



## Chapter 6

# Vegetables and Salads

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*Left: Spinach Salad with Feta and Pumpkin Seeds*

# MISO EGGPLANT

Serves 4

PREP TIME: 10 MINUTES / COOK TIME: 30 MINUTES

I used to think I hated eggplant, but it turns out, I love it. I just didn't know how to properly prepare it. When made correctly, eggplant has a wonderful soft texture and absorbs so many flavors of the other ingredients it's prepared with. This miso eggplant is a fantastic side dish with the Vegetable Fried Rice (page 82) or Thai Coconut Cod (page 89).

DAIRY  
FREE

QUICK  
PREP

VEGAN

2 tablespoons miso paste  
1 tablespoon mirin  
1 tablespoon water  
1 tablespoon sesame seeds  
1 tablespoon minced fresh ginger (optional)  
1 large eggplant  
Nonstick cooking spray

**INGREDIENT TIP:** Miso paste is a traditional Japanese ingredient made from fermented soybeans. A little goes a long way.

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. In a small bowl, whisk together the miso paste, mirin, water, sesame seeds, and ginger (if using). Set aside.
3. Cut off and discard the ends of the eggplant, then slice the eggplant in half lengthwise. Gently cut crisscross lines into the flesh of each eggplant half, making sure not to cut through the skin.
4. Spray a large skillet with the cooking spray and place it over medium-high heat. Once hot, place the eggplant halves cut-side down in the skillet and sear them for 4 to 5 minutes, until browned and slightly tender.
5. Transfer the eggplant cut-side up to the baking sheet. Brush the miso dressing over the top of the eggplant.
6. Bake for 20 to 25 minutes, or until the eggplant is tender when a fork is inserted.

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**PER SERVING** (1 cup) Calories: 82; Carbohydrates: 14g; Fat: 2g; Protein: 5g; Fiber: 3g; Sodium: 351mg

# GRILLED BOK CHOY

Serves 4

PREP TIME: 2 MINUTES / COOK TIME: 5 MINUTES

Bok choy is a type of Chinese cabbage used in many dishes, including chicken with vegetables or my Thai Coconut Cod (page 89). What I love the most about this leafy green is that it's high in calcium, dietary fiber, vitamins, and minerals, and can be low-FODMAP in the right portions. It's a win-win across the board.



1 tablespoon sesame oil

4 whole bok choy

1 teaspoon sesame seeds

1. Heat the oil on a grill pan over medium-high heat.
2. Place the bok choy on the pan and grill each side for 2 to 3 minutes, or until grill marks form.
3. Remove the bok choy from the heat and sprinkle them with the sesame seeds.

**INGREDIENT TIP:** Soy sauce can be drizzled on the bok choy for additional flavor.

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**PER SERVING** (1 cup) Calories: 134; Carbohydrates: 18g; Fat: 6g; Protein: 12g; Fiber: 8g; Sodium: 540mg

# GRILLED PEPPERS, ZUCCHINI, AND CARROTS

Serves 4

PREP TIME: 10 MINUTES / COOK TIME: 20 MINUTES

I love anything cooked on the grill because of the natural flavors that come out. These vegetables are no exception. Grilled vegetables will turn the pickiest of kids and adults into vegetable lovers. The peppers, zucchini, and carrots in this recipe go well with my Greek Chicken Kebabs (page 100) and Dad's Easy Grilled Chicken (page 105).



- 1 (1-pound) bag mini yellow, red, and orange bell peppers
- 2 zucchini, cut into thick rounds
- 6 carrots, cut into thick rounds
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon sea salt
- Freshly ground black pepper

1. Heat an outdoor grill or grill pan to medium heat.
2. In a large bowl, add the bell peppers, zucchini, and carrots. Drizzle them with the olive oil, and season with salt and pepper. Toss to thoroughly coat the vegetables.
3. Grill the vegetables for 8 to 10 minutes on each side.

**MAKE-AHEAD TIP:** The vegetables can be grilled ahead of time and refrigerated in an airtight container for up to 1 week. They can be served reheated, cold, or at room temperature.

**INGREDIENT TIP:** Green bell peppers can contain high amounts of polyols (sorbitol) when served in amounts exceeding 1 cup. This recipe recommends a mix of red, orange, and yellow bell peppers to keep polyols in check.

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**PER SERVING** (1 cup) Calories: 132; Carbohydrates: 17g; Fat: 7g; Protein: 3g; Fiber: 5g; Sodium: 571mg

# SMASHED POTATOES

Serves 6

PREP TIME: 5 MINUTES / COOK TIME: 45 MINUTES

Smashed potatoes bring me back to eating drive-through tater tots as a kid. This recipe is just as addictive as those tots, but a lot healthier. The potatoes are great to make in large batches to be eaten throughout the week.



6 Yukon gold potatoes of uniform size

Extra-virgin olive oil

2 sprigs fresh rosemary, leaves removed  
and stems discarded

Sea salt

Freshly ground black pepper

1. Preheat the oven to 450°F. Line a baking sheet with parchment paper.
2. Bring a pot of salted water to a boil. Add the whole potatoes and cook until tender, about 25 minutes. Drain.
3. Transfer the potatoes to the baking sheet. Using a potato masher or the bottom of a cup, gently smash the potatoes. Drizzle each potato with olive oil, sprinkle with the rosemary leaves, and season with salt and pepper.
4. Bake for 20 minutes, or until the potatoes are golden brown on top.

**INGREDIENT TIP:** Try topping the potatoes with fresh or dried herbs like rosemary or paprika, or even low-FODMAP cheese (such as Cheddar, Colby, mozzarella, or Swiss) if eating vegan isn't a priority.

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**PER SERVING** (1 potato) Calories: 182; Carbohydrates: 39g; Fat: 2g; Protein: 5g; Fiber: 3g; Sodium: 50mg