

# Spring Vegetables

**I**t's that time again. Farmers' market stalls are brimming with the first vegetables of the season, the harbingers of spring. For fresh ways of cooking with the most delicious produce now available, try these recipes from Chef Hari Nayak. 🌿

## Roasted Spring Vegetables With Thyme

Serves 6

8 medium parsnips, peeled, halved crosswise, quartered lengthwise  
4 small onions, quartered through root end  
2 fresh fennel bulbs, trimmed, each cut into 8 wedges (with some core attached to each)  
8 ounces baby carrots, peeled, green tops trimmed to 1 inch  
8 whole garlic cloves, unpeeled  
¼ cup extra virgin olive oil  
2½ tablespoons chopped fresh thyme  
2 tablespoons dry white wine or vermouth  
Fine sea salt and pepper

1. Preheat oven to 425°F.
2. Combine parsnips, onions, fennel, carrots, and garlic in large bowl.
3. Add olive oil and thyme and stir gently to coat.
4. Spread vegetables on large, rimmed baking sheet.
5. Drizzle with wine; sprinkle with sea salt and pepper.
6. Roast 35 minutes; gently turn vegetables over.
7. Roast vegetables until tender, about 15 minutes longer.
8. Transfer vegetables to large platter. Serve.

**TD&N Nutrient Analysis:** Calories: 308; Total Fat: 10 g; Saturated Fat: 1 g; Polyunsaturated Fat: 1 g; Monounsaturated Fat: 7 g; Cholesterol: 0 mg; Sodium: 85 mg; Carbohydrates: 52 g; Fiber: 12 g; Protein: 5 g

Head straight for your local farmers' market and then try these nutritious recipes for the freshest vegetables of the season.





**Sautéed Baby Zucchini  
With Squash Blossoms, Lemon Thyme, and Basil**

Serves 6

- 3 tablespoons butter, divided
- 1 pound baby zucchini, halved lengthwise, each half cut lengthwise into 3 wedges
- 1 teaspoon chopped fresh basil
- ½ teaspoon chopped fresh lemon thyme
- Fleur de sel (fine French sea salt)
- 18 zucchini squash blossoms\*

1. Melt 1 tablespoon butter in heavy, large nonstick skillet over medium heat.
2. Add zucchini; sauté until crisp-tender, about 2 minutes. Stir in basil and lemon thyme.
3. Season with fleur de sel. Transfer to plate.
4. Melt remaining 2 tablespoons butter in skillet.
5. Add squash blossoms and cook until barely wilted and still bright orange, about 2 seconds per side.
6. Arrange atop zucchini and serve.

\*Available at farmers' markets and some specialty foods stores

**NOTE:** Squash blossoms are extremely perishable; it's best to use them the day you buy them. Buy a small pot of lemon thyme at a nursery if it's not available at your local farmers' market.

**TD&N Nutrient Analysis:** Calories: 66; Total Fat: 6 g; Saturated Fat: 4 g; Polyunsaturated Fat: 0 g; Monounsaturated Fat: 1 g; Cholesterol: 15 mg; Sodium: 3 mg; Carbohydrates: 2 g; Fiber: 1 g; Protein: 2 g

**Sautéed Sugar Snap Peas With Radishes and Dill**

Serves 6

- 1 tablespoon butter
- 1 tablespoon olive oil
- ½ cup thinly sliced shallots
- 12 ounces sugar snap peas, trimmed, strings removed
- 2 cups thinly sliced radishes (about 1 large bunch)
- ¼ cup orange juice
- 1 teaspoon dill seeds
- 1 tablespoon chopped fresh dill

1. Melt butter with oil in large nonstick pan over medium heat.
2. Add shallots and sauté until golden, about 5 minutes.
3. Add sugar snap peas and radishes; sauté until crisp-tender, about 5 minutes.
4. Add orange juice and dill seeds; stir for about 1 minute.
5. Season with salt and pepper.
6. Stir in chopped dill.
7. Transfer to bowl and serve.

**TD&N Nutrient Analysis:** Calories: 105; Total Fat: 4 g; Saturated Fat: 2 g; Polyunsaturated Fat: 0 g; Monounsaturated Fat: 0 g; Cholesterol: 5 mg; Sodium: 17 mg; Carbohydrates: 13 g; Fiber: 3 g; Protein: 3 g



*CHEF HARI NAYAK is an internationally renowned chef, restaurateur, and food writer. He's pioneered the next generation of Indian cooking with his latest cookbook, **Modern Indian Cooking**. ([www.harinayak.com](http://www.harinayak.com))*