



## 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



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## 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

