



### ***Dr. Laleh's Easy Vegetable Blend: White & Green***

Ingredients	Amount
Broccoli	1 large head (~3 Cups)
Cauliflower	½ a large head (~2 Cups)
Leeks	1 large (~ 4 Cups sliced)
Fennel bulb/root	1 medium bulb (~ 2 Cups sliced)
Fresh garlic	4-5 cloves
Olive oil	1.5 TBS
Black pepper	2 tsp (more if you like spicy)
Coconut Aminos	2 TBS
Coriander seed powder	1 TBS
Thyme (dried herb)	2 TBS

### ***Preparation***

- Wash all vegetables and dry on a kitchen towel.
- Cut broccoli, cauliflower in bite size florets.
- Cut Leeks, garlic cloves and fennel into 1/5 inch slices.
- Put all vegetables in a large bowl.
- Add olive oil and spices and herbs.
- Pre-heat oven at 375F.
- Place vegetables on a baking sheet, spread into a single layer- you may need 2 baking sheets.
- Optional: use silicone baking sheets to avoid sticking.
- Bake for ~45 minutes, checking periodically.
- Once vegetables are baked to your taste, turn on broil.
- Broil them for 3-5 minutes; if more crispy consistency is desired, broil for a few minutes longer.
- Remove from the oven- serve hot with protein of choice.

- Left overs can be stored in the fridge for up to 4 days. First, remove from the oven and allow to cool at room temperature. Then store in glass storage containers.

## Nutrition Facts

Servings 6.0

Amount Per Serving

**calories** 98

**% Daily Value \***

<b>Total Fat</b> 4 g	<b>7 %</b>
Saturated Fat 1 g	<b>3 %</b>
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 57 mg	<b>2 %</b>
<b>Potassium</b> 544 mg	<b>16 %</b>
<b>Total Carbohydrate</b> 14 g	<b>5 %</b>
<b>Dietary Fiber</b> 5 g	<b>21 %</b>
<b>Sugars</b> 4 g	
<b>Protein</b> 4 g	<b>7 %</b>
Vitamin A	<b>25 %</b>
Vitamin C	<b>93 %</b>
Calcium	<b>54 %</b>
Iron	<b>7 %</b>