



Roasted Asparagus

Ingredients:

- 1 bunch asparagus, ends snapped off**
 - 4 garlic cloves, sliced thick**
 - 2 Tablespoons of olive oil**
 - 1 teas sea salt, pinch of pepper**
 - 2 teaspoons of dried herbs; oregano, basil, thyme, fennel**
 - 1 Tablespoon of fresh flat parsley for end**
 - Optional: a splash of a good Balsamic vinegar**
- serves 2-4**

Procedure:

- Preheat oven to 420 degrees, lightly oil pan**
- Combine all the ingredients well, except fresh parsley, in large bowl**
- Place mixture in flat cookie sheet**
- Bake 15 mins., turning once, and then lower oven to 375 degrees for 5 mins. Put a knife through to test**
- *Don't over cook, should be slightly hard, but not soft**

Sunny Cauliflower

Ingredients:

- 1 head of Cauliflower, cut into floweret's**
 - 2 teaspoons of Turmeric (yellow spice)**
 - 6 cups boiling water**
 - 1 teaspoon sea salt**
 - 2 teaspoons Ghee (Butter without dairy)**
- serves 2-4**

Procedure:

- Drop cauliflower pieces in boiling H₂O, with sea salt & Turmeric for 3 mins, take out quickly.**
- Cooks Notes: This method is called blanching, without shocking in cold H₂O, we don't want the Turmeric to be lost. See notes on Turmeric.***