

# Quick & Easy Recipes Using Cold-Weather Crops

(Fast, flexible ideas for carrots, cabbage, kale, potatoes, squash & more)

## 1. Roasted Root Veggie Mix

*Great for: carrots, potatoes, beets, turnips*

How to make:

- Chop veggies into bite-size pieces.
- Toss with oil, salt, and pepper.
- Roast at 400°F for 20-30 minutes until tender.
- Optional: Add beans or sausage for a full meal.

## 2. 5-Minute Sautéed Greens

*Great for: kale, collards, spinach, Swiss chard*

How to make:

- Heat a little oil in a pan.
- Add chopped greens.
- Cook 5 minutes, stirring.
- Season with garlic, salt, and a splash of vinegar or lemon.

## 3. Cabbage & Potato One-Pot Soup

*Great for: cabbage, potatoes, onions*

How to make:

- Add chopped cabbage, potatoes, and onions to a pot.
- Cover with broth or water + bouillon.
- Simmer 20 minutes until soft.
- Season with salt, pepper, and herbs.

## 4. Simple Cabbage or Carrot Slaw

*Great for: cabbage, carrots*

How to make:

- Shred veggies.
- Mix with mayo OR oil + vinegar, plus salt and a pinch of sugar.
- Use for: sandwiches, tacos, or a crunchy side.

## 5. Microwave Sweet Potato

*Great for: sweet potatoes*

How to make:

- Pierce potato with a fork.
- Microwave 5-7 minutes until soft.
- Split open and top with butter, cinnamon, beans, or leftover chili.

## 6. Veggie Hash

*Great for: potatoes, onions, carrots, turnips*

How to make:

- Dice veggies small.
- Cook in oil until crispy and browned.
- Add eggs or beans if available.

## **7. Quick Steamed Broccoli or Cauliflower**

*Great for: broccoli, cauliflower*

How to make:

- Put florets in a pan with a splash of water.
- Cover and steam 5 minutes.
- Season with salt, pepper, and a little butter or oil.

## **8. Spaghetti Squash "Noodles"**

*Great for: spaghetti squash*

How to make:

- Microwave squash halves until soft (8-12 minutes).
- Scrape into "noodles."
- Top with pasta sauce, beans, or cheese.

## **9. Crunchy Veggie Wraps**

*Great for: cabbage, carrots, greens*

How to make:

- Fill tortillas or lettuce leaves with shredded veggies.
- Add beans, chicken, or dressing.
- Roll and enjoy.

## **10. Lentils + Veggies One-Pot**

*Great for: carrots, onions, greens*

How to make:

- Combine lentils + chopped veggies + water or broth.
- Simmer 20-25 minutes.
- Season with salt, pepper, and spices.