



Dr. Laleh's Brussels-Leekcious – NEW

Ingredients

Amount

Mini Brussels Sprouts	~ 1 lb
Leeks	1 Large
Fresh Fennel Bulb	1 large (thinly sliced)
Baby Bella Mushrooms	2 C sliced
Fresh Garlic*	4-6 medium cloves (thinly sliced)
Red Bell pepper	1 Large (thinly sliced)
Liquid/ Coconut Aminos	2 TBS
Black pepper	To taste
Rosemary (dry)	1 tsp
Oregano (dry)	1 tsp
Coriander powder	1 tsp
Extra Virgin Cold pressed olive oil***	1 TBS

*May use pre crushed garlic if fresh is not available.

**May omit or adjust spices as needed.

May use walnut, grapeseed, or Sesame oil.

****Silicone baking mats:

https://www.amazon.com/Silicone-Baking-Mats-Set-Professional/dp/B07K6S6TX8/ref=sr_1_4_sspa?crd=1LXWA1IHWoK9R&dchild=1&keywords=silicone+baking+mats&qid=1604168372&sprefix=Silicone+%2Caps%2C180&sr=8-4-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyQoJQTTZDNkw5NkxPJMvUy3J5cHRIZElkPUeWmJjxMDQzMtVUQks2SVhJV0NMJmVuY3J5cHRIZEFkSWQ9QTA2NjA1MzRaSIRZWFdXOUNNVVMmd2lkZ2VoTmFtZT1zcF9hdGYmYWNoaW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3Rmb2dDbGljaz10cnVl

[Professional/dp/B07K6S6TX8/ref=sr_1_4_sspa?crd=1LXWA1IHWoK9R&dchild=1&keywords=silicone+baking+mats&qid=1604168372&sprefix=Silicone+%2Caps%2C180&sr=8-4-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyQoJQTTZDNkw5NkxPJMvUy3J5cHRIZElkPUeWmJjxMDQzMtVUQks2SVhJV0NMJmVuY3J5cHRIZEFkSWQ9QTA2NjA1MzRaSIRZWFdXOUNNVVMmd2lkZ2VoTmFtZT1zcF9hdGYmYWNoaW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3Rmb2dDbGljaz10cnVl](https://www.amazon.com/Silicone-Baking-Mats-Set-Professional/dp/B07K6S6TX8/ref=sr_1_4_sspa?crd=1LXWA1IHWoK9R&dchild=1&keywords=silicone+baking+mats&qid=1604168372&sprefix=Silicone+%2Caps%2C180&sr=8-4-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyQoJQTTZDNkw5NkxPJMvUy3J5cHRIZElkPUeWmJjxMDQzMtVUQks2SVhJV0NMJmVuY3J5cHRIZEFkSWQ9QTA2NjA1MzRaSIRZWFdXOUNNVVMmd2lkZ2VoTmFtZT1zcF9hdGYmYWNoaW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3Rmb2dDbGljaz10cnVl)

Preparation:

- Wash and slice all vegetables and dry on a cotton dish towel.
- Preheat the oven to 350 F.
- In a large bowl, mix all vegetables together.
- Add olive oil and mix well to coat all vegetables evenly.
- Add liquid aminos, and spices and herbs and mix well.
- Use silicone baking mats**** on an oven safe pan.
- Spread the vegetables in a single layer.
- Bake for 30 minutes.
- Switch to broil ~450-500 F, broil until vegetables are crispy to your taste.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 118

% Daily Value *

Total Fat 3 g **5 %**Saturated Fat 1 g **3 %**

Monounsaturated Fat 2 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 0 mg **0 %****Sodium** 172 mg **7 %****Potassium** 827 mg **24 %****Total Carbohydrate** 19 g **6 %****Dietary Fiber** 6 g **23 %****Sugars** 5 g**Protein** 7 g **14 %**Vitamin A **85 %**Vitamin C **156 %**Calcium **15 %**Iron **31 %**