



balanced and clear

an expert-guided, sensible plan for better health

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www.balancedandclear.com



CONGRATULATIONS ON JOINING THE BALANCED & CLEAR PROGRAM!

Hundreds of people have completed the Balanced and Clear Program with great success. Not only have they reported weight loss, reduced cholesterol levels and clearer thinking, but many have found relief from chronic symptoms such as headaches, joint pain, reflux and gastrointestinal distress.

It's not easy to make major changes in your diet, but during the Balanced and Clear Program you'll receive all the support you need to be successful. Once you see how great you can feel by making these changes, you'll never want to go back to your old way of eating.

If there's something harmful, take it away;

if there's something needed, add it.

Your body will do the rest.

That's how the Balanced and Clear Program works. When you take away things that harm the body and make it more difficult to function properly; things such as toxic chemicals, food allergens and sugar and alcohol; and replace them with nutrient-dense foods and supplements that will nourish your body on a deep level, you'll find amazing things start to happen. Excess weight comes off, chronic sinus issues resolve, menstrual cycles regulate, sugar cravings disappear and mood elevates - just to name a few.

You see, your body wants to be healthy and it knows how – you just have to give it what it needs to do its job.

I look forward to working with you.

Sincerely,

Susan

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About Susan

I am a Master Nutrition Therapist and Certified Herbal Therapist, but I call myself a Functional Nutritionist because Functional Nutrition is what I do. I am Board Certified in Holistic Nutrition by the Holistic Nutrition Credentialing Board of the National Association of Nutrition Professionals (NANP). I am a Professional member of the NANP and I also serve on their Board of Directors.

Before attending nutrition school, I earned a Bachelor of Science degree in Statistics from Brigham Young University in Provo, UT. I also completed the Massage Therapy Program at the Brenneke School of Massage (now Cortiva Institute) in Seattle, WA.

I have traveled extensively in parts of Central Europe (much of it by bicycle) and have lived in both the Czech Republic and Estonia as well as all over the US.

I no longer see clients in an office, rather I have upgraded to an exclusively online practice. This not only saves fossil fuels because no one has to drive to their appointments, but also allows you, the client, to consult with me without having to change from your slippers to your shoes!

The Balanced and Clear Program is not the only work I do in my practice. I also work one-on-one with people of all ages to help them become healthier and to stay that way. My work in nutrition goes deeper than that of many nutritionists and dietitians as I have received special training in functional nutrition and blood chemistry. (Please see the following page for a bit more information about functional testing). I use tests from a variety of laboratories in addition to history and symptom analysis to find the root of clients' complaints. This, along with my knowledge of best ways to improve and support health using nutrition makes me efficient and effective as a health practitioner. My belief is that the body wants to be healthy and knows how to do so. What it needs from us is to remove the things that are getting in its way and to add in those things that it needs in order to do its job well.

When I first started using the Balanced and Clear Program several years ago, I was seeing consistently positive results – so consistent and positive, in fact, that many of my clients found all their health issues resolved after doing only the Balanced and Clear Program. Because of this, I decided I must make the program much more widely available. Therefore, a group-style program was born, held in different locations in Viroqua and La Crosse, Wisconsin. A few years into that, I realized the need to create this web-based program so anyone can benefit from it anytime, anywhere.

Functional Blood Chemistry Analysis

Functional Blood Chemistry Analysis is an evaluation of standard blood chemistry panels with an eye toward prevention and optimizing health. These are the same tests doctors have used for decades, although the standard panel I run is more extensive than what most physicians today would order. The real difference lies in the way the results are analyzed. Traditional medicine is looking for pathology when viewing a blood panel. While this is important, most people who come to healthcare practitioners with health issues today don't have blood levels in the pathological ranges. By using functional ranges that have been developed and refined by researchers from around the world, and looking for patterns which are known to occur when there is dysfunction, along with examining detailed symptom questionnaires; we can detect imbalances before they have a chance to become pathologies.

