

LOW CALORIE VEGETABLE RECIPES

1. Roasted cauliflower hummus

(65 kcal)

10 servings (3 tbsp. each), ~1 serving of vegetables, ~1 tsp oil

Ingredients:

- 1 large head of cauliflower (~840 g)
- Juice from 1 lemon (~20 g)
- 2 garlic cloves (~8 g)
- Salt, pepper, cumin, coriander (to taste)
- 2 tablespoons of olive oil (26 g)
- 1 medium carrot (~40 g)
- 1 medium stalk of celery (~30 g)

Instructions:

- 1) Cut cauliflower into small florets and place on baking tray with garlic cloves. Bake in the oven for 20 minutes at 200 °C.
- 2) Transfer cauliflower and garlic to a food processor or blender. Add the rest of the ingredients and blend until smooth. Add small amounts of water to adjust consistency to your liking.
- 3) Serve with fresh coriander and eat with carrot and celery sticks.



2. Caponata stuffed portobello mushrooms

(89 kcal)

4 servings, ~2 servings of vegetables, ¼ tablespoon of oil

Ingredients:

- 1 medium aubergine (~260 g)
- ½ can of chopped tomatoes (~200 g)
- 1 medium tomato (~85 g)
- 1 medium stalk of celery (~30 g)
- 2 garlic cloves (~8 g)
- 1 large onion (~175 g)
- 1 portobello mushroom cap (~84 g)
- 2 tablespoons of capers (~18 g)
- 1 tablespoon of white wine vinegar (~15 g)
- 1 tablespoon of olive oil (13 g)
- 10 leaves of fresh basil (~5 g)
- Salt and pepper to taste



Instructions:

- 1) Slice aubergine and roast in the oven at 200°C for 10 minutes.
- 2) Sauté diced onions in a pan with oil until onions start to caramelize.
- 3) Add canned chopped tomatoes and the diced tomato and cook slowly for 2-3 minutes until they start to break down.
- 4) Add roasted aubergine, capers, vinegar, chopped celery, chopped garlic, salt, pepper and basil to the pan. Cover with lid and cook on low heat for 40 minutes until all vegetables are soft.
- 5) Spoon the caponata into 1 average portobello mushroom cap and put under the grill for 5 minutes. Alternatively, eat the caponata with courgette or carrot noodles.

3. Ginger garlic courgette noodle soup

(48 kcal)

4 servings, ~ 1.5 servings of vegetables, no oil

Ingredients:

- 1 ½ litres water
- ½ large courgette (~90 g)
- 6 medium mushrooms (~72 g)
- 12 leaves of pak choi (~168 g)
- 1 large onion (~175 g)
- 2 medium spring onions (20 g)
- ½ cup of snow peas (~75 g)
- 1 tablespoon miso paste (17 g)
- 1 cube of chicken stock (7 g)
- 2 tablespoons of soy sauce (16 g)
- 2 tablespoons of chopped ginger (12 g)
- Salt and pepper to taste



Instructions:

- 1) In a large saucepan, combine chicken stock and water and bring the mixture to a boil.
- 2) Stir in the pak choi, chopped mushrooms, salt, pepper, diced onion, miso, soy sauce, ginger and finely diced spring onion bulbs. Cover with lid and simmer for around 10 minutes.
- 3) Stir in courgette spirals and snow peas. Cook for an additional 5 minutes with lid covered. Adjust seasoning to taste and serve.

4. Lemon and herb cauliflower “couscous” salad

(25 kcal)

3 servings, ~1.5 servings of vegetables, no oil

Ingredients:

- 1 cup riced cauliflower (100 g)
- ½ medium pepper (~80 g)
- 1 medium tomato (~85 g)
- 1 cup raw spinach (~30 g)
- 1 teaspoon of mustard (8 g)
- Juice from ½ a lemon (10 g)
- 1 cube of chicken stock (7 g)
- 2 tablespoons of finely chopped fresh herbs: mint, coriander, parsley, dill and/or basil (~5 g)
- Salt and pepper to taste

Instructions:

- 1) Sauté riced cauliflower in a pan under medium heat with 100 ml of chicken stock.
- 2) Mix salt, pepper, mustard, lemon and herbs in a small bowl to prepare the dressing.
- 3) In a different bowl, mix spinach with diced pepper and tomato.
- 4) Add the cauliflower rice and dressing to the salad and mix thoroughly.



