



Sauteed Green Vegetables

Featuring California Organic olive oil
By Ken Smedema

Ingredients:

Green beans
Broccoli
Snap peas
Pea pods
Asparagus
Bok Choy
Brussels Sprouts
Organic Unfiltered olive oil
Salt and pepper

Directions:

Put whatever vegetable you are planning for dinner in boiling salted water until half their firmness has been diminished. The time this takes depends on the kind, amount, and size of the vegetables. When you feel the vegetables are close but not quite done, cool them quickly in cold water. The vegetable will hold in this state for hours. Before the rest of dinner is ready, reheat the vegetable in a saute pan with some extra-virgin olive oil and salt & pepper. Start with a hot pan add the cold oil, when hot, add the vegetables. Garlic, chili flake, lemon zest, or parmesan cheese can be delicious additions.



Vinaigrette

Oil and vinegar to tap, taste and treasure

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