



Recipes

Vegetables

Vegetable Medley

Prep and Cook Time: 25 minutes

Yield: 4 servings

Ingredients:

4 tablespoons extra virgin olive oil
½ sweet onion, thinly sliced
4 garlic cloves, finely chopped
1 teaspoon dried tarragon
1 teaspoon dried oregano
1 cup broccoli florets
1 cup cauliflower florets
1 cup diced baby carrots
Lemon wedges, to taste
sea salt and pepper, to taste

Directions:

1. Heat olive oil in a cast iron skillet over medium flame. Add onion, garlic, tarragon, and oregano and sauté while stirring for two to three minutes. Add broccoli, cauliflower, and carrots and continue cooking for three to four minutes.
2. Once the veggies begin to stick to the pan, stir and continue cooking until slightly charred. Turn off heat and cover; let sit for five minutes.
3. Squeeze lemon wedges over veggies, drizzling juice evenly. Sprinkle with freshly ground pepper and sea salt.
4. Enjoy!!