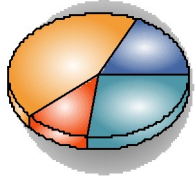


Broccoli and Mushrooms in Herb Sauce

Recipe grams: 681.43g/24.0oz

Serves 1 681.43g/24.0oz per serving



Protein: 18%
Carbohydrates: 43%
Fat: 12%
Alcohol: 27%



INGREDIENTS

3 cup Broccoli, Chopped, Raw
1 large Onion, Raw
3 clove Garlic, Minced
1 tsp Cashew Butter - Can Also Use Peanut Or Almond Butter
4 fl oz Wine, White Table
1 cup Mushroom, Raw Sliced, Sliced
1/4 cup Carrot, Raw, Sliced

DIRECTIONS

1. Slice the mushrooms
 2. Saute the garlic, onion, celery and carrots in 1/2 cup water, wine or vegetable stock until onions are transparent.
 3. Add the mushrooms and continue sauteeing, add more water or stock if necessary
 4. Add herbs of your choice - Herbs de Province is a good choice to start
 5. Add the cashew butter to get a creamy sauce.
 6. Add the broccoli and cauliflower, cover and steam for 5 minutes.
 7. Add salt and pepper to taste.
- Serve over brown rice, quinoa or potatoes boiled in the same herbs.
If you use potatoes use the boiling water in your sauce.

This recipe serves 1, multiply by the number of people to be served.
Experiment with different herbs, poultry seasoning herbs are also a good choice.

NUTRIENT ANALYSIS/SERVING

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	328		Vit-C (mg)	261	435%
Protein (g)	14	28%	Vit-D (IU)	7	2%
Carbohydrates (g)	46	15%	Vit-E (IU)	4	12%
Dietary Fiber (g)	12	47%	Calcium (mg)	205	20%
Fat (g)	4	7%	Potassium (mg)	1633	
Cholesterol (mg)	0	0%	Sodium (mg)	151	6%
Vit-A IU	6800	136%	Iron (mg)	4	20%

Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.