpose flour,  
sifted

1½ tsp. baking soda

2 tsp. ground cinnamon



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Heat oven to 350° F.

Lightly oil a 13x9 inch pan.

In a large mixing bowl, combine apples with sugar, raisins,  
and pecans; mix well. Let stand 30 minutes.

Stir in vegetable oil, vanilla, and egg.

Sift together flour, baking soda, and cinnamon; stir into  
apple mixture about 1/3 at a time, just enough to moisten  
dry ingredients.

Turn batter into pan.

Bake 35-40 minutes. Cool cake slightly before serving.

Nutrition information: 188 calories, 5 g total fat (1 g saturated fat), 11 mg cholesterol, 68 mg sodium,  
32 g total carbohydrate, 0 g protein



# Dessert Crêpes With Berries

Make this gluten-free dessert even more fun by letting each person around the table add their own toppings.

SERVINGS: **10**

PREP TIME: **5 MIN**

COOK TIME: **20 MIN**

## Crêpes

3 eggs  
1¼ cup low-fat milk  
¼ tsp. gluten-free vanilla\*  
½ cup brown rice flour  
3 Tbsp. potato starch  
1½ Tbsp. tapioca starch  
1 tsp. sugar  
¼ tsp. salt

## Fillings and Toppings

2 cups fresh blueberries, raspberries, or strawberries  
100% pure maple syrup\*  
Gluten-free chocolate syrup\*  
Gluten-free powdered sugar\*  
Gluten-free vanilla frozen yogurt\*



Beat eggs well, then add milk and vanilla.

In a separate bowl, combine rice flour, potato starch, tapioca starch, sugar, and salt. Add to egg mixture and whisk until smooth.

Heat skillet to medium-high and grease with melted butter or cooking spray.

Add ¼ cup of batter and swirl to cover pan. Cook one minute or until golden brown, then flip.

Add fresh berries and roll or fold inside crêpe. Dust with powdered sugar, and serve with desired toppings.

\*Many varieties of these products are gluten-free, but not all. Be sure to check the ingredient list carefully.

Nutrition information: 289 calories, 2.4 g total fat (0.9 g saturated fat), 52 mg cholesterol, 113 mg sodium, 63.7 g total carbohydrate, 4.7 g protein

# Healthy Baking Swaps

Want to lighten up your desserts? These baking swaps make it easy.  
For the best results, replace only one ingredient in a recipe.



Instead of oil,

try applesauce,  
nonfat or low-fat yogurt,  
buttermilk, or puréed fruit.



Instead of  
heavy cream,

try chilled evaporated  
skim milk.



Instead of  
whole egg,

try 2 egg whites.



Instead of milk and  
cream cheese,

try low-fat milk or  
low-fat cream cheese.



Instead of  
frosting,

try powdered sugar,  
cinnamon, or cocoa.

# 3 No-Cost Ways

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## Enjoy more recipes!

Head over to The Rhode Ahead to discover more recipes for every season. And while you're there, find new ideas for healthy living, saving money, and navigating the healthcare system.

Visit [rhodeahead.com/medicare](https://rhodeahead.com/medicare).



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