

Minimal Moisture Veggies with Garlic Oil

We make minimal moisture veggies all the time during the winter season. And to keep life interesting we change 'em up depending on what's around. With aim to eat lots of cruciferous veggies, (noted for their cancer fighting ability), like cabbage, cauli, and broccoli/ broccolini, Sara and I generally start our "MMVEGGIES" with a combo of these nutritional powerhouses, but feel free to use what you have on hand. Straight up cabbage works great. We like to sweeten the mix with a carrot, some butternut squash or a wedge of sweet potato. And for a dose of added chlorophyll, we add a handful of spinach, bok choy, or swiss chard. Jump into minimal moisture veggies "spunked" up with some fresh garlic oil and our bet is that you'll turn into veg junkies like us! Oh, and cancer? We dare ya!

For Veggies:

2 C roughly chopped green cabbage (about 1/8 wedge from small cabbage)

2 C roughly chopped red cabbage (about 1/8 wedge from small cabbage)

2 C bite-sized cauliflower florets (1/4 small head green cauliflower, OR purple, orange, white, or Romanesco)

2 C peeled, seeded, quartered and grated butternut squash, (Cone #3)

1/2 C water, or broth

2 C roughly chopped red or rainbow chard from 1 small bunch, spinach or bok choy

For Garlic Oil:

1 small bulb garlic, minced (1 1/2 Tbsp), loose skins removed (Cone #1)

Heaping 1/3 cup good quality olive oil

Place red/ green cabbage and cauliflower florets in large skillet. (10- inch gourmet or 11- inch skillet is perfect!) Place the skillet with the chopped veggies underneath the Saladmaster Food Processor (SMFP) and grate the butternut squash on Cone #3. Pour 1/2 C water/broth over the veggies and cook over medium heat, covered. At this point you can put about 2 T water over the lid and spin it to increase effectiveness of the Vapo valve. Cook for about 10 minutes turning the heat to low as the Vapo valve starts tapping. Add the chard (or other greens of choice) and cook until the veggies are tender and greens are wilted, about 5-8 minutes.

Hint: DO NOT USE THE VAPO VALVE AS A TIMER! You may need to add a little more water/broth to the veggies as you go so don't hesitate to open the top and dig around in there. When veggies are tender, spoon out any excess water (and drink it!) Toss with garlic oil and season with salt and pepper to taste. About: Serves 4 (6 C yield)

Note: The reason these babies taste so dang good is that the vitamins and minerals are all in tact. Reason: Vitamins and minerals are lost in water as they cook. The vitamins represent the the color and the minerals, the flavor. Soooo, if there is any water or broth left at the bottom of the pan, spoon it out and drink it!!! It might just be bright purple and it will definitely be FULL of YUM.

