

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



DR. SINATRA'S

ROAST VEGETABLES

Roasting vegetables is another great way to get more nutrient-rich and fiber-filled foods in your diet. Veggies can easily be roasted side-by-side in the oven [with a lean protein](#) of your choice; go with a lower temperature if the other recipe calls for it, and keep vegetables in for 10 to 15 minutes longer, or until tender (I add a little water so they are steam-roasted). Coconut oil is preferred over olive oil because it oxidizes less easily under high heat.

With the exception of leafy greens, you can roast most kinds of vegetables. While summer squash, eggplant, asparagus and carrots are all good candidates, I prefer a savory mixture of Brussels sprouts, broccoli, butternut squash, red peppers, and onions. Why? Cruciferous vegetables like Brussels sprouts and broccoli are loaded with [cancer-preventative](#) plant compounds and insoluble fiber. Butternut squash and red peppers are both fantastic sources of beta carotene, vitamin C, and fiber. Onions contain a powerful [antioxidant flavonoid](#) called quercetin, which can help us maintain healthy [blood pressure](#) and [cholesterol](#) levels.

Now, while potatoes have a higher glycemic index than most other vegetables, eating a small amount of them with this meal won't cause too much [insulin](#) to be released, and can make for a more filling meal. Potatoes are good sources of potassium and vitamin C; the key is to limit them to small amounts (e.g. one smaller-sized potato per person).

- 3 to 4 cloves [garlic](#), peeled and sliced
- 2 medium onions, peeled and sliced
- 12 Brussels sprouts, stems cut off
- 1 cup chopped broccoli
- 1 medium butternut squash, peeled and cut into bite-sized cubes
- 1 to 2 organic red bell peppers, sliced
- 4 red bliss potatoes, scrubbed and quartered (optional)
- 2 Tbsp. coconut oil, heated to liquid consistency, or olive oil
- ¼ cup filtered water
- ½ teaspoon sea salt
- Black pepper to taste
- Fresh or dried herbs: thyme, oregano, sage, marjoram, and/or basil, to taste

Spread all vegetables in a large glass baking pan and toss with garlic, coconut oil, salt, pepper and herbs. Add ¼ cup filtered water and cover with foil. Roast at 425° for 30 minutes. Serves 4.