

Simple Veggie Sides



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Veggies are your blank canvas and you're the artist! This is a guide that provides simple suggestions of ways to jazz up veggies and make them more a part of your meals. Play with the ratios, change up the seasonings and switch up the veggies, to make it work for you!

Enjoy the art of cooking!

- Chop onions and mushrooms, sauté in a bit of butter or olive oil. Salt and pepper to taste.
- Steam broccoli, top with some parmesan cheese or a tiny bit of soy sauce.
- Sauté bok choy, or choy sum, chopped garlic and/or ginger in a little bit of sesame or olive oil, add a tiny bit of soy sauce.
- Steam mung bean sprouts, lightly drizzle with sesame oil and a pinch of salt. Finely chop green onion to garnish.
- Chop some onion and carrots into thin strips, sauté in a bit of butter, coconut or olive oil. Season with salt and pepper (add some dry or fresh basil if you would like).
- Chop tomato, cucumber, and Chinese parsley, mix with lime juice, olive oil, salt.
- Sauté thinly sliced sweet potato, and onion in butter, coconut or olive oil. Season to taste with salt
- Mash steamed taro or sweet potato of choice with a little bit of milk, coconut milk or water and form into small 2 inch pancakes. Roll in panko and cook in skillet in some heated butter, coconut or olive oil.
- Slice zucchini, onions and garlic sauté in olive oil.
- Chop up lettuce, cucumber, green onion, tomato. Top with a mixture of equal parts lemon juice and olive oil. Add a dash of salt.
- Sauté garlic and crushed red pepper in a bit of olive oil. Add chopped kale leaves and sauté till soft.
- Sauté collard greens or mustard greens in olive oil and crushed garlic. Let them go for a while until they are wilted. Top with a splash of hot sauce.
- Sauté red and green bell pepper with sliced onion in olive oil. Add a pinch of salt (and chili powder if you'd like).
- Roughly chop carrots into 1 inch pieces, coat with tiny bit of butter or coconut oil. Add a pinch of brown sugar and cinnamon, roast in oven on 350 until tender.
- Chop cabbage toss with chopped onions. Add a mixture of rice vinegar, sesame oil, pinch of crushed red pepper, and tiny bit of sugar (add a pinch of sesame seeds if you'd like).