



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Steamed Vegetable Medley

- 1 cup Cauliflower Florets
- 1 cup Broccoli Florets
- 1 cup Fresh Mushrooms, sliced
- 1 cup Carrots
- 1 med. Red Onion
  
- 1 Tbsp. Lemon Juice
- ¼ tsp. Dried Basil, crushed
- ¼ tsp. Dried Marjoram, crushed



1. Cut carrots diagonally.
2. Slice and separate red onion into rings.
3. Place the cauliflower, broccoli, carrots, and onion in steamer basket.  
Cover and steam over boiling water for 10 minutes.
4. Add mushrooms. Steam 5 minutes more or until vegetables are just tender.
5. Place hot vegetables in serving bowl.
6. Pour lemon juice and herbs over vegetables and toss to coat.

Tip: Try tossing in a chopped up sweet potato at the start for a pop of flavor!

Bonus Tip: Thin slices of bell pepper added with the mushrooms will give a nice juicy crunch!