

Hello again, Food Fans!

When I plan out my meals for the week, I'm usually pretty good about thinking up main courses, but I'm not as good about coming up with sides. Here are some of my favorite go-to easy side dishes.

Broccoli Steaks with red onion and lemon dressing

This dish is a tasty quick side that makes full use of that delicious roasted broccoli flavor.

You'll need:

- 2 heads broccoli
- 1 tbsp olive oil for coating
- a sprinkle of salt
- ¼ cup olive oil for dressing
- juice from ½ a lemon
- Parsley to taste
- red pepper flakes to taste
- ½ a red onion, diced
- ½ cup feta cheese

Preheat your oven to 450 along with a baking sheet.

I recommend a Silpat or parchment paper for easier cleanup.

Cut the broccoli into ½ to ¾ inch steaks, or florets. When cutting steaks some florets are bound to fall off.

Coat the broccoli in oil and sprinkle with salt. Roast in the oven for 15 minutes.

While the broccoli cooks, mix the remaining ¼ cup of olive oil, lemon juice, parsley, and red pepper flakes.

When the broccoli comes out of the oven, drizzle with the dressing and top with diced onion and feta cheese.

Cucumber vinegar salad

This tasty tart salad is great for light meals and cookouts.

You'll need:

- 4 medium to large cucumber
- 1 red onion, diced
- 1 cup apple cider vinegar
- 1/3 cup sugar

Peel the cucumber and remove and discard the ends.

Cut the cucumber in half, lengthwise and slice into thin half moons.

In a large bowl with a lid, mix together the sugar and vinegar. Some variation on this recipe calls for much more sugar.

Add in cucumber and onion, making sure that everything is coated.

Allow to marinate for as little as 30 minutes up to overnight.

Serve chilled or at room temperature.

Sweet Buttery Carrots

These wonderful carrots are a fond memory from my childhood that I couldn't get enough of.

You'll need:

1 lb carrots

¼ cup butter

1/3 cup brown sugar

Clean and peel your carrots and cut them into rings, or if you're feeling fancy, sliced on a bias.

Place carrots into a pot of boiling water and cook until fork tender, about 8 minutes.

Drain the pot and set the carrots aside.

In the same pot, melt the butter and stir in the brown sugar.

Once the butter is melted and the brown sugar is incorporated, add the carrots back in and coat.

Serve immediately, or allow flavors to mingle for a few minutes before serving.

Happy eating!