

chef penny's veggie cheddar crisps

SERVES 1 • READY IN 20 MINUTES OR LESS

PHASE 1



Open IP Jalapeno Cheddar Crisps package. Place in the center of your plate and set aside.

Dice and chop your vegetables to your liking. In a nonstick skillet on medium heat, sauté your spinach, mushrooms, green bell pepper and diced tomato with olive oil. Use the water sauté technique (pour 1 tablespoon at a time of water beneath your veggies, not directly over them) to cook veggies. Season with salt and pepper, cook down veggies until cooked and turned color.

Place cooked veggies over your cheddar crisps. Add hearts of palm, cucumbers, green onions, parsley and radishes, a little hot sauce and serve!

Ingredients:

- 1 packet IP Jalapeno Cheddar Crisps
- 1/4 cup sauteed spinach
- 1/4 cup button mushrooms
- 1/4 cup green bell pepper
- 1/4 cup diced tomatoes (occasional vegetable)
- 1/4 cup cucumbers diced
- 1/4 cup hearts of palm (occasional vegetable)
- 1/4 cup sliced radishes
- 1 tsp olive oil
- 1 tbsp green onion to garnish
- 1tsp hot sauce (no added sugar)
- 1 tbsp flat leaf Italian parsley for garnish
- salt and pepper seasoning to taste