Functional Blood Chemistry Analysis is an important piece of the medicine of the future. The standard laboratory pathological ranges are set based on a statistical curve of the data from the patients they test. They are thus growing wider and more skewed because Americans are in fact becoming sicker and sicker with chronic illnesses. With Functional Blood Chemistry Analysis, we can help many of those clients whose blood chemistries are "normal" according to traditional laboratory ranges by bringing them into the optimal functional laboratory ranges where they can feel and be truly healthy.

Functional Hormone Analysis

Male and Female Hormone Panels – hormone imbalances can often be at the root of symptoms such as fatigue, depression, irritability, bone loss, and more. A simple saliva test can guide us in supporting hormonal balance.

Adrenal Stress Index – adrenal stress is a great contributor to many ailments including allergies, physical exhaustion and immune dysfunction. This adrenal test gives a clear picture of the state of health of your adrenal glands so an appropriate plan can be created for their healing where necessary.

ALCAT Allergy Testing

When food elimination diets are not appropriate, for some reason ineffective, or when a number of atypical allergens are suspected, the ALCAT blood test may prove to be the best method for determining allergens. A blood sample is drawn and within a short time you receive a list of foods, chemicals, and/or other additives to which you are sensitive. A number of different test panels are available. See www.ALCAT.com for more information.

Detoxification Support

...some extra things you can do to help you clean up your body:

Drink lots of filtered water.

Eat organic.

Add fresh lemon to your water.

Sauna - Far Infrared Sauna (FIR) is great, but regular saunas do wonders too. The main thing is to sweat!

Skip the fancy lotions, creams, perfumes, deodorants, etc. They have chemicals in them that add to your toxin load.

Drink much filtered water.

Have an acupuncture treatment.

Gently dry brush your body before showering with a natural bristle brush. Brush toward the lymph nodes in the groin and armpits.

Get a shower/bath filter – our skin soaks in the chemicals it comes in contact with including chlorine from the shower.

Laugh. No, really, it helps!

Rebound on a mini tramp to get your lymph flowing.

Walk and breathe fresh air.

Keep your stress levels low as possible.

Use homeopathics that stimulate drainage from the detox organs.

Drink a ton of filtered water.

Avoid air fresheners, scented detergents and fabric softeners. These comprise a huge amount of some people's toxin loads! So unnecessary¹

Get a massage.

Do yoga.

Eat simply.

Eat raw things.

Use colonics or enemas. This is a good idea at the beginning of a detox. It's VERY important that you're emptying your bowels completely, daily.

Have a chiropractic adjustment.

Drink more filtered water than you want to!

Soak in an epsom salt bath. Great way to soothe sore muscles as well as helping with detoxification.

Meditate.

Clean all your produce and countertops with white vinegar and hydrogen peroxide sprayed one after the other and wiped or rinsed off. There was a study done showing this inexpensive alternative was just as effective as any fancy cleaners.

Visualize your bright and shiny clean insides.

Avoid electronic invasions when possible, especially in the bedroom where you spend so many hours. I mean television, microwaves, electronic alarm clocks, computers.

Breathe deeply.

Go to bed on time (by 10) to give your body enough time to do its detox thing.

Avoid toxic thoughts.

Move your body.

DRINK WATER!

Shopping List

Buy everything organic possible. This will give you greater benefits from your Balanced and Clear Program as your body will not need to detoxify the added chemicals and hormones which are present in conventional foods. Also, it has been shown that many organic foods are nutritionally superior to conventional foods.

- Fresh Veggies – all that you can find including plenty of garlic and onions (unless you're sensitive to them)
- Fresh Fruits
- Brown Rice – long grain, short grain, basmati – it doesn't matter as long as it's not white
- Wild Rice – not really rice, a seed. High in protein, a good rice substitute.
- Amaranth
- Quinoa – makes a nice taboulli-type salad with chopped veggies and a garlicky dressing
- Millet – yummy as a hot breakfast cereal.
- Organic Chicken, Turkey if desired
- Fresh fish – check out the link on my website to Vital Choice seafood
- Dried or canned beans, lentils, etc. (check for additives such as salt)
- Kombu seaweed – for soaking beans to make them easier to digest
- Raw Nut Butters – not peanut
- Unsweetened Almond, Rice and/or Hemp milk
- Raw Nuts and Seeds – not peanuts
- Celtic Sea Salt
- Nettle Tea, Dandelion Tea
- Fresh Ginger or Ginger Tea (watch for additives)
- Olive oil
- Coconut oil
- Flaxseed oil
- Brown rice cakes – an acceptable snack when eaten with a source of fat and/or protein – make sure they are additive and sugar free

