



60 Days to Reclaim YOUR Health

VEGGIE SKEWERS

Ingredients

Onion
Cherry tomatoes
Crimini mushrooms
Bell pepper
Zucchini
Yellow squash
Extra virgin olive oil

Directions

1. Cut vegetables in chunks and slide them on skewers.
2. Brush with olive oil and sprinkle with seasonings of your choice.

RHONDA'S 10-MINUTE RANCH BEANS

Ingredients

1/2 cup chopped red pepper
1 can (15 oz) vegetarian baked beans OR navy beans
1 can kidney beans
2 Tbsp ketchup
1 Tbsp dried onions (or fresh chopped onion)
1 Tbsp molasses
1 Tbsp pure maple syrup

Directions

1. Place all ingredients in a saucepan.
2. Simmer stirring occasionally, until thoroughly heated (10 minutes).
3. Serve with a nice salad or veggie burger or veggie skewers.



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BASIC COLE SLAW

From *Everyday Wholesome Eating* by Kim Wilson

Ingredients

1/2 head cabbage
2-3 carrots, grated

Directions

1. Mix vegetables and any other additions with Basic Slaw Dressing (below).
2. Refrigerate for at least one hour before serving.

Basic Slaw Dressing

1/2 cup Vegenaise
2 tsp apple cider vinegar or lemon juice
1/4 tsp unrefined sea salt
1/4 tsp cinnamon