

## VEGGIE STEWS

### CELERY ROOT AND SQUASH SKILLET SUPPER

**Ingredients:** serves 2

diced celery root

butternut squash

celery thinly sliced

finely diced onion

frozen peas

lentils (soak overnight first then drain)

quinoa (soak for 1 hour then drain)

garlic powder

Sea salt to taste

bay leaves

coconut oil

coarsely chopped Swiss chard or Collard greens



**Step 1:** put the following in your skillet and sauté on a medium heat until tender (about 20 minutes):

- 2 tbsp coconut oil
- ¼ cup water
- 1 cup diced celery root
- 1 cup butternut squash
- ⅓ cup celery thinly sliced
- ¼ cup finely diced onion

**Celery Root:** is a good source of Vitamins K and B and phosphorus, iron, calcium, copper, & manganese.



**Step 2:** add your lentils and quinoa plus the seasoning and more water then continue cooking on a medium heat until lentils are soft (20-30 minutes)

- ¼ cup lentils
- 2-4 tbsp quinoa
- 1 tsp garlic powder
- Sea salt to taste
- 2 bay leaves

**Step 3:** Just before serving toss the Swiss chard or Collard green and steam over the veggie mixture for 10 minutes until they are limp

- 1 cup coarsely chopped Swiss chard
- 2-4 tbsp of water

**Step 4:** remove the Bay leaves before serving

## BRUSSELS'S SPROUT AND YAM BAKE

**Ingredients:** serves 4

Yams sliced

Brussels's sprouts

Pecans (soak for 2 hours then drain)

Onions diced

Garlic powder

Coconut syrup or maple syrup

Coconut oil

**Step 1:** Bake the vegetables

In a large skillet melt the coconut oil then toss the yam slices, Brussels's sprouts and water then cover and cook for 20 minutes on a medium heat

- 1 medium to large yam sliced ½" thick
- 10-15 Brussels's sprout
- ¼ cup finely diced onion
- 2-3 tbsp coconut oil
- ½ cup water

**Step 2:** Add the following and toss then let simmer for another 5 minutes then serve

1-2 tbsp coconut syrup

1 tsp garlic powder

¼ cup pecans (or your sliced almonds)

2-4 tbsp water (just enough to keep it from sticking to pan)

**Growing Brussels sprouts** requires cool weather. Plant in early summer but it will not mature until late fall when the weather cools. At first there will be many leaves but then a long stalk will keep growing and little buds will grow along the length of the stem. As the fall comes the buds will increase in size. I have seen these buds mature as late as early November. Once the buds are 1" in diameter you can harvest by pulling them off the stem. They are part of the cabbage family.

Brussels's sprouts are a great source of protein, fiber, Vitamins C, A & K as well as folate, manganese, copper, phosphorus, potassium, iron and many other minerals. They are certainly a powerhouse of nutrition and we should add them to our salads raw as well as a cooked side dish like this one.