Recipes for the **Balanced and Clear Program**

Compiled by: **Susan Barendregt, Functional Nutritionist**

NOTE: Some recipes contain ingredients not suitable for everyone. For the most part, these ingredients have been italicized to make them easier to spot. In some instances, the offending ingredients such as sweeteners may simply be omitted from the recipe or substitutions (such as stevia) can be made. Experiment and get creative!

EASY SNACK IDEAS

Soaked almonds: easier to digest when soaked. Soak overnight in cold water & sea salt

Hummus: Easy to make dehydrated mixes found in the bulk section of health food stores, premade in the refrigerator section or check out the recipes in this booklet.

Apples slices w/ nut butter and cinnamon

Fresh avocado w/ pepper

Nut butters (watch for added sugar): choose from almond, sesame, sunflower, macadamia, or cashew butters and enjoy with carrots, celery, apples, crackers, brown rice cakes

Baked yams or sweet potatoes: add olive oil & sea salt

Small red potatoes, boil and keep in the fridge. Sprinkle w/ oil & vinegar and a bit of dill.

Nut butter smoothie (combine 1 frozen banana, 2 Tbs. raw nut butter and water or non-dairy liquid of choice)

Lettuce wraps: prewash individual lettuce leaves so that you can fill them like a sandwich with chicken, turkey, hummus, etc.

Brown rice cakes topped w/ almond butter and avocado or banana or other fruit of choice

Hashbrown veggies fried in coconut oil – simply grate various squashes, carrots or other veggies and fry ‘em up

THINGS TO PREPARE AHEAD OF TIME AND HAVE ON HAND

Pot of grain (amaranth, quinoa, buckwheat, millet, brown rice): best to not keep longer than three days.

Cooked beans: add to salads, soak overnight and cook w/ 2" strip of kombu seaweed to add minerals and make them easier to digest.

Soups: make more than you need for one meal and freeze a few servings.

Cold cooked salmon, chicken, turkey: easy to add to salads, grains, or alone

Salad spinner full of greens: any kind you can find – except iceberg. Some of the very dark greens such as kale go down better when chopped fine.

Dandelion greens and young nettles are great detoxifiers and are delicious additions to salads.

Also, drink nettle, dandelion and red clover teas.

Burdock root (scrubbed and chopped) can be added to soups and stir fries. Burdock is an excellent liver detoxifier.

Sunny Millet with Peaches

- ¾ C millet
- 1 sliced peach (or other seasonal fruit)
- 2 C water
- Pinch of sea salt
- Topping:** Unsweetened apple butter

Place millet in fine strainer; rinse and drain. Combine millet, fruit, water, and salt in a two-quart saucepan; bring to a boil. Cover and simmer on low for 20-25 minutes (until all water is absorbed). Serve in bowls with dollops of apple butter on top.

Preparation time: 30 minutes Makes 4 servings

Quinoa

- 1 C Quinoa
- Pinch of sea salt
- 1 ¾ C water

Rinse quinoa well with warm water and drain. Quinoa has a natural coating called saponin that repels insects and birds and can create a bitter taste. Rinsing with warm water removes the saponin. Place rinsed quinoa, salt, and water in a pot. Bring to a boil, reduce heat to low, cover, and let simmer 15-20 minutes, until all the water is absorbed. Fluff with a fork before serving.

Preparation time: 20-25 minutes Makes 2 ½ - 3 cups.

Whole Grain Baby Cereal (not just for babies)

- Choose one or two:
- 1 C short-grain brown rice
- 1 C millet
- 1 C quinoa
- 1 C sweet brown rice

Toast grain:

Place grains in a fine strainer; rinse and drain.

Oven toasting: Preheat oven to 350 F. Spread grains on cookie sheet and toast in oven until they give off a nutty aroma (12-15 minutes).

