

Raw Vegetable Medley

(adapted from Rainbow Green Live-Food Cuisine)

Ingredients:

- 1 bunch of chopped asparagus or a ½ pound chopped green beans, depending on season.
- 2 large tomatoes, diced
- 1 red bell pepper, slivered
- 1/3 cup broccoli, finely chopped
- 1/3 cup basil, finely chopped
- 1/3 cup parsley, finely chopped
- 1/3 cup fennel, finely chopped
- ¼ cup olive oil
- 1 tomato
- ¼ cup water
- 2 TBS lemon juice
- 2 tsp fresh minced ginger
- 2 tsp ground pepper
- 1 tsp celtic salt
- 1 tsp oregano

Option: Use other seasonal vegetables, like zucchini or cucumber

Directions:

Combine asparagus, tomatoes, red bell pepper, broccoli, basil, parsley and fennel in a bowl.

Blend the remaining ingredients to make a sauce.

Combine and let sit for a half hour for flavors to blend.

Serves 2 as a main dish, 4 as a side.