

Potato Primavera

Choices Quick & Healthy Cooking

by Cheryl Thomas Caviness

This hearty main dish meal is sure to be a winner with all potato lovers. Just serve with a tossed green salad and fresh baked whole-grain bread to make a balanced meal. Be sure to choose the largest russet baking potatoes, because they are the main course of this meal. Serves 4.

4 Large russet baking potatoes
2 Cups broccoli Florets
2 Cups cauliflower florets
2 Cups carrots, sliced diagonally
1 Cup onion, sliced thinly
2 Cups **Guilt Free Gravy** (recipe below)

1. Wash and scrub potatoes and prick with a fork. Wrap each potato in tinfoil or spray all sides of potato with Pam and place on a baking sheet. Bake at 425° for 50 minutes.
2. While potatoes are baking, wash and prepare vegetables, cutting into bite-sized pieces. Be sure the pieces are large enough to look attractive and hold together when cooked. Wait to steam vegetables until potatoes are 10 minutes from being done and gravy is ready.
3. Prepare Guilt-free Gravy.
4. Steam vegetables until just tender. After adding vegetables to steamer and the water begins to boil, remove the lid for 2 to 3 minutes to release the oxalic acids that turn the green vegetables brown. Then cover and continue steaming until crisp-tender.
5. To assemble: Cut each baked potato in half. Pour gravy over the potato and top with 2 cups of mixed, steamed vegetables. Cover the steamed vegetables with additional gravy. Remember to be liberal with the gravy because it is the key to this recipe, and it is guilt-free!

Guilt-free Gravy

Makes 5 – 6 cups

1 Large onion chopped
2 Cloves garlic, chopped, or 1 tsp garlic powder
½ c blanched slivered almonds (be sure to use almonds without the skins)
1 Cup water
2 Cups water
5 Tbsp flour
4 – 5 Tsp McKay's Chicken-Style Seasoning
2 Tsp nutritional yeast flakes (optional)

1. In large skillet, saute chopped onion in 1 to 2 tbsp of water, cover and let onion steam until tender. Add additional water, 1 tbsp at a time, if needed to keep onion from burning. Add garlic and steam an additional 2 minutes.
2. In blender, blend almonds with 1 cup water until smooth. Be sure to blend for several minutes and scrape the sides of the blender bowl frequently, to be sure that the almonds are totally smooth, like the consistency of milk. Add additional water, flour, chicken seasoning, and optional yeast flakes and blend well.
3. Add blended mixture to sauteed onion and garlic and bring to a boil for approximately 3 minutes, stirring constantly. As gravy thickens you may need to add more water to bring to desired consistency.