

## Jen's Vegetable Medley

- 2 medium Sweet potatoes sliced thinly
- 1 cup cauliflower, sliced small
- 1 1/2 cup green cabbage, sliced into thin shreds
- 1 1/2 cup red cabbage, sliced into thin shreds
- 1 medium Red onion, chopped
- 3 tbsp Extra virgin olive oil
- 1 tbsp Butter or coconut butter/oil
- 1 clove of garlic (if desired) crushed
- Sea salt, to taste
- Pepper, to taste

Combine all ingredients in a large skillet, cover with lid and let cook over med/low heat, stirring occasionally. Once vegetables have softened and cabbage/onions look transparent, remove lid and cook until potatoes have lightly browned.

Remove from heat and serve over brown rice or as a side dish.

Serves 4-6