



## Dr. Laleh's Steamed Veggie Blend 1

### Ingredients

### Amount

Organic Frozen Peas	2 C
Organic Carrots	2 Large- Sliced thin
Organic Green Beans	2 C Cut into 1 inch pieces
Organic Ghee (Purity Farms)	1.5 tsp
Himalayan Sea Salt	½ tsp
Black pepper	½ tsp (or to taste as tolerated)
Granulated Garlic	1 tsp

### Preparation:

Use a pot with a steamer basket.

Place enough water in the pot to reach the bottom of the steaming basket but not in the basket.

Steam thinly sliced carrots for 10 minutes before adding the peas and green beans.

Once the carrots are partially cooked, add green beans and frozen peas.

Steam all veggies for an additional 5-7 minutes, before the green beans and peas get overcooked, to maintain their bright green color.

Discard the water and keep the vegetables in the basket or a colander drain excess water.

Add Ghee and spices and mix well. Serve hot as a side dish.

# Nutrition Facts

Servings 4.0

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## Amount Per Serving

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calories 127

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### % Daily Value \*

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<b>Total Fat</b> 2 g	<b>3 %</b>
Saturated Fat 1 g	<b>6 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 4 mg	<b>1 %</b>
<b>Sodium</b> 302 mg	<b>13 %</b>
<b>Potassium</b> 136 mg	<b>4 %</b>
<b>Total Carbohydrate</b> 21 g	<b>7 %</b>
<b>Dietary Fiber</b> 8 g	<b>34 %</b>
<b>Sugars</b> 7 g	
<b>Protein</b> 6 g	<b>13 %</b>
Vitamin A	<b>99 %</b>
Vitamin C	<b>24 %</b>
Calcium	<b>10 %</b>
Iron	<b>12 %</b>

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