



## Dr. Laleh's Steamed Veggie Blend 2

### Ingredients

### Amount

Organic Broccoli	1 large head (~3 C of large florets)
Organic Carrots	2 Medium- Sliced thin
Organic Red bell pepper	1 large cut into bite size pieces
Sliced Water Chesnuts	1 can drained
Organic Ghee (Purity Farms)	2 tsp
Himalayan Sea Salt	½ tsp (or to taste as tolerated)
Black pepper	½ tsp (or to taste as tolerated)
Granulated Garlic	1 tsp (or to taste as tolerated)
Rosemary (dry)	1 tsp
Oregano (dry)	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 the rest of the vegetables.
- Steam all veggies for an additional 5-7 minutes, before the rest of the vegetables are overcooked, to maintain their bright colors.
- 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

Amount Per Serving

**calories 98**

% Daily Value \*

<b>Total Fat</b> 3 g	<b>4 %</b>
Saturated Fat 2 g	<b>8 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 5 mg	<b>2 %</b>
<b>Sodium</b> 57 mg	<b>2 %</b>
<b>Potassium</b> 324 mg	<b>9 %</b>
<b>Total Carbohydrate</b> 18 g	<b>6 %</b>
<b>Dietary Fiber</b> 6 g	<b>23 %</b>
<b>Sugars</b> 4 g	
<b>Protein</b> 3 g	<b>6 %</b>
Vitamin A	<b>278 %</b>
Vitamin C	<b>63 %</b>
Calcium	<b>43 %</b>
Iron	<b>3 %</b>