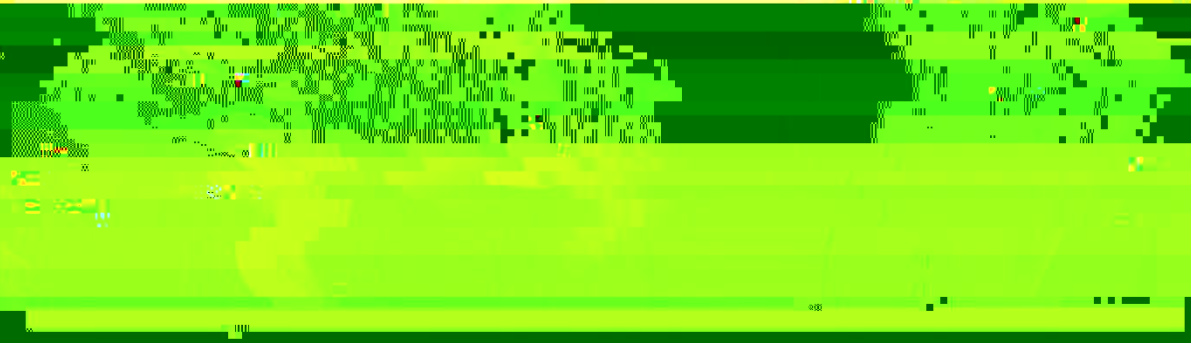


May 2017

Live Well

773.611.3377



Spring Vegetable Sauté

1/2 cup olive oil

1/2 cup butter

1/2 cup white wine

1/2 cup chicken stock

1/2 cup heavy cream

1/2 cup parmesan cheese

1/2 cup salt

1/2 cup pepper

1/2 cup garlic

1/2 cup onion

1/2 cup carrot

1/2 cup zucchini

1/2 cup asparagus

1/2 cup green beans

1/2 cup mushrooms

1/2 cup spinach

1/2 cup kale

1/2 cup broccoli

1/2 cup cauliflower

1/2 cup peas

1/2 cup corn

1/2 cup tomatoes

1/2 cup eggplant

1/2 cup artichoke

1/2 cup fennel

1/2 cup radish

1/2 cup turnip

1/2 cup rutabaga

1/2 cup kohlrabi

1/2 cup Brussels sprouts

1/2 cup cauliflower

1/2 cup broccoli

1/2 cup zucchini

1/2 cup asparagus

1/2 cup green beans

1/2 cup mushrooms

1/2 cup spinach

1/2 cup kale

1/2 cup broccoli

1/2 cup cauliflower

1/2 cup peas

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