



Challenge Day 4

Chew's Challenge



d2dnetwork.tv

Steamed Vegetables with Garlic Dressing

Ingredients

VEGETABLE

2 Cups of any steamed vegetable

SPECIAL SAUCE

1/2 cup oil
1/4 cup lemon juice
3 Tbsp chicken style seasoning
2 Tbsp raw sugar
1/4 cup cashews
1/4 cup water
2 cloves garlic



Southern Style Collard Greens

Ingredients

8 cups steamed collard greens
1 cup sliced onions
1/2 cup minced garlic
1/4 cup olive oil
2 Tbsp garlic powder
1/3 cup chicken style seasoning

