

Herbal Legacy Recipes

Simple Steamed Veggies

SUGGESTED INGREDIENTS:

1. Asparagus
2. Bok choy
3. Cauliflower and peas
4. Broccoli and carrots
5. Broccoli, green beans and red pepper
6. Carrots and green beans
7. Cauliflower and peas, snow peas or green beans
8. Snow peas, zucchini, peppers
9. Mixed greens - chard, kale, collard greens
10. Peas and carrots
11. Variety of summer squash, peppers, fresh beans or peas
12. Zucchini or summer squash and greens



DIRECTIONS:

1. Select a few vegetables from the list above. (Plan on about 3 cups of veggies per person)
2. Wash and chop veggies
3. Try different shapes and sizes, diagonal and straight cuts, sticks and chunks
4. If using a veggie steamer, add about 1/2" of water to the bottom of the pot, put in the steamer, and add the veggies
5. Bring to a boil, cover and simmer for 5 - 10 minutes, depending on the degree of doneness you prefer
6. If you're steaming them on the bottom of a pot, add the veggies, then 2 - 4 Tbsp water. Cover and cook on medium 5 - 10 minutes. Be careful not to let them burn. Set a timer if you have one

TIPS:

1. The rule of doneness: the more crunchy - the more color & vitamins; the more cooked - the more digestible. So try to strike a balance between the two
2. Dress up your steamed veggies:
 - Add them to rice or sprouted legumes.
 - Add extra virgin olive oil, fresh or dried herbs, salt & pepper, fresh lemon juice
 - Add tomato sauce or tahini + soy sauce and toss.

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