

Einstein's Veggie Chop

Go crazy in the produce area! Buy organic if possible. If not, please wash very, very well with a Veggie Wash product. (I've included a good homemade [Veggie Wash](#) recipe below.) This list of Veggies is just a guide. Use creativity and buy what looks good and what is in season.

2 **Sweet Potatoes** (I use Garnet Yams, but you can also use butternut squash or pumpkin, just keep the amount to equal about 1 1/2 lbs.)

3 **Carrots** chopped (With the green tops if you can get them)

3 bunches of **fresh greens**. (Choose from Swiss chard, dandelion, kale, mustard, turnip, beet greens etc.)

1 bunch **cilantro** or Italian Parsley

2-3 **Jalapeño** pepper

1-2 **Poblano** peppers

1 **zucchini** or **yellow squash**

1 **red bell pepper**

1 **yellow bell pepper**

Wash all vegetables very well and dry very well. (I use a salad spinner) It is important to have the vegetables as dry as possible.

Prepare 1 recipe of Grain Pilaf. ([recipe for Grain Pilaf](#))

Combine 1 cup Quinoa and 1/2 cup Amaranth in a 9 X 13 pan. Pour 3 cups boiling water, cover tightly with aluminum foil. Bake in a 375 degree oven for 30 minutes.

NOTE: I usually prep my grains the night before I make Veggie Chop, they should completely cool in the refrigerator before combining them with the vegetables. (I bake the 2 grain dishes simultaneously. Taking the Quinoa-Amaranth dish out of the oven after 30 minutes and leaving the Grain Pilaf in to cook the entire hour.)

Chop all vegetables in food processor, and place them in a large container. I use a 16" stainless steel bowl, but any large contain will do. Mix them up as you go along.

Add the cooled Grain Pilaf and the Quinoa / Amaranth to the Veggie Chop.

Add 1-2 handful uncooked veggie alphabet pasta and/or 5 Grain rolled Hot Cereal (Bob's Red Mill) This will soak up any liquid in the Veggie Chop.

1-2 handful flax seed

2-3 Tbls. (or more) cracked red pepper flakes.

You may also add what ever else you think your birdie might like for variety. Here are some suggestions: chopped nuts (almonds, pecan, cashew, etc.) pumpkin seed, pine seed, hemp seed, etc.

Package for the freezer.

Makes about 90 – 2 oz. servings