Vegetable side options

Zucchini with lemon sauce:

4 good-sized zucchini, medium dice

S+P to taste

Juice of at least 3 lemons

Enough arrowroot to thicken and make a sauce

S+P to taste

Stevia to taste

Roast the zucchini to al dente, then toss with the lemon sauce, made from the juice, arrowroot, salt, pepper and stevia

Green Beans:

2 lb green beans

Olive oil

Lime juice

Ground ginger

S+P TT

Boil the green beans to al dente, then toss with olive oil, lime juice, ground ginger and S+P

Spice Roasted Brussel Sprouts:

Spice Roasted Brussels Sprouts

2 lbs Brussels Sprouts

1/2 T Allspice

1/2 T Ground Ginger

1/2 T Paprika

1/2 T Cinnamon

1/2 T Garlic Powder

As needed: olive oil

S+P TT

1. Preheat oven to 350F
2. Cut the root off the brussel sprouts and cut in half. Wash thoroughly
3. Put the washed brussel sprouts in a bowl and add the olive oil and all of the spices plus the S+P to taste
4. Toss VERY well to incorporate the spices and oil. Then put into a shallow baking dish and bake at 350F for 20 minutes for regular sized brussel sprouts and 18 minutes for baby sprouts

Sautéed Broccoli:

3-4 bunches broccoli, florets removed and stems trimmed

1 tsp salt

3 T olive oil

3 T lime juice

2 T balsamic vinegar

4-5 garlic cloves, minced

1) Bring 2 qt water to a boil, add salt and broccoli

2) Cook for 3 minutes

3) Drain broccoli very well

4) Heat 3 T oil in a frying pan set to medium and sauté garlic until light golden

5) Add broccoli and sauté 2-3 minutes, stirring to coat broccoli with oil

6) Toss with lime juice and balsamic vinegar and serve

Garlic Roasted Butternut Squash:

1 large butternut squash, peeled, seeded and cut into a large dice

2 T olive oil

2-3 cloves minced garlic

S+P TT

1) Preheat oven to 400F

2) Toss the butternut squash with all the other ingredients and season with S+P TT

3) Arrange squash on a baking sheet in a single layer

4) Roast in oven until tender and lightly brown, 25-30 minutes