Skillet toasting: Place washed grains in large skillet on burner and toast on medium heat, stirring constantly, until grains give off a nutty aroma (about 5-8 minutes).

Let toasted grains cool and then store in sealed container. You can toast a big batch of several different grains at one time and store them in separate jars

Grind grain:

For optimum nutrition, grind the grains in a small electric grinder or food processor just prior to using. Once a grain is ground it begins to lose nutritional value within 24-48 hours. Store the whole toasted grains in labeled, sealed containers and grind the amount you need before cooking. Can also cook grains without grinding if preferred.

Cook ground grains into cereal:

Family-size portion of cereal: For four adult/child-size servings, use 1 C ground grains, 3-4 C water and 1 tsp salt. Combine cereal, water and salt in a pot; bring to a boil. Reduce heat to low and simmer, covered, for 10-12 minutes.

Buckwheat Porridge

- 3 tbsp buckwheat flour
- 1 cup water
- 1/2 cup rice milk or almond milk
- 2 tbsp tahini or ground walnuts or almond butter
- Dash cinnamon/nutmeg

In a saucepan, roast the flour on medium heat while stirring constantly for 2-5 minutes until a nutty aroma is achieved (the longer you roast, the nuttier the final flavor becomes). Add water, rice milk and stir, making sure to avoid any clumps. Bring to a boil then remove from heat. Serve topped with tahini, stevia, and a pinch of cinnamon and/or nutmeg.

Mochi

1 block mochi – get it from the refrigerated section of your health-food store. It's made of rice.

All-fruit jam or preserves or nut butter

Follow baking directions on mochi package. Open each square and slip a teaspoon or two of jam or nut butter inside. Serve immediately. A super chewy and yummy treat. Kids love it.

Tropical Breakfast Risotto

1 cup brown rice	¼ cup sliced almonds
2 cups water	¼ cup <i>raisins</i>
15oz coconut milk	1 cup <u>cubed firm <i>banana</i></u> about 1/2 inch pieces
8oz cubed pineapple (save juice)	

Bring water with rice to a boil in medium sized sauce or soup pan on high heat. Once it comes to a boil, turn heat to medium low and simmer uncovered, stirring frequently for creaminess

While rice is cooking prepare rest of ingredients.

As water is absorbed in rice add pineapple juice from can and keep cooking. When that is absorbed add the can of coconut milk. As that gets absorbed, but while still creamy, add rest of ingredients. Heat for another 2-3 minutes and serve when rice is tender. This should be still juicy and creamy without being runny. This is good served warm or cold.

Prep and Cook Time: 30 minutes

Rice Waffles

2 cups rice flour	2 cups rice milk
4 t. baking powder	
3 T. coconut oil	
1 T. maple syrup (optional)	

Sift the dry ingredients together. Add milk and oil gradually, stirring mixture until smooth. Bake on hot oiled waffle iron.

Wheat free pancakes

½ cup ground cashews	1 t. baking powder
1 T. maple syrup	2 T. oil
1 ½ cups amaranth, quinoa or rice flour	¼ t. salt
1 ¼ cup water	

Combine dry ingredients, mix well. Combine liquid ingredients in a small bowl, mix well and stir into dry ingredients. Cook pancakes on preheated, non-stick pan. As batter thickens, add water, a tablespoon at a time to keep cakes thin.

Buckwheat Breakfast Bake

½ cup <i>raisins</i>	1t. cinnamon
1 cup buckwheat flour	¼ cup oil
½ cup <i>prunes</i> , chopped	1/2t. allspice
¾ cup arrowroot powder	2 T. <i>lemon</i> juice
½ cup <i>dried apricots</i> , chopped	1/8t. salt
1t. baking soda	½ cup chopped walnuts
1 2/3 cups water	

Preheat oven 375°. Combine water and dried fruits in saucepan. Bring to boil and let simmer for 10 minutes. Let cool, add oil and lemon juice. Sift dry ingredients into medium sized bowl. Add liquid ingredients and mix well. Stir in chopped walnuts. Spread into oiled pie dish or a 9" square baking pan. Bake approximately 25 minutes, or until top of the cake springs back.

