

Any Vegetable *marinade*

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ingredients

½ C olive oil

½ C organic Tamari
(fermented soy)

½ tsp. sesame oil

Juice of ½ an orange (4T)
(optional)

¼ C agave or honey

1 med. clove garlic,
minced

½" piece ginger, minced

preparation and use

Combine everything and pour over cut up veggies. Use any combination.

Broccoli and Tomatoes is one of my favorite combinations. This is also good over whole mushrooms and asparagus, together or alone.

This can literally go over *any combination* of vegetables your heart desires. It also has the wonderful attribute of staying good for *forever* in your fridge because of the *preservative qualities* of garlic, tamari, and olive oil.

a gentler and *happier* approach to health