

The Veggie Habit - Delicious Vegetables

Cauliflower Rice

Ingredients:

One bag of riced cauliflower (or rice a medium head)
1 tbsp sesame oil
2 egg whites
1 egg
pinch of salt
cooking spray
1/2 small onion diced
bag of frozen peas and carrots
2 garlic cloves minced
5 scallions, diced, white and greens separated
3 tbsp Tamari or soy sauce

Directions:

Combine egg and whites in bowl, beat and add salt.
Heat sauce pan over medium heat and spray with oil.
Add the eggs and cook, turn a few times and set aside.
Add the sesame oil, and sauté onions, scallion whites, garlic, peas and carrots
3-4 min. until soft.
Add cauliflower rice to sauté pan with Tamari (or Soy) sauce. Mix, cover and
cook 5- 6 min. stirring until cauliflower is crispy.
Add the egg and mix in scallion greens.

Balsamic Brussel Sprouts

Ingredients:

1½ lbs brussels sprouts
3 tbsp olive oil, separated
¾ tsp kosher salt
½ tsp ground black pepper
2 tbsp balsamic vinegar
2 tsp honey

Directions:

Preheat oven to 425°F.

Line a baking sheet with aluminum foil or use a Silpat silicone baking mat. Trim off the outer, dry leaves, cut the bottom off and slice sprouts lengthwise. In a large bowl, toss brussel sprouts with 2 tablespoons of olive oil, kosher salt and freshly cracked black pepper to coat thoroughly.

Transfer the brussel sprouts to baking sheet and roast until tender and caramelized, about 20 minutes.

Place brussel sprouts back in bowl. Add remaining tablespoon olive oil, balsamic vinegar and honey and toss to coat evenly. Taste and season with kosher salt if necessary and serve.

***** Roast any vegetables (squash, potatoes, broccoli, cauliflower, parsnips, carrots, even kale) at 425 with olive oil and salt. Hardier larger vegetables will take more time, smaller delicate ones less. Keep checking till crispy.

Roasted Chickpeas

Ingredients:

- 1 Can Chickpeas
- EVOO and sea salt

Directions:

Drain and rinse your chickpeas. Remove any loose skins off of the beans but don't worry about taking them all off. Just remove the ones that are super loose.

On a paper towel or towel, evenly spread your beans and let dry. I dried mine for about ½ hour.

Preheat oven to 400 degrees.

Line a cookie sheet with either foil or parchment paper.

Evenly spread your dried beans on cookie sheet, and spray or drizzle olive oil and sea salt.

Bake for 40-60 minutes. It will all depend on your oven. Check after 40 minutes and if they are crunchy, they are done. If they are too moist then cook a little longer but watch so they don't burn.