



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Butternut Squash Medley

- 1 med. Butternut Squash, peeled, seeded, cubed
- 1 Organic Yellow Onion, diced
- 2 cloves Organic Garlic, fine chopped
- 1 can Organic Coconut Milk
- 4 cups Organic Green Beans, fresh, chopped
- 3 cups Organic Broccoli Florets, bite sized
- 2 cups Organic Kale, chopped
- 1 cup Organic Walnut Pieces
(pre-soaked for 6 to 8 hours)
- ½ cup Organic Cilantro, chopped
(reserve a small amount for garnish)
- 1 Tbsp Coconut Oil, cold pressed
- 2 tsp. Turmeric
- ¼ tsp. Black Pepper
- ¼ tsp. Ground Cinnamon
- ½ tsp. Real Salt® or Himalayan salt



vegetariantimes.com

1. Steam butternut squash, green beans, broccoli florets, and onion until squash and beans are tender.
2. Add kale and cook three more minutes. Remove this pan from heat.
3. In a large saucepan sauté garlic and cilantro in coconut oil until garlic begins to become translucent.
4. Add black pepper, salt, coconut milk, and turmeric. Stir well. Simmer five minutes.
5. Add steamed vegetables stirring mixture until thoroughly mixed and turmeric is well distributed.
6. Add drained walnuts and cinnamon.
7. Keep at a simmer and avoid boiling for about five minutes until all ingredients are thoroughly mixed and warmed.

Serve in a bowl, garnish with fresh cilantro if desired.

Another option is to serve over a bed of [cooked brown rice or quinoa](#).