



## Bare Medicine at NCNM's Natural Health Center

KRISTEN McELVEEN, ND

503-552-1870

### How can I make my greens tasty?

One of the hardest things to do while trying to get our daily servings of veggies is to keep it interesting. Sometimes, it's hard to think of healthy ways to dress our veggies to make them more palatable. Though it's quite tasty to just smother them in butter and salt, here are some more healthy choices in dressing those veggies so important to our nutrition and overall wellbeing.

*Nirvana Sauce* (discovered at a Chinese Medicine retreat)

2/3 cup Bragg's Amino Acids (you'll find this in health food stores near condiments or vinegar)

1 cup olive oil

1/2 cup Nutritional yeast

1/2 cup water

Juice of 2 lemons

3/4 cup of cashew pieces (raw, unsalted)

2 tablespoons minced onion

1 Large garlic clove minced

Blend it all up in a blender. It does warm up well when blended so serve at room temp! It is important to use unsalted, raw cashews because the Bragg's can be salty to some people. Keep this in an airtight jar in the fridge and warm to room temperature before pouring it over freshly steamed veggies. Also a great raw veggie dip! Will keep for up to 1 month.

*Aioli* (from *The Complete Book of Sauces* by Sallie Y. Williams)

8 cloves of garlic, crushed (or fewer according to taste)

2 large egg yolks

1 cup olive oil

3 tablespoons fresh lemon juice

1 tablespoon warm water

Salt to taste

Blend the garlic in a blender or food processor until smooth. Add the egg yolks and pulse to mix in. With processor/blender on, slowly add the olive oil a little at a time until the mixture thickens (you may have some left over). Stop the machine and add the lemon juice and water, then pulse to mix. With the machine running again, add the remaining olive oil in a steady stream. The mixture will be thick. Season and serve at room temp. Keep leftovers in an airtight jar in the fridge and bring to room temp before serving. Will keep for up to 3 days.

*Other ideas:*

Experiment with your favorite herbs, nuts and seeds sprinkled over your veggies. Also, play around with various oils such as olive and coconut oil along with your favorite herbs and spices or even your favorite flavored vinegars. You can make your own flavored vinegar by filling a canning jar about half full of your favorite dried herbs. Fill it to the top with organic apple cider vinegar, cover and let sit in a warm, sunny spot for 1 week, shaking it at least twice daily. Then move to a cool dark place for 3-4 months, strain into an airtight container and presto! You have your very own customized flavored vinegar for salads, veggies, marinades and anything else you can think of! Store it in the fridge and it will last for months.