

Simple Sides

Making real food easy and practical



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Thank you so much for choosing Simple Sides as a real food resource to help you put together healthy meals that taste great and are simple to make! All the recipes in this book are side dishes aimed to help increase the vegetable intake on your plate, and are gluten, dairy, corn, soy, and sugar free! As a Nutritional Therapy Practitioner and Certified Personal Trainer, my goal is to help you reach your best self through real food nutrition and exercise. Simple Sides is the first step on the journey towards health! Happy cooking!

--- Olivia

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Perfectly Roasted Carrots

Servings: 3-4

Time: 45-55 minutes

Ingredients

- 2 lbs Carrots
- 1 Tbsp Sea Salt
- 1 Tbsp Black Pepper
- 2 Tsp Garlic Powder
- 100% Coconut Oil Spray (or 1 Tbsp Coconut Oil, melted)



Directions

1. Turn the oven to 400 degrees and line a large baking sheet with parchment paper
2. Peel the carrots, cut off the ends, and cut the carrots into 3" long by 1/2" wide sticks
3. Scatter the carrots on the parchment paper
4. Spray lightly with the coconut oil spray and sprinkle evenly with the spices
5. Bake in the oven for 35-45 minutes, or until the carrots are tender and soft
6. Remove from the oven and serve, or cool and place in a storage container in the fridge for up to 6 days

Nourishing Facts

- Carrots are full of Vitamin A, healthy carbs, and satisfy a sweet tooth with natural sweetness.
- Change up the spices to suit your preferences or try adding sliced onions on top for an extra bonus.

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Roasted Asparagus

Servings: 3-4

Time: 45 minutes

Ingredients

- 2 lbs Asparagus
- 1 Tbsp Sea Salt
- 1 Tbsp Black Pepper
- 1 Tsp Garlic Powder
- 100% Coconut Oil Spray (or 1 Tbsp Coconut Oil, melted)



Directions

1. Turn the oven to 400 degrees and line a large baking sheet with parchment paper
2. Trim the ends off the asparagus (about 1" off of the bottom)
3. Spread the asparagus across the baking sheet
4. Spray lightly with coconut oil spray and evenly sprinkle with the spices
5. Bake in the oven for 40-45 minutes, or until the asparagus is tender and the tips are slightly crispy
6. Remove from the oven and serve immediately, or cool and place in a storage container in the fridge for up to 6 days

Nourishing Facts

- Asparagus may seem intimidating, but when properly prepared, everyone will be able to enjoy the benefits of this vegetable rich in Vitamin K, folate, and fiber.

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Roasted Broccoli and Cauliflower

Servings: 3-4

Time: 50 minutes

Ingredients

- 1 Large Head of Cauliflower
- 1 Large Bunch of Broccoli
- 1 Tbsp Sea Salt
- 1 Tbsp Black Pepper
- 2 Tsp Garlic Powder
- 100% Coconut Oil Spray (or 1 Tbsp Coconut Oil, melted)



Directions

1. Turn the oven to 400 degrees and line a large baking sheet (or two) with parchment paper
2. Cut the broccoli and cauliflower into florets; scatter across the baking sheet, trying not to overlap the vegetables too much
3. Spray lightly with coconut oil spray and sprinkle evenly with the spices
4. Bake in the oven for 45-50 minutes, or until the cauliflower is tender and the broccoli is slightly crispy
5. Remove from the oven and serve immediately, or cool and store in the fridge for up to 6 days

Nourishing Facts

- A member of the cruciferous vegetable family, broccoli is loaded with Vitamins K and C, and it also helps detoxify the body.
- Also a fellow cruciferous vegetable, cauliflower is the perfect neutral veggie, loaded with Vitamin C, fiber, and other antioxidants.

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Roasted Eggplant

Servings: 1

Time: 40 minutes

Ingredients

- 1 Large Eggplant
- 1 Tbsp Sea Salt
- 2 Tsp Black Pepper
- 100% Coconut Oil Spray (or 1 Tbsp Coconut Oil, melted)



Directions

1. Turn the oven to 400 degrees and line a large baking sheet with parchment paper
2. Wash and dry the eggplant; slice it into 1/2" thick pieces (cutting it lengthwise or widthwise will yield the same result)
3. Arrange in a single layer on the baking sheet and lightly spray with the coconut oil
4. Sprinkle evenly with the spices and place the pan in the oven
5. Bake the eggplant for 20 minutes and remove from the oven
6. Flip over all of the slices and return to the oven for another 20 minutes
7. If desired, turn the broiler on the last 3-5 minutes of cooking to brown and crisp the eggplant
8. Remove from the oven and serve immediately, or cool and store in the fridge for up to 6 days

Nourishing Facts

- Purple on the outside, white on the inside, eggplants are not common in most kitchens. Roasting eggplant helps bring out its natural sweetness, which pairs perfectly with sea salt and black pepper. Eggplants are loaded with antioxidant phytonutrients, perfect for increasing overall health.

