

Let's Eat

Healthy fast food & dessert + a mix of lifestyle tips

Houston! it's November and the weather is liken' to heaven; the hands of time turn back an hour; and visions of Thanksgiving waft through our minds.

Stirring things up a bit, pun intended, we're deviating from traditional and going avant-garde! Same beautiful colors, earthy food, less work, with satisfying plant based dishes to wow you into relaxing and enjoying your day. What is it? A 1-Pot Meal...vegetarian style or loaded with sausages.

Recipe add ons sweet potatoes, turnips, parsnips, onion, garlic, hot and sweet peppers...your kitchen, your tastes! Bon Appétit! and be sure to give thanks for everything and include a special prayer for Mother Earth!

Turmeric Cauliflower, Fresh Orange & Thyme

- + Serves 2-4
- + vegetarian or meat style
- + preheat oven to 350° — equipment: Dutch oven

INGREDIENTS + PREPARATION

vegetarian

- + 2 heads cauliflower cleaned, quartered, cut into 1/2" slices
- + 1 juice orange, ends removed, 5-6 slices cut in half moons
- + 1 lb young carrots, cleaned and quartered
- + turmeric, Himalayan salt, white pepper, thyme sprigs

1. In Dutch oven, equal parts unsalted butter and evo, add orange sections sprinkled with dehydrated cane juice (unprocessed sugar) and caramelize both sides over medium heat; remove and set aside.

2. Add carrots and cauliflower. Season ingredients generously with turmeric, add salt, pepper and thyme. Turn heat up and brown ingredients.



Return oranges to pan, stir.(meat version: add browned sausage at this point) Lower heat, add 1/2 cup purified water, stir, place lid on pot and steam for about 5 minutes. Remove lid, stir, place in oven until vegetables are beautifully browned. Garnish with fresh thyme stems and dried unsulphured cranberries.

meat version

- + Cut 1 1/2 lbs large Italian and sweet sausage links into 24 pieces and brown in unsalted butter and evo. Remove from pan, then follow and complete vegetarian recipe shown above.

side dish: Balance with sauteed halved cherry tomatoes and tissue thin garlic slices in hot evo. Season with S&P, fresh lemon squeeze and balsamic drizzle. Pour over favorite steamed greens. Garnish with fresh basil and lemon slices.



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