

Kit's Chinese Style Cauliflower

1 head cauliflower, chopped in small pieces
1 scallion, chopped
1 tablespoon ginger, fresh, grated
4 cloves garlic, minced

1 medium tomato cut into small pieces

Dressing

1 tablespoon sugar
1 tablespoon soy sauce, lite
1 tablespoon lemon (optional)

Lightly sauté first 4 ingredients for 2-3 minutes but do not overcook, add tomato and remain ingredients. Cook over a medium heat for 1 more minute or until vegetables are l'dente, cooked but firm. Serve hot or cold! This is a sure crowd pleaser.

Adams says, "I never eat cauliflower but took three servings of this!"

Health Salad

2 cups millet, cooked
1 cup red radish, cut in small pieces
2 medium carrots, sliced diagonal
1 scallion, sliced
3 sprigs fresh parsley, chopped fine
1 tablespoon olive oil
1 tablespoon white balsamic or apple cider vinegar
Pepper to taste or hot sauce

Mix all ingredients in a salad bowl and toss before serving cold.
This is a great side dish or complement to a bean wrap as a vegetarian meal!

Millet Burgers

2 cups millet, cooked until sticky in texture
1 scallion, sliced into small pieces
½ cup peas fresh cooked or defrosted frozen type, uncooked
½ cup carrots, raw or cooked grated
1 tablespoon ginger, fresh grated(optional)
Garlic minced or powder to taste
½ teaspoon sesame or olive oil

Coat cookie sheet with oil. Combine all ingredients and make small 2 inch round patties and place on cookie sheet. Bake at 359 degrees Fahrenheit for 15 minutes or until warm. Garnish with bean sprouts!