GINGER-LEMON-GARLIC STEAMED VEGETABLES

This recipe is loosely adapted from a recipe in Ginny Callan's *Horn of the Moon Cookbook*. The key to the recipe is the order of steaming vegetables.

Ingredients: A variety of fresh vegetables of your choice. Possibilities include carrots, broccoli, cauliflower, asparagus, zucchini, peppers, mushrooms, onion and garlic.

Technique: Use a pot and insert a collapsible steamer device (very inexpensive). Add water to the level of the steamer device. Start the water boiling. Add the longest-cooking vegetables first and then add vegetables that need less cooking time in succession. Make sure the water doesn't boil away: the vegetables should be protected by the steamer pan but you might hurt your pot if it cooks dry. Cover the pot in between adding vegetables

If you don't have a steamer pan, then simply put water in a skillet to about 1/2 inch, bring to a boil and add vegetables (add more water as needed with this technique).* Start with the hardest vegetables first, like carrots, and potatoes and end with vegetables that take almost no time to cook, like bell peppers. People disagree on how long vegetables take to cook and how much they like them to be cooked, so don't be surprised if you come up with your own "order of vegetables."

In the last couple of minutes of cooking time, add some minced fresh garlic, minced or grated fresh ginger, and squeezed fresh lemon (you can purée the lemon flesh to use the whole lemon!—a tip from Dr. MIchael Greger and Robin Robertson).

Steamed veggies are great served with beans or tofu and grains on the side, perhaps with Tahini Sauce.

*This technique is sort of like braising without oil or fat.

TIPS ON STEAMING VEGETABLES

https://www.healwithfood.org/chart/vegetable-steaming-times.php

"How to Steam Vegetables" from A Couple Cooks (not a plant-based website)

From acouplecooks.com

Use a guide of: 3 to 5 minutes for asparagus and broccoli, 4 to 5 minutes for carrots and green beans, 6 to 7 minutes for Brussels sprouts, 7 to 10 minutes for shredded cabbage, 10 to 12 minutes for cauliflower, 10 to 15 minutes for baby potatoes, and 25 to 35 minutes for halved sweet potatoes.

TAHINI SAUCE

1/3 cup tahini or sesame seed paste
About 1/3 cup water
1 tbsp soy sauce or aminos
1 tbsp lemon juice or white wine vinegar

Whisk together all ingredients with a spoon,





