

## STEAMED VEGETABLES

*A good source of fiber and nutrition...*

2-4 cups	Fresh vegetables of choice, bite size pieces
½ tsp	Ghee
½ tsp each	Mustard seeds, cumin seeds, turmeric
1 tsp.	Ground coriander
½ tsp.	Fresh ginger, chopped or grated
	Bragg's Liquid Aminos

Heat ghee in a skillet over medium heat. Add mustard seeds and let them cook until they start to pop, then add rest of spices and sauté briefly. Add vegetables and stir to coat with spices. Add ½-1 cup water, cover and simmer until vegetables are done. Add Bragg's before serving and garnish if desired with grated coconut, cilantro, or a squeeze of lime.



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