

Ideal Protein Vegetables



CAULIFLOWER MASHED "POTATOES"

½ packet Ideal Protein Leek or Mushroom soup *1 head fresh cauliflower*
1 to 2 tbs. chopped onion *½ tsp. crushed garlic*
Sea salt & fresh ground pepper to taste

Steam or boil cauliflower until it is very soft. Drain and add onion, garlic, and soup mix. Mash well, season with salt and pepper, and serve hot.

BAKED VEGETABLES

2 c chopped vegetables (asparagus, broccoli, cauliflower, or turnips – all the same or mixed)
2 tsp. extra virgin olive oil *½ tsp. dried or 1 tbs. fresh herbs (rosemary, basil, etc.)*
¼ tsp. spices (garlic, lemon pepper, etc.) *Sea salt & fresh ground pepper to taste*

Layer two sheets of aluminum foil. Place chopped veggies on sheet; pour olive oil, herbs, and spices over them. Tightly wrap foil around veggies. Bake at 350° for 45 minutes.

GRILLED LEMON DIJON ASPARAGUS

1 lb. asparagus (about 15 spears) *2 tsp. extra virgin olive oil*
1 tbs. fresh lemon juice *1 tsp. dijon mustard*
Sea salt & fresh ground pepper to taste

Preheat oven to 450°. Place asparagus on foil lined baking sheet. Brush with 1 tsp. olive oil and tightly align. Grill in oven for 8 to 10 minutes, turning once. Meanwhile, whisk 1 tsp. olive oil, lemon juice, and mustard. When asparagus is done, pour dressing on top.

SAUTEED ASPARAGUS OR ZUCCHINI

2 c chopped asparagus or zucchini *2 tsp. extra virgin olive oil*
1 tsp. tamari or low sodium soy sauce *¼ tsp. crushed garlic*
¼ tsp. grated ginger *Sea salt & fresh ground pepper to taste*

Heat olive oil on medium in sauté pan. Add tamari or soy sauce, garlic, and ginger, stir. Add asparagus or zucchini, sauté until tender crisp. Season with sea salt and pepper.

GRILLED VEGETABLES (Makes 6 servings)

10 cherry tomatoes, halved *2 celery ribs, thinly sliced*
1 medium green pepper, sliced *1 medium red bell pepper, sliced*
1 c sliced mushrooms *1 tbs. apple cider vinegar*
1 tbs. extra virgin olive oil *1 tsp. lemon juice*
1 garlic clove, minced *1 tsp. dried basil*
½ teaspoon salt *½ teaspoon pepper*

Divide vegetables between two pieces of foil (about 18" square). In small bowl, combine remaining ingredients; drizzle over vegetables. Fold foil around vegetables and seal tightly. Grill, covered, over medium heat for 10 to 15 minutes or until vegetables are tender crisp.