Lazy Kitchen- Salad Bar Special Edition Part Two: Lightly Cooked Vegetables

VEGETABLES- 2 servings (all vegetables can be cooked stovetop in a saucepan with a little bit of water for approximately five minutes, or in a glass dish in the microwave for two – three minutes)

– lightly cooked frozen cut asparagus spears

– lightly cooked broccoli florets

– lightly cooked cauliflower pieces or rice

– lightly cooked sliced or shredded carrots

– lightly cooked frozen green beans, or fresh,

PROTEIN-

– cubed unprocessed cheese, crumbled cheese such as feta, goat cheese, baby mozzarella

– good quality plane canned meats such as canned chicken

– good quality canned fish, such as mackerel, herring, sardines, tuna, preferably in saltwater

– boiled and peeled cooked eggs ready to use

STARCHES- (all starches can be cooked stovetop in a saucepan with little bit of water for approximately five minutes, or in a glass dish in the microwave for two – three minutes, precooked frozen rice will need less time.)

– cubed frozen squash

– cubed frozen sweet potatoes

– fresh baby potatoes boiled stovetop until soft, approximately 15 minutes, will keep for solid week in the fridge

– lightly cooked frozen corn

– precooked frozen brown rice, only needs one or two minutes of additional microwave cooking

– any good organic canned beans, drained and rinsed: chickpeas, black beans, lima beans etc.

FATS-

– olives

– nuts such as raw sunflower seed, raw walnuts, pistachios, almonds, cashews, pumpkin seeds

– olive oil, avocado oil

CONDIMENTS-

– capers

– salsa

– pickles,

– olive or caper brine

– any other nutritious sauce you can think of