DR VEGGIE'S FAVORITE MEAL

DR VEGGIE'S FAVORITE MEAL

2 to 4 sweet potatoes
1 large head of broccoli

Cut the broccoli into small florets. Don't discard the stem, although you can trim it somewhat if you like, as it's delicious and nutritious. Let the florets sit at room temperature for 30 to 60 minutes. This allows a beneficial phytochemical, sulforaphane, to develop.

Poke holes in the sweet potatoes with a fork. Place the sweet potatoes on a cookie sheet or baking pan. Bake at 400 degrees for about 45 minutes.

Towards the end of the baking time, steam the broccoli in a small amount of water for 5 to 6 minutes or to the desired degree of doneness. Serve the veggies hot; if desired, sprinkle some soy sauce and rice vinegar, and some garlic or onion powder, on the broccoli.

VEGGIE SERVING SAUCE

1/2 tbsp soy sauce or liquid aminos
1 tbsp rice vinegar, cider vinegar, or white wine vinegar
1/2 tsp garlic powder or onion powder
1/4 tsp ground ginger (optional)
Dash of toasted sesame oil (optional)

Sometimes simple is better!

You can't go wrong with these two vegetable powerhouses.

Other items can be served with this meal, including green salad, whole grain bread, and fruit. Enjoy!



