

HOW TO MAKE THOSE

VEGGIES

DELICIOUS!



Flavor Steam

Forget water - steam your veggies with broth, then give them a dip in that broth before serving! If you're going to stir fry veggies, steam them halfway done first to retain color and for better texture.

Roast

Cut veggies and toss in avocado oil, season with any yummy spices (or just salt and pepper). Spread in an even layer and roast in the oven at 400° to desired tenderness. Chop hard veggies smaller and softer ones larger for even cooking. This is my favorite, and works with about any combination of veggies. This is a good way to eat potatoes for insulin sensitivity.

Stir Fry

You don't have to be eating a stir-fry meal to enjoy a side of veggies this way. Steam for a few minutes first, then toss in a hot skillet with a flavorful sauce. Make the sauce yourself; it's easy and healthier than store-bought, which often contains sugar and gut microbiome disrupting ingredients.

Grill

Cut veggies and toss in avocado oil, season with any yummy spices. Skewer and grill, toss on a hot flat-top grill, or use a grill basket.

Why avocado oil?

Avocado oil is a healthy fat, and has a high smoke point. Olive oil is also healthy, but has a lower smoke point, so it's better reserved for drizzling, dipping and dressings.