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Ingredients: 1 Head
Cauliflower, chopped
into small florets 2

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Stalks Celery, diced 1/4 Cup Yellow Onion or Scallion, diced 1/4 Cup Red ...

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Chicken Cretons.

Combine all ingredients in a large pot except for pickles and greens.

Bring to boil, stirring constantly. Reduce to low heat and cook for 50 minutes or until the

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stock is completely evaporated.

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Phase 1-4 Roasted
Garlic Dressing-(Phases
1-4) 2 Tablespoons
French shallots,
chopped 1/3 cup apple
cider vinegar 1
teaspoon Dijon
mustard 1/2 teaspoon
salt pinch white pepper
1 egg white 6 cloves
garlic, roasted in a 360

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degree oven until softened and lightly browned (about 20

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Olive oil 1-2tsp 1/2
lemon Salt & Pepper 1.
Slice the bulbs in 1/4 in thick pieces 2. Spray with olive oil 3. Squeeze the...

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