

Simple Starters ~ Sweet Vegetables

Almost everyone craves sweets. However, our goal is to stop depending on processed sugar to satisfy our cravings and add in naturally sweet foods to your daily food choices that will satisfy your sweet desire. It truly can be done if given a good effort.

Seasonal sweet vegetables can soothe the internal organs of the body while lending energy to the mind. Particular vegetables such as root vegetables are also energetically grounding and will help to balance out our fluctuating moods from engaging in processed sweets. The reason we add in sweet vegetables is to naturally crowd out less healthy, processed foods.

*	Sweet Vegetables	Semi-sweet vegetables	Other Vegetables
Examples	corn, carrots, onions, beets, winter squashes, sweet potatoes and yams	turnips, parsnips and rutabagas	red radishes, daikon, green cabbage and burdock
Flavor	sweet when cooked	subtly sweet	don't taste sweet, but have a similar effect on the body in that they maintain blood sugar levels, reduce sweet cravings and break down animal foods in the body

A simple way to cook these vegetables is to follow the recipe below that we call **Sweet Sensation**. It has few ingredients and preparation time is minimal.

Sweet Sensation Recipe

- Use as many of the sweet vegetables mentioned above.
- Make most of them uniform in size while chopping the hardest ones, like carrots and beets, into smaller pieces.
- Softer vegetables, like onions and cabbage, can be cut into larger chunks.
- Place in a large roasting pan or extra large cookie sheet with ¼ " sides
- Coat the vegetable with olive oil or coconut oil, sprinkle with sea salt, ground black pepper, crushed fresh garlic to taste.
- Place in the oven at 350 degrees and roast for 45 minutes or until desired tenderness. Turn as needed. The softer the vegetables, the sweeter the taste.
- Use as a side to any great protein source, as your vegetarian meal, top a salad or add to a soup or stew.

Sweet Sensation Recipe ~ Version 2

- Follow the first three steps above
- Use a medium-sized pot and add enough water to barely cover the vegetables. You may want to check the water level while cooking and add more water if needed. Remember, vegetables on the bottom will get cooked more than the ones on the top. Cook until desired softness. The softer the vegetables get, the sweeter they become.
- Try adding any of the following ingredients: spices, salt, seaweed. You can add tofu or a can of beans for extra protein.
- When the vegetables are cooked to your satisfaction, empty the ingredients into a large bowl, flavor as desired and eat.
- The leftover cooking water makes a delicious, sweet sauce, and is a healing, soothing tonic to drink by itself.

Other cooking methods include steaming and stir-frying. They can also be simmered and pureed to create a soup, or you can simply eat them raw or grated in a salad. Be creative!

Lisa Ciotto, Daily Lifestyle Coach
Immune & Detox Specialist
doTERRA Essential Oils Educator & Consultant
Lisa@DailyLifestyleCoaching.com
www.Lisaciotto.com
www.mydoterra.com/Lisaciotto
860-830-3327