



Would you like some veggies to go with that fish?

MIXED VEGETABLES WITH A TWIST

This is a really tasty way to brighten up a blend:

I steamed a variety of veggies: Red onion, carrots, cauliflower, and brussels sprouts.

Once they were fork tender, I tossed them in a vinaigrette of:

sliced Kalamata olives

sundried tomatoes

1 Tablespoon of lemon juice

1 Tablespoon of red wine vinegar

1 teaspoon of Oregano

crushed red pepper

salt and pepper

1/4 cup of olive oil.

I sprinkled just a touch of parmesan cheese on before serving. This would be a great "accompaniment" to fish, as seen here, or with chicken.