



# Recipes

## Vegetables

### Sautéed Veggies

*Prep and Cook Time: 20 minutes*

*Yield: 4 servings*

**Ingredients:**

Your favorite vegetables  
1/2 teaspoon cumin seeds  
1/4 teaspoon mustard seeds  
8 fenugreek seeds  
1/2 teaspoon cardamom  
2 tablespoons olive oil  
Sea salt and pepper to taste

**Directions:**

1. Chop vegetables of choice and steam.
2. In a skillet, dry roast cumin seeds, mustard seeds, fenugreek seeds.
3. Cover skillet with lid and let seeds pop for a minute. Add 1/2 teaspoon cardamom.
4. Add vegetables, 1/2 inch water and water saute for 3 minutes or until they are fully cooked.
5. Put vegetable mixture on to plate and drizzle with olive oil and sea salt and pepper to taste

Option: Top with fresh grated ginger.