

# VYP

Vary Your Protein Recipe Series

Recipe Category: Hot Main Dish

## Roasted Vegetables and Ham

Yield: 2 servings, about 1 1/2 cups each

- 1 cup Brussels sprouts, frozen and thawed, or fresh and cleaned
- 2/3 cup plain cooked rice, brown or white
- 1/4 cup chopped onion
- 1/4 cup chopped carrots
- 1 clove of garlic, minced
- 1 teaspoon cooking oil
- 1/3 cup cooked chopped ham, trimmed of visible fat
- 1 cup cooked dry beans, any kind (such as great northern, navy, kidney, pinto or black), cooked without salt, rinsed and drained
- a dash of ground black pepper
- 1 tablespoon grated Parmesan cheese

1. Wash your hands and work area.
2. Preheat oven to 400 degrees F.
3. Coat an 8 x 8 inch baking pan heavily with non-stick cooking spray and/or line it with a piece of aluminum foil.
4. Cut Brussels sprouts in half lengthwise and place in the baking pan.
5. Stir in remaining ingredients except the rice and cheese.
6. Bake uncovered for 20 minutes, stirring once after 10 minutes.
7. Serve over warm rice and top with grated cheese.
8. Cover and refrigerate leftovers within two hours. Or, freeze leftovers in a moisture-proof freezer container.



# K-STATE

Research and Extension

*Meal suggestion:  
Serve with cranberry  
sauce and low-fat  
milk.*

*This low-cholesterol  
hot main dish is an  
excellent source of  
vitamins A and C, and  
fiber, and is a good  
source of calcium and  
iron.*

### Nutrition Facts

Serving Size about 1 1/2 cups (297g)  
Servings Per Container 2

Amount Per Serving

**Calories 290**      **Calories from Fat 50**

% Daily Value\*

**Total Fat 6g**      **9%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol 15mg**      **5%**

**Sodium 350mg**      **15%**

**Total Carbohydrate 45g**      **15%**

Dietary Fiber 11g      **44%**

Sugars 3g

**Protein 18g**

Vitamin A 70%      •      Vitamin C 70%

Calcium 15%      •      Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*3 carbohydrate  
choices per serving.*

For more information about healthy eating, contact your local extension office or log on to [www.ksre.ksu.edu/humannutrition/](http://www.ksre.ksu.edu/humannutrition/). The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.