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food + recipes + conscious living + lifestyle tips

column and photography by **Sandra Yearms Joblonicky**



Vegetarian or Meat Style...

How Easy Can It Get? A 1-Pot Meal ...only 4 Main Ingredients

Houston! it's April and time for some earthy fresh veggies and citrus flavors, beautiful colors, less work, and a satisfying plant based dish that transitions into an easy 1-Pot Meal ... vegetarian style or loaded with sausages and requires only 4-Main Ingredients.

Eat as much as you want because it is healthy, guilt-free and comes with a painless kitchen clean-up as well as raves from those sitting at your table.

Recipe add ons

If you are feeling expansive and have a lot of veggies on hand, consider adding some sweet potatoes, turnips, parsnips, onion, garlic, hot and sweet peppers... your choice, your kitchen, your tastes!

Serving ideas

- + Set the table, invite a friend or two. Pull out your favorite wine glasses and pour a glass of Oyster Bay Pinot Noir, a New Zealand grape filled with exotic spice, red plums and blackberries; the perfect compliment to your beautiful creation.
- + Serve up some delicious chocolate delight and enjoy it with the Pinot as well!
- + Even more flavorful the next day, a soft chop to the leftovers will make a great filling for a lettuce leaf wrap with

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a drizzle of your favorite Balsamic vinegar.

+ Think omlette! Again a soft chop to the leftovers. Prepare your pan with unsalted butter. Prepare eggs for your favorite omlette, add leftovers, cook and serve, garnish with goat feta... and voilla! The Master of your kitchen.

Turmeric, Cauliflower, Carrot, 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 evoo, 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.

meat version: Cut 1½ lbs large Italian and sweet sausage links into 24 pieces and brown in unsalted butter and evoo. 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 evoo. Season with S&P, fresh lemon squeeze and balsamic drizzle. Pour over favorite steamed greens. Garnish with fresh basil and lemon slices. **Enjoy!**