



## CHEAT SHEET



# 10-Minute Crudités Dinner

Nothing planned for dinner? It's SO easy to make a crudités platter with whatever raw veggies you have on hand! At least once a week my family has crudités with a basic, usually leftover, protein. This meal is simple, but it is powerfully healthy and can be quite delicious, too. Especially if you keep a few fresh herbs growing in your garden or kitchen windows to give everything a lift.

### Ingredients:

- Raw, seasonal veggies chopped into sticks or chunks  
Try: cucumber, pepper, carrot, tomato, mushroom, radish, celery, broccolini, snow peas, sugar snap peas, zucchini, endive, daikon, jicama, avocado, sprouts, etc.
- Simple dip  
Try: hummus, nut butter, homemade mayo, tomato paste, baba ghanoush, olive tapenade, pureed roasted red peppers, salad dressing or vinaigrette, olive oil with salt and pepper, salsa, refried beans, pastured yogurt with minced garlic and lemon juice, hot sauce, etc.
- Leftover or quick-fix protein  
Try: sliced leftover meat, poultry or seafood, sliced deli meats, pastured cheese, canned tuna, salmon or crab mixed with lemon juice and mayo or mustard; boiled or poached eggs; frozen vegetarian bean patty, etc.
- Fresh herbs, minced, optional  
Try: basil, cilantro, chives, parsley, oregano, dill, tarragon, etc.



### Cooking Technique:

Arrange the vegetables and proteins on platters (so each family member can make their own plate) or on individual plates with small cups of various dipping sauces.

Sprinkle fresh herbs over all, if using.

Eat.



Helping You Make Tastier, Healthier Food in Less Time