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Cauliflower Mash

Servings: 3-4

Time: 30 minutes

Ingredients

- 1 Large Head of Cauliflower
- 1-2 Tbsp Sea Salt
- 1 Tsp Black Pepper
- 5 Cloves Roasted Garlic or 2 Tsp Garlic Powder
- 1 Tbsp Ghee or Coconut Oil



Directions

1. Cut up the cauliflower into bit size pieces
2. Place the cauliflower in a pot with a steamer insert and about 1" of water
3. Cover and steam until very tender, about 15 minutes
4. Place steamed cauliflower and the rest of the ingredients in a food processor or blend, reserving the steaming liquid
5. Process on high until the cauliflower becomes smooth, adding in about 1-2 Tbsp of leftover water from steaming if needed
6. Stop the food processor periodically to stir the mixture if needed
7. Enjoy immediately or store in the fridge for up to 5 days

Nourishing Facts

- Cauliflower's neutral flavor lends itself well to a variety of cooking methods. Use this mash as a substitute for potatoes while enjoying the benefits of Vitamin C, antioxidants, and other minerals from this cruciferous vegetable.

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Cauliflower Rice

Servings: 3-4

Time: 20 minutes

Ingredients

- 1 Large Head of Cauliflower
- 1 Tbsp Sea Salt
- 1 Tsp Black Pepper
- 1 Tbsp Ghee or Coconut Oil
- Seasoning Combination of Choice (see below)



Directions

1. Cut up cauliflower into small 1" pieces and place in a food processor
2. Pulse until it is broken into small pieces, resembling rice grains
3. Alternatively, chop and break the cauliflower apart into very small pieces over a bowl
4. Heat a large skillet over medium-high heat; add the ghee or coconut oil
5. Once the cooking fat is hot, add the riced cauliflower and seasonings of choice
6. Cover and cook 5-10 minutes, stirring occasionally
7. Serve immediately as a replacement for rice or store for up to 7 days in the fridge

Nourishing Facts

- Change up the flavor of this basic cauliflower rice and add an extra punch of nutrition with your choice of seasonings and herbs:

Fresh lime juice, sea salt, cilantro, chili powder, cumin, paprika, garlic

Lemon juice, garlic, sea salt, pepper

Parsley, black pepper, garlic, and sea salt

Cilantro, fresh lime juice, and sea salt

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Roasted Green Beans

Servings: 2-3

Time: 15 minutes

Ingredients

- 1 lb Green Beans
- 1 Tbsp Sea Salt
- 100% Pure Coconut Oil Spray or
1 Tbsp Coconut Oil, melted



Directions

1. Turn the oven to 400 degrees and line a large baking sheet with parchment paper
2. Cut off the ends of the green beans (if necessary) and scatter across the baking sheet, trying not to overlap the vegetables too much
3. Spray lightly with coconut oil spray and sprinkle evenly with the sea salt
4. Bake in the oven for 20-25 minutes or until the green beans are tender and slightly crispy
5. Remove from the oven and serve immediately, or cool and store in the fridge for up to 6 days

Nourishing Facts

- Green beans are a staple vegetable in most households and are easy to grow in a garden as well! They are full of Vitamin K and flavonoids, perfect for those looking to increase their health.

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Simply Steamed Carrots

Servings: 3-4

Time: 15 minutes

Ingredients

- 2 lbs Carrots
- 1 Tbsp Sea Salt
- 1 Tbsp Ghee or Coconut Oil (optional)



Directions

1. Peel the carrots, cut off the ends, and cut the carrots into 3" long by 1/2" wide sticks
2. Place the carrots in a pot with a steamer insert and about 1" of water
3. Cover and steam for 8-12 minutes, or until the carrots are tender, but not mushy and overcooked
4. Place in a bowl, melt ghee on top if desired, and sprinkle with the sea salt
5. Serve immediately or cool and store in the fridge for up to 7 days; adding the sea salt and ghee after reheating

Nourishing Facts

- Simple, quick, and easy, these carrots store well in the fridge for make-ahead meal prep, or taste delicious alongside of any protein for a main meal!
- Carrots are loaded with tons of nutrients, including beta-carotene and fiber.

