

10 Ways with Vegetables

1. Steam and eat plain, with butter or ghee, fresh lemon, and salt.
2. Steam or boil until just cooked, and then quick sauté in ghee and spices
3. Sauté/minimal water braise in ghee and spices
4. Sauté/minimal water braise in ghee and fresh garlic and/or ginger pickle
5. Toss in olive oil or ghee and spices and roast in the oven until slightly caramelized
6. Boil, drain, and mash.
7. Add to pasta cooking water to save a step and get two things cooked at the same time.
8. Add carrots, onion, fennel, and leafy greens to pasta sauce, such as tomato sauce.
9. Boil in a broth and enjoy as a soup. Sesame oil, black pepper, and some slivers of green onion would be nice. Maybe some rice noodles for a complete meal.
10. Add chopped vegetables to legumes and grains for a one-pot meal. A grain with vegetables cooked in is called a pilaf. With a legume, it would be a soup or stew.

Vegetable Combinations

- Onion, parsnip and carrot saute in ghee and turmeric
- Leeks and Swiss chard with garlic
- Brussel sprouts, kale, and red onion in ghee, turmeric, ginger, and a little red chili
- Potato and turnip or celeriac - mashed with ghee and sour cream
- Potato and green beans sauté with turmeric and coriander powder, a pinch of red chili
- Green beans and onions
- Zucchini with garlic and turmeric
- Fennel bulb in tomato sauce
- Carrots in tomato sauce for sweetness
- Carrots with black mustard seeds and turmeric
- Swiss chard, spinach and garlic. Cooked greens are good with garlic. Season with salt and a little lemon juice.
- Cauliflower with turmeric and coriander powder
- Potato or cauliflower with oregano and paprika
- Broccoli with garlic and lemon
- Sweet potato - roasted with lime and ghee
- Asparagus with lemon and garlic
- Celery, red bell pepper and green zucchini sauté with soy sauce
- Onion and bell pepper sauté with oregano and black pepper