Sesame Bar

- 1 cup walnuts
- ½ cup sesame seeds
- 1½ cups pitted dates
- 1½ cups raisins
- 1/8 tsp salt

Pulse all ingredients in food processor until mixture holds together when pressed.

Press mixture into 9inch square pan, and chill. Cut into squares to serve.

Prep and Cook Time: 10 minutes

Homemade Energy Bars

- | | |
|---------------------------|--|
| 1 1/2 cups ground almonds | 1/2 cup pine nuts |
| 1 1/2 cups ground walnuts | 1/2 cup <i>raisins</i> or <i>dried cranberries</i> |
| 1/4 cup sesame seeds | 1 cup dried blueberries |

3/4 cup *maple syrup or molasses*

cinnamon, cardamom or nutmeg
(optional)

Preheat oven to 275°F.

Mix all ingredients together in a large bowl. The mixture will be somewhat sticky. Using wet fingers press it down into a 7x11-inch baking dish that has been coated with coconut oil. Bake for 30 minutes to one hour depending on how toasty you prefer it. Cool and then cut into 16 pieces. Store in your refrigerator.

Amaretto Protein Bars

2 cups raw almonds (or other nut)

¼ tsp unrefined sea salt

1 cup rice protein powder

2/3 cup melted and cooled coconut oil

½ cup flaxseed meal

½ cup almond or other nut butter

½ cup dried coconut

1 Tbs almond extract

¼ tsp white stevia powder

Grind the nuts, half a cup at a time, in a food processor. Melt the coconut oil over low heat on the stove and set aside to cool. Mix all the dry ingredients together. Mix the coconut oil with the rest of the wet ingredients in a separate bowl, then combine with the dry ingredients. Spread a small amount of melted coconut oil over cooking sheet or line with parchment paper or wax paper and pat the bar mixture in place. Set over night in the refrigerator for best results, then cut into squares. Can be frozen. Make a great desert or snack on the go!

Black Bean Hummus

2 cups cooked black beans, drained

1 1/2 tablespoons olive oil

2 teaspoons *lemon juice* (or to taste)

celtic or other sea salt to taste

1/4 cup tahini

2 tablespoons warm water

2 cloves garlic, pressed or minced

1/2 cup cilantro*, chopped

1 teaspoon cumin

Combine all ingredients except for cilantro in food processor. When combined, transfer to serving bowl. Fold in cilantro. Taste and adjust seasonings to taste.

*eating cilantro is a great way to remove heavy metals from your body

Cannellini Bean Spread

1/4 cup organic extra virgin olive oil	pinch cayenne
3 garlic cloves, crushed	sea salt, to taste
1/2 teaspoon crushed <i>red pepper</i>	ground pepper, to taste
2 cups cooked Cannellini beans with juice	olive oil for drizzling before serving
juice of 1 <i>lemon</i> or more to taste	

Heat the olive oil in a small saucepan. Add the crushed garlic and cook over low heat for 2 minutes. Remove from heat, add the red pepper and let the flavors meld for at least 30 minutes. Remove the garlic from the oil and pile both garlic and white beans into food processor. Process until smooth. With the motor running, add the olive oil with the crushed red pepper, lemon juice and cayenne. Pulse in the salt and pepper. Pack into a crock and allow to sit at room temperature so that the flavors intensify.

Serves 4

Pumpkin Seed Pesto

Pumpkin seed pesto, featuring roasted pumpkin seeds, olive oil, cilantro and garlic, is a versatile sauce for your repertoire. Try this pesto as a spread on sandwiches, tossed with pasta or served over vegetables.

2 cups unsalted hulled (green) pumpkin seeds
6 tablespoons extra-virgin olive oil, divided
1/2 teaspoon salt
1/4 cup water
2 tablespoons fresh <i>lemon juice</i> , or to taste
3 garlic cloves, smashed
1 cup coarsely chopped fresh cilantro

Preheat oven to 375°F. Toss pumpkin seeds with 2 tablespoons of the olive oil and sea salt. Roast for 10 to 15 minutes until seeds are puffed and fragrant. Transfer to a plate and cool.