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Sauteed Cabbage, Mushrooms, Brussel Sprouts, and Zucchini

Servings: 3-4

Time: 15-20 minutes

Ingredients

- 6 Baby Bella Mushrooms, sliced
- 10-15 Brussel Sprouts, sliced
- 1 Medium Zucchini, sliced into half-moons
- 1 Small Head of Red Cabbage
- 1 Tbsp Coconut Oil or Ghee
- 1 Tbsp Sea Salt
- 1 Tbsp Black Pepper
- 1 Tsp Garlic Powder
- 1/3 Cup Water or Homemade Broth



Directions

1. Cut the cabbage in half into wedges, removing the tough outer leaves; slice into strips, about 1/2-inch in width
2. Heat a large skillet over medium-high heat; place cooking fat in the pan
3. Once the cooking fat is hot, add in all of the chopped vegetables
4. Cover and cook for 10-15 minutes, adding the spices halfway through and stirring every 2-3 minutes
5. Add the water or broth in 1-2 Tbsp increments to help steam and cook the vegetables as needed (or as the vegetables start to stick to the bottom of the pan; this will help remove the brown bits of flavor)
6. Serve immediately or cover and store in the fridge for up to 4 days

Note: To speed up prep, cut all of the vegetables ahead of time and store in the fridge for up to 5 days

Nourishing Facts

- This colorful stirfry is loaded with tons of antioxidants, Vitamins K and C, and fiber.
- Add in ground turkey, chicken, or beef to make this a complete meal!

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Roasted Cabbage Wedges

Servings: 3-4

Time: 45-55 minutes

Ingredients

- 1 Large Head of Green Cabbage
- 1 Tbsp Sea Salt
- 1 Tbsp Black Pepper
- 1 Tsp Garlic Powder
- 100% Coconut Oil Spray (or 1 Tbsp Coconut Oil, melted)



Directions

1. Turn the oven to 400 degrees and line a large baking sheet with parchment paper
2. Remove the tough outer cabbage leaves and cut into quarters or eighths, depending on the size of the cabbage; keep the core intact as much as possible to keep the wedges from breaking apart
3. Place in a single layer on the baking sheet and lightly spray with the coconut oil spray
4. Sprinkle evenly with the spices and place the pan in the oven
5. Bake for 40-45 minutes, or until the cabbage is tender and starting to brown (Optional: turn the oven to broil the last 3-5 minutes of cooking to yield a few crispy cabbage pieces)
6. Serve immediately or cool and store in the fridge for up to 6 days

Nourishing Facts

- Cabbage is loaded with fiber and antioxidants, and it is also a member of the cruciferous vegetable family.
- This side dish pairs well with any protein you desire, especially roasted chicken or sliced pork loin.

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Sauteed Peppers and Onions

Servings: 4

Time: 15-20 minutes

Ingredients

- 1 Red, Orange, or Yellow Bell Pepper
- 1 Green Bell Pepper
- 1 Small Red Onion
- 1 Small Yellow Onion
- 1 Tbsp Sea Salt
- 1 Tbsp Black Pepper
- 2 Tsp Garlic Powder
- 1 Tbsp Ghee or Coconut Oil



Directions

1. Slice the peppers and onions into thin slices, about 1/8-1/4 inch thick
2. Heat a large skillet over medium-low heat and add the cooking fat
3. Once the cooking fat is hot, adding in the vegetables and spices
4. Cover and cook for 10-15 minutes, or until the vegetables are tender, stirring every 2-3 minutes to ensure that the vegetables don't stick to the bottom of the pan
5. Serve immediately or cool and store in the fridge for up to 4 days

Notes: When stored, the vegetables will release some extra liquid, drain this off when reheating if desired

Veggies can be prepped and cut ahead of time and stored in the fridge for up to 6 days in advance

Nourishing Facts

- Peppers are full of Vitamin C, while onions contain numerous polyphenols and flavonoids.
- Add in ground beef or turkey to make this a complete meal and top with avocado to make it even more delicious!

