



## SIMPLY STEAMED VEGGIES

Vata ↓, Pitta ↓, Kapha ↓

**Serves:** 2 to 4

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

### INGREDIENTS

Water, for steaming

1 medium zucchini, chopped

1 medium yellow squash, chopped

1 cup chopped cauliflower

1 small carrot, thinly sliced

1 cup chopped broccoli

1 tablespoon ghee

1/4 teaspoon salt

Large pinch freshly ground black pepper

### DIRECTIONS

1. Add 2 inches of water to the bottom of a large sauce pan. Place a steam basket over the water, making sure the water does not go above the bottom of the basket. Turn the heat to high. If the water boils before the vegetables are chopped, turn the heat to low and cover.
2. Chop the zucchini, yellow squash, cauliflower, carrots, and broccoli into small, even, bite-size pieces. This will ensure quick steaming.
3. Place the chopped veggies into the steam basket. Cover the pan, leaving a small crack in the lid.
4. Set the heat to a low-medium setting and cook here for 12 minutes.
5. Check on your veggies at the 12 minute mark. They should be vibrant in color and slightly soft all the way through. If they are still too hard, then cover the pan and cook for an additional 5 minutes, checking every minute. Be sure to avoid over-steaming which will give them a dull color, mushy texture, and flavorless taste.
6. Once the vegetables have reached your desired texture, take the pan off of the heat and transfer the veggies into a large bowl.
7. Add in the ghee, salt, and black pepper.
8. Stir the ingredients together until the ghee evenly coats all of the veggies.
9. Try a taste. Add more ghee, salt, or pepper as needed.
10. Serve, sit, and enjoy! These steamed veggies can be eaten as a healthy snack, tasty side dish, or a light dinner. They pair wonderfully with a bowl of rice, quinoa, millet, or broth (try them with our Creamy Tahini Broth!).