Combine cooled seeds in a food processor with water, lemon juice, garlic, cilantro and remaining 4 tablespoons oil. Pulse until mixture forms a coarse paste. Taste and adjust seasoning with salt and pepper. Cover and chill until ready to use.

Makes about 2 1/2 cups

Cilantro Pesto with Pumpkin Seeds

If you want to enhance the flavor of chicken or fish as well as add extra vitamins K, A and C to your meal, try this pesto that can be prepared in a matter of minutes. It's also a great addition to fish tacos; top with pesto and avocado for a taste treat.

2 cups chopped fresh cilantro	½ cup coarsely chopped pumpkin seeds
1 cup chopped fresh parsley	2 TBS water
3 scallion, chopped	1 TBS fresh lemon juice
4 cloves garlic, coarsely chopped	2 TBS extra virgin olive oil
1 tsp ground cumin	salt and white pepper to taste
2 or 3 canned jalapenos, depending on desired heat	

Chop garlic and let sit for 5 minutes to bring out their health-promoting properties while you prepare the rest of the ingredients.

Blend all ingredients in a food processor or blender. Add olive oil a little at a time at end. You want the pesto to be blended yet not smooth. It is best with a little texture. Serve at room temperature. Do not heat it.

Prep and Cook Time: 10 minutes

Gingered Lentil Spread/Dip

2 C cooked lentils
2 Tbl extra-virgin olive oil
2 tsp grated ginger
1 Tbl whole grain gluten free mustard (no beer, wheat, flour or malt vinegar in ingredient list)
3 sliced mushrooms
2 sliced scallions
½ tsp sea salt
¼ C water

Put cooked lentils and all other ingredients in food processor or blender; blend until smooth. If using a blender, blend ¼ of the mixture, then add the rest a little at a time. Will keep in the refrigerator for several days.

Preparation time: 10 minutes

Simply Delicious Hummus

This homemade Mediterranean hummus makes an absolutely delicious dip, perfect for entertaining or a healthful snack.

- 2 large garlic cloves
- 1 1/2 cups (cooked) garbanzo beans, drained and rinsed
- 2 tablespoons tahini (sesame paste)
- 1/4 cup water
- 1T olive oil
- 3 tablespoons *lemon juice*
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- cayenne, to taste
- 2 tablespoons minced parsley
- lemon wedges* and a selection of *olives*, to garnish

Ingredient Options: add minced chipotle peppers (canned), sliced pimientos and cilantro. Add toasted pine nuts. Instead of garbanzo beans, use white kidney beans (cannellini) and season with thyme; serve with crisp lightly steamed vegetables.

Process garlic in food processor. Add garbanzos, tahini, water, olive oil, lemon juice, cumin, coriander and a pinch of cayenne (you may add more later to increase the heat), and process till it becomes creamy, dense and smooth. Refrigerate. Before serving, let hummus warm to room temperature. Mix in the parsley. Serve with lemon wedges and olives.

Serves 5

Scallion-Garlic Chickpea Spread (Hummus)

--From Farmer John's Cookbook

- 3 cups cooked chickpeas, fresh or canned, rinsed
- ½ cup coarsely chopped scallions (about 3 scallions)
- ½ cup tahini plus more to taste
- ½ cup freshly squeezed lemon juice (I substituted rice vinegar)
- 1/3 cup fresh parsley

- 2 cloves garlic minced (about 1 teaspoon)
- ¼ teaspoon salt plus more to taste
- ¼ teaspoon ground cumin plus more to taste
- Pinch cayenne pepper (optional)

Put all ingredients in a food processor and process until they form a thick paste. (or use a food mill, blender, or potato masher)

Season to taste with extra salt, cayenne, and cumin. If you like your hummus creamier, stir in more tahini. Serve at room temperature or chilled.

