



Miso Sauce

1 T olive oil
2 T light miso paste
1 T honey or maple syrup
1 T apple cider vinegar
1 t low sodium tamari or soy sauce
dash hot sauce (optional)
Water to thin

Mix the oil, miso paste, sweetener, vinegar, tamari, and hot sauce together in a large bowl. Add just enough water to thin. Add desired vegetables (SO good with Brussels Sprouts!) and toss to coat and roast until done.

Smoky Cauliflower

1 head cauliflower, cut into florets
1 ½ T olive oil
2 t smoked paprika
Generous pinch salt and pepper

Preheat oven to 425F. Mix cauliflower together with the oil, smoked paprika and salt. Roast for 20 minutes, turn and roast another 7 minutes or until cooked through.

Reed Avocado and Greens Sauté

Serves 4

1 t olive oil
1/2 large yellow onion, sliced
3 cloves minced garlic
1 large bunch leafy greens (I'm using Chard in the video), washed and chopped
Salt and pepper to taste
1 large Reed or Hass Avocado, peeled and cut into chunks
1 t lemon juice

Heat oil in a large skillet over medium heat. Add onion and garlic and sauté for 3-5 minutes. Add chard and a sprinkle of salt and pepper. Cover and cook for 5 to 8 minutes more or until greens are bright green and tender. Remove from heat. Fold in avocado chunks, sprinkle with lemon juice, and season to taste with salt and pepper and serve.