

## How to Jazz Up Veggies

Try some of these easy enhancements to any veggies you wish to use for steaming:

- Add 1 tbsp olive oil or toasted sesame oil to every 2 cups of greens
- Add 2 bay leaves or 1 tsp cumin seeds to water
- Sprinkle greens with toasted pumpkin, sesame, flax, or sunflower seeds; almonds or walnuts
- Sprinkle greens with fresh herbs: mint, dill, basil, parsley, cilantro, scallions
- Use tamari soy sauce or uneboshi vinegar to add extra flavor
- Squeeze fresh lemon juice over them
- After steaming, quickly stir-fry with a pinch of sea salt, olive oil and garlic

*Amy Coughlin, a Certified Wellness Coach, educates individuals to make better healthy food and lifestyle choices. By creating awareness and balance, she empowers people to make significant, long-term choices which leads to living an energized and passionate life. Ultimately, her life experiences and education, coupled with her expertise in corporate training and recruitment, has inspired her to coach individuals and corporate groups in wellness education programs.*

*Amy can be found on fastloop as "ABC815". Contact her today to get a complimentary health history and to sign up for her monthly newsletter.*  
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