



Fennel and Fire Organic

# VEGGIE HEAVEN

## 34 Uses For Veggie Heaven



Easy Rustic Potatoes - rub with choice of oil, sprinkle with Veggie Heaven and roast at 350 degrees until tender

Naan Bread - rub with choice of oil, sprinkle with Veggie Heaven and bake or broil

Humus - blend in when making or sprinkle on top.

Chicken - rub with choice of oil, sprinkle with Veggie Heaven & bake or saute

Scrambled Eggs - whisk in with egg batter

Omelet - sprinkle on before folding

Salads - sprinkle on or mix in dressing

Zucchini - rub with choice of oil, sprinkle on before sauteing or grilling.

Baked Potato - sprinkle on potato or on top of sour cream

Tomatoes - sprinkle on then cut and eat

Easy Fresh Tomato Salad - see on [fennelandfire.com](http://fennelandfire.com) recipe page

Chickpeas - sprinkle on hot peas

Mac & Cheese - sprinkle on top or blend in

Couscous - sprinkle on top after cooking

Dips - add to before mixing or sprinkle on top

Rice - sprinkle on after cooking

Salad Dressing - in mason jar, add oil of choice, add vinegar or lemon juice, Veggie Heaven, and shake to combine

Corn on the Cob - sprinkle on after butter or oil

Shrimp - rub with choice of oil, add Veggie Heaven to shrimp and toss before sauteing or grilling

Compound Butter - mix in butter

Sauces - season sauces with Veggie Heaven at end of simmer

Chicken Salad - mix in with mayonnaise before adding to chicken

Tuna Salad - mix in mayonnaise before adding to tuna

Tilapia, Sword Fish - rub with choice of oil, sprinkle with Veggie Heaven and saute

Crab Cakes - mix in before making cakes, or sprinkle once cakes are made before cooking

Trout - once cooked, sprinkle with veggie heaven

Poached Egg - once removed from water, sprinkle on egg

Roasted Mixed Nuts - toss in olive oil & Veggie Heaven, then bake

Italian Bread - paint with olive oil or butter, then sprinkle on Veggie Heaven and bake

Quinoa - add after cooking and while hot

Lentils - add after cooking and while hot

Breading - add to bread crumbs or Panko before coating meats, fish or vegetables

Pop Corn - sprinkle on when hot

Sauteed or Roasted Vegetables - sprinkle on last 5 min of cooking

[FennelandFire.com](http://FennelandFire.com)