

Roasted Red Pepper and Tomato Soup with Veggie Grilled Cheese

After a long cold day in the winter, it is nice to warm up with a soup and grilled cheese for dinner. This is an easy way to add more vegetables to you and your families meal!

Yields: 1 Servings

Ingredients for Grilled Cheese:

- 2 slices of bread (whole wheat is a great option)
- 2-3 slices of cheese (pepper jack, mozzarella, low sodium cheddar)
- 1/2 cup slices vegetables of your choice (zucchini, tomatoes, spinach, greens, eggplant, peppers, and many more options.)
- 1 tsp olive oil for bread

Instructions for Grilled Cheese:

1. Gather ingredients and cut up vegetables that you want to use on your grilled cheese.
2. Once ready, heat up a pan on the stove to medium heat.
3. Spread olive oil over the outside of each of the bread slices.
4. Once pan is hot, place one piece of bread in pan. Add cheese slice, vegetables, then another cheese slice. Finishing with other slice of bread with olive oil side facing out.
5. Place a pan cover over sandwich to help melt the cheese.
6. Cooking sandwich until bottom side is browned. Then flip sandwich over.
7. Once both sides are browned, take off heat and serve with tomato and roasted red pepper soup.



Per serving: Calories: 317 Kcal: Carbohydrates: 23.7g Sugars: 4.1g Protein: 17.6g
Saturated Fat: 8.5g Sodium: 547.4mg



Cinnamon Brown Sugar Sweet Potatoes

The perfect sweet dish for any holiday get together. Enjoy with family, friends, or neighbors and be prepared to share the recipe!

Yields: 10 Servings

Ingredients:

- 3 to 4 pounds sweet potatoes
- 6 tablespoons unsalted butter melted
- 1/4 cup maple syrup real maple syrup, not pancake syrup
- 1 cup dark brown sugar light brown sugar also will work
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt

Optional Toppings

- 1 cup miniature marshmallows or white chocolate chips
- Drizzle with cookie butter or 1 cup of pecans

Instructions:

1. Preheat oven to 375F. and spray a 3 quart baking dish with nonstick cooking spray and set aside.
2. Peel sweet potatoes and rinse clean. Slice potatoes to 1/2 inch thick slices. Try to keep them roughly the same thickness so they cook evenly.
3. In a medium bowl, combine brown sugar, melted butter, maple syrup, ground cinnamon, vanilla extract and salt. Whisk until smooth. If the mixture is very thick, pop in the microwave for 30 seconds to loosen it up.
4. Transfer sliced sweet potatoes to the prepared baking dish and spread evenly.
5. Drizzle the brown sugar mixture over the top of the sweet potatoes and toss to combine. You want each piece of sweet potato coated in the mixture.
6. Cover the baking dish with foil and bake for 20 minutes. Remove foil and gently stir. Bake for another 15 minutes (no foil) and again, gently stir. Check to see how tender the sweet potatoes are at this point. Bake for another 5 to 15 minutes, depending on the size and thickness of your potatoes. Make sure they are tender (but not falling apart) before removing.
7. If adding marshmallows, sprinkle marshmallows or any other toppings on top and pop back in the oven for 5 minutes. Serve immediately.

Per serving: Calories: 284 Kcal: Carbohydrates: 55 g Sugars: 32 g Protein: 2 g Saturated Fat: 4 g Sodium: 199 mg

