



NATALIE'S NUTRITION KITCHEN



Hello Leslie,

With **farmer's markets** in full swing, I'm delighted to share some creative uses of the season's bountiful vegetables...and more to come as we plan to enjoy a summer of sunshine and healthy eating.

From my kitchen to yours,
Natalie Tyre, PA-C



VEGETABLE STOCK

This is a quick and delicious way to use your leftover vegetables. Simply pile vegetables in a large pot, add enough water to cover them, bring to a boil, put the lid on, and simmer for about 20 minutes. Drain the vegetables and save the liquid to use as a tasty vegetable stock. Pictured in the mason jars is my stock, made from red peppers, celery, carrots, mushrooms, garlic and a pinch of salt and pepper. Easy and so useful!



SAVORY OATMEAL

While we usually think of adding sweetness such as fruits or honey to steel-cut oatmeal, try savory greens instead. The unexpected combination is incredibly tasty, and offers another way to introduce fresh vegetables into your meals. I used carrots, onions, mushrooms, and a variety of greens, as shown here. Feel free to experiment with your green favorites, such as spinach, kale, arugula or Swiss chard.

Follow us



28312 Lewes Georgetown Highway
Milton, DE 19968