5. Vegetable stir fry with carrot noodles

(97 kcal)

2 servings, ~2.5 servings of vegetables, 1 teaspoon of oil

Ingredients:

- 2 teaspoons olive oil (6 g)
- 4 spears of broccoli (~180 g)
- 6 medium mushrooms (~72 g)
- 4 leaves of pak choi (~56 g)
- ½ cup of snow peas (~75 g)
- 2 medium spring onions (20 g)
- 2 tablespoons of soy sauce (16 g)
- 1 clove of garlic (~4 g)
- 1 teaspoon of hot sauce (4.7 g, optional)
- Salt and pepper to taste
- 1 carrot (~60g)



Instructions:

- 1) Cook broccoli in seasoned boiling water for 3 minutes and snow peas for 2 minutes. Place the vegetables in cold water after cooking.
- 2) Put a teaspoon of olive oil in a pre-heated pan. Add sliced mushrooms, pak choi and sliced spring onion bulbs into the pan and sauté for 5 minutes until the vegetables soften.
- 3) Add broccoli, snow peas, soy sauce, minced garlic and hot sauce to the pan. Mix thoroughly and cook for an additional 2-3 minutes.
- 4) In a different pan, sauté carrot spirals with a little bit of water, salt and pepper.

6. Balsamic glazed vegetable kebabs

(38 kcal)

9 servings, ~ 1 serving of vegetables, 1/3 teaspoon of oil

Ingredients:

- 1 medium red pepper (~160 g)
- 1 large tomato (~150 g)
- 12 medium mushrooms (~120 g)
- 1 large courgette (~180 g)
- 1/2 cup balsamic vinegar (~128 g)
- 2 tablespoons Dijon mustard (30 g)
- 2 garlic cloves (~8 g)
- 3 teaspoons olive oil (9 g)
- Salt and pepper to taste

Instructions:

- 1) Place vinegar, mustard, garlic a pinch of salt and pepper in a small saucepan and bring to a simmer over medium heat. Simmer and stir occasionally until the glaze thickens and reduces slightly, which should take about 5 minutes. Remove the pan from the heat once finished.
- 2) Slice vegetables and place in a bowl with oil. Season with salt and thread the vegetables onto the skewers.
- 3) Put the kebabs on the grill and cook on medium-high heat until grill marks appear on the vegetables, taking about 2 minutes. Flip the skewers and grill for 2 more minutes.
- 4) Brush the grilled skewers with the balsamic glaze. Reduce the heat to medium and continue cooking.
- 5) Flip the skewers every minute, brushing the vegetables with the glaze each time you flip them. Grill until the vegetables are cooked through and lightly charred, taking 5 to 10 minutes total. Brush the vegetables once more with glaze before serving.



7. Fajita lettuce wraps

(69 kcal)

4 servings, ~ 3.5 servings of vegetables, ¼ teaspoon of oil

Ingredients:

- 1 medium red bell pepper (~160 g)
- 1 medium yellow bell pepper (~160 g)
- 1 medium green bell pepper (~160 g)
- 1 large red onion (~240 g)
- 10 medium mushrooms (~120 g)
- 3 cloves of garlic (~12 g)
- 1 teaspoon of oil (3 g)
- Half a can of chopped tomatoes (~200 g)
- 1 teaspoon of paprika powder (3 g)
- Salt, pepper and chilli powder to taste
- 2 large or 3 medium lettuce leaves (~30 g).



Instructions:

- 1) Heat the oil in a large pan over medium-high heat. When hot, add in the peppers, onions, chili powder, salt, pepper and smoked paprika. Cook for 5 minutes until the peppers soften.
- 2) Add in the tomatoes, mushrooms and garlic and continue to cook for another 5-7 minutes until the tomatoes and peppers break down.
- 3) Serve in lettuce leaves. Top with fresh coriander or homemade salsa.