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Roasted Spaghetti Squash

Servings: 2-3

Time: 50-60 minutes

Ingredients

- 1 Large Spaghetti Squash
- 1-2 Tbsp Sea Salt
- 2 Tsp Black Pepper
- 2 Tbsp Fresh Chopped Parsley
or 2 Tsp Dried Parsley



Directions

1. Turn the oven to 400 degrees and line a baking sheet with parchment paper
2. Pierce the squash with a knife in at least 3 spots along the body of the squash
3. Place on the baking sheet and bake in the oven for 45-55 minutes, or until the squash is very tender
4. Remove from the oven and carefully cut in half widthwise (if at this point the squash is not finished cooking, place back in the oven, cut side down for 5-10 minutes)
5. Let cool about 5 minutes before handling
6. Scoop out the seeds in the middle and use a fork to make squash "noodles" or strands with the flesh of the squash
7. Place in a serving dish and sprinkle with the herbs and spices; mix lightly
8. Serve immediately, store in the fridge for up to 6 days, or cool and place in freezer containers for up to 6 months

Nourishing Facts

- Spaghetti squash is the perfect real-food replacement for pasta, as it's flesh mimics noodles.
- Play around with the seasoning variations to truly make it your own!
- Mix an egg into the cooked squash and fry mini patties in coconut oil or ghee for a crispy fritter.

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Sauteed Kale

Servings: 2

Time: 10-15 minutes

Ingredients

- 1 Large Bunch of Kale (Green, Red, Rainbow, or Lacinato)
- 1 Tbsp Sea Salt
- 1 Tbsp Black Pepper
- 2 Tsp Garlic Powder
- 3/4 Tsp Ground Red Pepper
- 1 Tbsp Coconut Oil or Ghee



Directions

1. Remove the stems from the kale and slice into smaller pieces, about 1 1/2 inches
2. Heat a large skillet over medium heat and melt the coconut oil
3. Place the kale and spices in the pan
4. Cover and cook for 8-12 minutes until the kale is wilted and tender, stirring every 2-3 minutes
5. Serve immediately

Nourishing Facts

- Kale is a true superfood, loaded with cancer-fighting compounds, flavonoids, Vitamin K (over 1000% in 1 cup!), Vitamin A, and Vitamin C. It is a must-have in every real-food kitchen!

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Baked Sweet Potatoes

Servings: 4-6

Time: 50-60 minutes

Ingredients

- 4 Large Sweet Potatoes (any variety, long and skinny are best)
- 1 Tbsp Sea Salt (optional)



Directions

1. Turn the oven to 400 degrees and line a baking sheet with parchment paper
2. Wash and dry the sweet potatoes
3. Cut in half lengthwise to form sweet potato "boats"
4. Place skin side down, flesh side up on the baking sheet, making a small slit in the middle of each potato
5. Bake for 50-55 minutes, or until the sweet potatoes are tender
6. Remove from the oven, sprinkle flesh with sea salt if desired, and serve immediately or cool and store in the fridge for up to 6 days

Notes: These sweet potatoes are wonderful cold or reheated and are easy to grab and eat on the go

Nourishing Facts

- Sweet potatoes are my favorite starchy carbohydrate source, providing nourishment and energy, as well as fiber, Vitamins A and C, and manganese.
- Adding the sea salt on top takes the flavor of the sweet potatoes to a new level!

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Roasted Red Potatoes

Servings: 3-4

Time: 45-55 minutes

Ingredients

- 1 lb Red Potatoes
- 1-2 Tbsp Sea Salt
- 1 Tbsp Black Pepper
- 2 Tsp Garlic Powder



Directions

1. Turn the oven to 400 degrees and line a baking sheet with parchment paper
2. Wash and dry the sweet potatoes
3. Cut the potatoes into 1"-1 1/2" large chunks; do not peel the potatoes
4. Fill a large saucepan halfway full of water and place potatoes in the water
5. Cover and bring to a boil and cook for 10-15 minutes or until the potatoes are just tender (not fully cooked)
6. Drain the potatoes and spread on the baking sheet
7. Sprinkle the potatoes with the spices
8. Bake for 30 minutes or until the skin of the potatoes is crispy
9. Remove from the oven and serve immediately or store in the fridge for up to 6 days

Nourishing Facts

- Red potatoes have a wonderful natural flavor that takes well to steaming and roasting. They are an amazing source of carbohydrate and Vitamin B6.
- This recipe also works well with regular russet potatoes or any other variety of potato (even sweet potatoes!)

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Thank you for choosing Simple Sides
to help bring health to your plate and
household.

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recipes, fitness ideas, and inspiration!



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