Makes about 3 cups

Walnut Spread

- | | |
|---|--|
| 2 cups garbanzo beans, drained and rinsed | 1 large clove garlic, cut into pieces |
| 1 cup toasted walnuts, chopped | 1/4 to 1/2 teaspoon sea salt |
| 1 cup lightly packed fresh basil leaves | Freshly ground black pepper |
| 1/4 cup extra virgin olive oil | Thinly sliced fresh basil & thinly sliced radishes |
| 4 to 6 teaspoons <i>lemon juice</i> | |

Place the garbanzo beans, walnuts, basil, olive oil, lemon juice and garlic in the bowl of a food processor. Puree until smooth, adding a little more olive oil or lemon juice if needed to obtain smooth consistency. Add salt and pepper and process again to combine well. Spoon into a serving bowl and garnish with basil and radish.

Makes 1 3/4 cups

Green Guacamole, Oaxaca Style

- 4 avocados, mashed
- juice of one *lime*
- 3 garlic cloves, freshly pressed
- 5–6 green onions, thinly sliced
- 1 cup cilantro, cleaned and chopped
- 1–2 seedless *jalapeños*, diced

Mix avocado with lime juice and then stir in the rest of the ingredients.

Simple Lentil Salad

Cook lentils and add avocados, flax oil, onion, garlic, roasted *peppers*, salt, pepper to taste

Beet Salad

adapted from wholefoodsmarket.com

8 small cooked beets, diced
1 cup cooked green beans
2 tart apples
1 cup walnuts
salt and pepper to taste
3 T flax oil
3 T cider *vinegar*
spinach or other greens

In a large bowl, combine beets, beans, apples, walnuts, oil, and vinegar. toss gently to mix. Chill. Spoon mixture onto a bed of greens.

Marinated Bean Salad

This is a great dish that you can keep in your refrigerator for 3-4 days and its flavor gets better each day!

2 cups fresh green beans cut into 1-inch lengths	2 TBS chopped fresh basil
1 15 oz can lima beans, drained and rinsed	1 TBS chopped fresh oregano
1 15oz can kidney beans, drained and rinsed	1 TBS chopped fresh parsley
2 TBS minced onion	3 TBS fresh lemon juice
3 medium cloves garlic, pressed	2-3 TBS extra virgin olive oil
	salt and cracked black pepper to taste

Mince onion and press garlic and let sit for 5 minutes to bring out its health-promoting benefits.

Fill the bottom of a steamer with 2 inches of water.

While steam is building up in steamer cut green beans.

Steam for 5 minutes. A fork should pierce them easily when they are done.

Drain and rinse canned beans. Let beans sit in colander for another couple of minutes to drain excess water.

Mix all ingredients together. If you have the time, let it marinate for at least 15 minutes. It can keep in the refrigerator for a few days. Keep on hand for a quick meal.

Prep and Cook Time: 25 minutes Serves 4

Curried Chickpea Salad

2 teaspoons apple cider <i>vinegar</i>	4 cups cooked chickpeas (two 15oz cans)
2 tablespoons <i>lime juice</i>	1 red <i>bell pepper</i> , chopped
4 tablespoons olive oil	2/3 cup red onion, finely chopped
2 teaspoons curry powder	1/2 cup cilantro or parsley, chopped
2 teaspoons <i>maple syrup</i> (optional)	2 teaspoons cumin seeds
1/2 teaspoon salt	8 cups mixed greens
1/2 cup <i>raisins</i>	

In a small mixing bowl, stir together vinegar, lime juice, olive oil, curry powder, maple syrup and salt. Add raisins and set aside. Combine chickpeas, bell pepper, onion and cilantro in a medium bowl.

Heat a small skillet over medium-high heat and toast cumin seeds until slightly browned and fragrant, about 1 minute. Stir cumin seeds along with dressing-raisin mixture into chickpea salad. Season with additional salt if desired

Serve chickpea salad over mixed greens for a light, refreshing dinner.

