

## Simply Fresh Vegetables

### Directions

Organic vegetables are an essential part of a meal, both for their taste & quality. Be sure to use vegetables that are in season in your part of the country! I simply season vegetables lightly with either of the following: OHCo. Brooklodge Spice, Jamaican Spice, Cajun spice blends or our Atlantic Herb Sea salt, then sauté them over very high heat in butter. This quick cooking method really brings out the clear, colourful taste of each vegetable. I usually adjust the sizes of the vegetable pieces & add tougher vegetables to the pan first so they will all cook at the same time. To serve drizzle a few drops of oil, either OHCo. Coriander, Fennel & Dill, Chilli Savory, Mediterranean or Irish Garden Herb oil, it's that simple!