

Hot Peppered Chicory

Ingredients

- ¼ cup vegetable broth or water
- 1 cup chicory, minced
- 2 tablespoons lemon juice
- Sea salt and pepper to taste

Directions

1. Mince the chicory.
2. In a small saucepan add chicory to broth and add lemon juice, salt and pepper.
3. Cook for 3-5 minutes.
4. Serve hot.

Makes 1 or more servings (1 vegetable)

1 gram protein

0 fat

20 calories

PHASE 3

MODIFICATIONS:

Add a little butter or olive oil or omit the lemon juice and add a small amount of half and half or cream cheese. Top with grated Parmesan cheese or mix in crumbled feta cheese.

