



# Crisp Green Tomato & Snap Pea Bowl with Zesty Drizzle

Prep Time: 10 minutes | Cook Time: 10 minutes | Difficulty: Easy

## INGREDIENTS

- 1 cup snap peas, trimmed
- 2 medium green tomatoes, cut into wedges
- 1 small red onion, thinly sliced
- 2 cloves garlic, minced
- 1 shallot, thinly sliced
- 1/4 cup fresh basil leaves, roughly torn
- 1/4 cup fresh parsley, roughly chopped
- 1/4 cup fresh cilantro, roughly chopped
- 2 cups mixed baby greens (or arugula)
- 1 teaspoon cumin
- 1/2 teaspoon turmeric
- A pinch of cayenne (adjust to taste)
- 1 tablespoon liquid aminos
- 1 teaspoon agave
- 1 teaspoon red wine vinegar
- 2 tablespoons avocado oil
- Sea salt to taste

## INSTRUCTIONS

- 1 In a small bowl, whisk together the liquid aminos, agave, red wine vinegar, cumin, turmeric, cayenne, and a pinch of sea salt. (Prep time: 3 minutes)
- 2 Rinse and pat dry the snap peas, green tomatoes, and mixed greens. Slice the red onion and shallot, and mince the garlic. (Prep time: 4 minutes)
- 3 Warm 1 tablespoon of avocado oil in a large skillet over medium heat. Add the sliced shallot and minced garlic, and sauté for about 2 minutes until fragrant. (Cooking time: 2 minutes)
- 4 Add the snap peas and red onion to the skillet. Sauté gently for 3 minutes so they remain crisp yet warmed through. (Cooking time: 3 minutes)
- 5 Gently stir in the green tomato wedges and allow them to warm for about 1 minute—just enough to soften slightly without losing their tang. (Cooking time: 1 minute)
- 6 Transfer the sautéed mixture into a bowl with the mixed greens. Drizzle the prepared dressing over the top, toss in the fresh basil, parsley, and cilantro, and mix lightly. (Prep & toss: 2 minutes)