8. Spicy garlic aubergine with cauliflower rice

(84 kcal)

2 servings, ~2.5 servings of vegetables, 1 teaspoon of oil

Ingredients:

- 1 medium aubergine (~260 g)
- 2 cloves of garlic (~8 g)
- 2 tablespoons soy sauce (~16 g)
- 1 tablespoon balsamic vinegar (~16 g)
- 1 tablespoon of finely diced ginger (~6 g)
- 1 red chilli (~3 g)
- 2 spring onions (~20 g)
- 1 cube of chicken stock (7 g)
- 2 teaspoons of peanut oil (or any oil of your choice) (6 g)
- Salt and pepper to taste
- 1 cup of cauliflower rice (~100 g)



Instructions:

- 1) Mix chicken stock cube with 100 ml of boiling water. Stir together with soy sauce, balsamic vinegar and salt in a small bowl.
- 2) Heat one teaspoon oil in a wok over a high heat. Add the aubergine batons and turn occasionally for 2-3 minutes until the batons are slightly charred. Remove from the wok and set aside.
- 3) Turn the heat down to medium and add another teaspoon of oil to the wok. Add the garlic, ginger and chilli and stir fry for a few seconds until fragrant. Return the aubergine batons to the wok along with the prepared sauce.
- 4) Simmer the aubergine in the sauce on a low-medium heat for 2-3 minutes, until the batons have softened slightly but still have some bite.
- 5) In a separate pan, sauté riced cauliflower with a little bit of water or chicken stock. Serve stir fry with the cauliflower rice.

9. Asparagus, pea and mint “risotto”

(99 kcal)

4 servings, ~3 servings of vegetables, ¼ teaspoon of oil

Ingredients:

- ½ of a large head of cauliflower (~420 g)
- 12 medium spears of asparagus (~300 g)
- ½ cup green peas (~75 g)
- 1 large onion (~175 g)
- 2 garlic cloves (~8 g)
- 1 chicken stock cube (7 g) (or any other type of stock)
- 1 teaspoon of olive oil (6 g)
- 2 tbsp white wine vinegar (~30 g)
- Salt and pepper to taste
- 2 tablespoons of finely chopped parsley (~5 g)
- 2 tablespoons of finely chopped basil (~5 g)
- 2 tablespoons of finely chopped mint (~5 g)



Instructions:

- 1) Heat olive oil in a large pan over medium heat. Sauté the onion until it softens, which should take around 5 minutes.
- 2) Prepare riced cauliflower by pulsing in a food processor or grating with a box grater. Dissolve a cube of chicken stock in half a cup of boiling water.
- 3) Add finely chopped garlic and white wine vinegar to the onions and sauté for 1 minute.
- 4) Add cauliflower rice, chicken stock, salt and pepper into the pan and stir well. Bring the liquid to a simmer and cover with lid. Lower the heat and cook for around 10 minutes until the rice is tender.
- 5) In a separate pan, sauté green peas and chopped asparagus for 5 minutes using a little bit of water.
- 6) Remove lid from cauliflower rice and raise heat to simmer off any excess liquid. Add the asparagus, green peas and chopped herbs into the pan and cook for 1-2 minutes. Adjust seasoning to taste and serve.

10. Spring green hummus and vegetable wraps

(41 kcal)

12 servings, ~ 1 serving of vegetables, ~1/4 teaspoon of oil

Ingredients:

- 12 large spring green leaves (about 1 bunch) (~250 g)
- 1 cup of cauliflower hummus (from recipe 1)
- 6 spring onions (~60 g)
- ½ small head of purple cabbage (~270 g)
- 6 medium carrots (~240 g)
- 1 tbsp hot sauce (or to taste) (~17 g)

Instructions:

- 1) Prepare spring greens by washing and cutting off the stem. Bring a pot of water to boil and dip each spring green leaf for 15 to 30 seconds. Remove and pat dry.
- 2) Stir together the cauliflower hummus, finely chopped spring onions and hot sauce.
- 3) Take the collard leaf and spread 2 tablespoons of the mixture. Add small handfuls of shredded carrot and shredded cabbage.
- 4) Roll up the leaf like a wrap, tightly rolling it and tucking in the sides while you do so. If needed, you can stick a toothpick through it to keep it rolled up.
- 5) Cut in half and serve with soy sauce for dipping.

