



Steamed broccoli-carrot with Lemon Garlic

Servings 3

Ingredients

- 1 small head of broccoli (1/2 pound)
- 1 large carrot
- 1/2 onion
- 2 Tbsp. lemon juice
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. margarine
- 1 garlic clove
- 1 pinch of salt
- 2 pinches of black pepper



Directions

1. Prepare a steamer pot with water and fill with 3/4" of water and set to boil
2. Wash your broccoli, and then cut the florets off the top into bite size pieces. Slice up the stem into 1/4" planks
3. Peel your carrot by skinning off the outer sides, cut the ends off, then cut into 2" half rounds
4. Onion - remove each of the ends, cut in half and remove the skin, then slice your 1/2 red onion into 1/4" inch slices
5. Put in already boiling steamer for 6-8 minutes, until soft to poke
6. Start on sauce
7. Crush your garlic clove, then mince, then add a pinch of salt and grind into a paste with your knife
8. In a small sauce pan, add your lemon juice, extra virgin olive oil, margarine, garlic paste, and pepper, on a medium heat for a minute, then let simmer
9. Once broccoli and carrots are soft, put in serving dish/bowl and pour lemon sauce on top



Tossed Mango Salad with a Balsamic Vinaigrette

Servings 3

Ingredients

1/4 head of romaine lettuce
1/2 mango
1 large carrot
1/2 cup chick peas
1/2 tomato
1/2 red onion
2 mushrooms
1 Tbsp. red wine vinegar
1/2 tsp. Dijon mustard
1 pinch of kosher salt
1/2 clove of garlic
1 pinch of black pepper
3 Tbsp. extra virgin olive oil



Directions

1. Soak and wash your salad in cold water to ensure you get all dirt and sand off of lettuce
2. Use salad spinner to remove loose water and put into mixing bowl
3. Wash all of your vegetables and shake dry. All your vegetables can be put on top of your lettuce base
4. Carrot - Peel by skinning off the outer sides and cut off ends, then slice your carrot into 1/4" bias-rounds
5. Tomato - cut out the base of your tomato, then slice your 1/2 tomato into 1/8 wedges
6. Onion - remove each of the ends, cut in half and remove the skin, then slice your 1/2 red onion into 1/4" inch slices
7. Cut your mango in half leaving skin on, then cut the inside into medium cubes, careful not to cut through the skin, then bend skin in, and cut cubes off
8. Slice your mushrooms into vertical 1/8" slices and put all the above on top of your lettuce
9. Start on dressing
10. Crush your 1/2 garlic clove, then mince, then add a pinch of salt and grind into a paste with your knife
11. In a glass container with lid add your red wine vinegar, Dijon mustard, garlic, and black pepper together and shake to mix together
12. Add your extra virgin olive oil to the mix and then shake again to mix
13. Pour your dressing over top of salad; mix the salad with the dressing, then serve