Serves 8

Three-Bean Salad

Bean Salad

- 1 1/2 cups (cooked) organic kidney beans, drained and rinsed
- 1 1/2 cups (cooked) organic garbanzo beans, drained and rinsed
- 2 cups fresh green beans (organic if possible), steamed to tender and chopped into 2-inch pieces
- 1/3 cup organic green onions, sliced
- 1/2 cup chopped organic Italian parsley
- 1/4 cup fresh minced mint leaves

Dressing

1/2 cup extra virgin olive oil
3 tablespoons white wine or raw apple cider *vinegar*
1 clove garlic, minced
1 teaspoon *honey*
sea salt, to taste
ground black pepper, to taste
pinch of crushed red pepper flakes (opt)

Mix all salad ingredients together. In a separate bowl, whisk together all dressing ingredients. Toss over the salad beans. Adjust seasonings to taste. Let this marinate for at least 3 hours before serving.

Serves 4 as a side dish and 2 as a main salad

Carrot Slaw

3 cups organic carrots, grated
1/2 cup radishes, grated
1 cup celery root, peeled & grated
1/4 cup freshly squeezed *lemon juice*
1 tablespoon organic extra virgin olive oil
1/2 teaspoon freshly ground black pepper
1/4 teaspoon salt

Combine all ingredients. Enjoy!

Serves 3

Grated Vegetable Slaw

Delicate strands of speckled green zucchini and bright orange carrot combine with shredded purple and green cabbage in this brilliantly colored salad. The flavors of the vegetables shine as the light lemon-Dijon mustard vinaigrette brings them to the forefront. A perfect dish for highlighting the quality and taste of organic vegetables.

Vinaigrette

4 tablespoons olive oil
1 1/2 tablespoons *lemon juice* (1 lemon)
1/2 teaspoon Dijon *gluten free mustard*

sea salt, to taste
ground pepper, to taste

Veggies

3 carrots, grated or peeled
1 small zucchini, grated or peeled
3 green onions, chopped
1 cup savoy cabbage, shredded
1 cup red cabbage, shredded
3 radishes, thinly sliced (optional)

Whisk together ingredients for vinaigrette. Mix together vegetables and add vinaigrette, stirring to coat all vegetables. Serve immediately.

Serves 4

Quinoa and Green Bean Salad with Two Seeds

This quinoa-based salad offers fresh citrus flavor and savory appeal thanks to sesame and pumpkin seeds. A tasty, unique side dish to enjoy year-round.

6 ounces quinoa	2 tablespoons extra virgin olive oil
1 1/3 cups water	1/4 cup sesame seeds
3/4 pound haricots verts or green beans	1/3 cup roasted, salted pumpkin seeds
2 tablespoons fresh <i>lemon</i> juice or more to taste	sea salt, to taste
	ground pepper, to taste

Toast quinoa in a dry skillet, stirring constantly for about 4 minutes. Put toasted quinoa in a medium saucepan and add the water. Bring to a boil, then cover and simmer until all of the water is absorbed and quinoa is tender, 10 to 15 minutes. Set aside to cool.

Meanwhile boil the green beans in lightly salted water until al dente, about 2 minutes. Rinse in cold water to stop the cooking and drain well. In a large bowl, combine quinoa, beans, lemon juice and olive oil. Add sesame seeds and pumpkin seeds and toss to combine well. Taste and adjust seasoning with salt and pepper. Serve at room temperature.

Serves 4 to 6

Brown Rice al Fresco Salad

Crisp carrots, cucumber, radishes and celery combine with fresh basil, mint and parsley in this honey-Dijon dressed rice salad. Served chilled or at room temperature, this versatile dish is perfect for al fresco dining alongside your choice of protein.

- 2 1/2 cups long-grained brown rice, cooked
- 1/2 cup carrots, diced
- 1/2 cup seedless cucumber, diced
- 1/2 cup (around 5 to 6 medium) radishes, diced
- 1/2 cup celery, diced
- 1/2 cup red onion, diced
- 1 tablespoon garlic, minced
- 1 cup frozen peas
- 1/4 cup fresh basil leaves, torn into 1/2 inch pieces
- 1/4 cup fresh mint leaves, chopped
- 1/4 cup Italian parsley, chopped

Vinaigrette:

- 1 tablespoon *honey*
- 2 tablespoons extra virgin olive oil
- 1/2 cup fresh squeezed *lemon* juice
- 1 teaspoon Dijon *gluten free* mustard
- 1/2 teaspoon chile pepper flakes
- 1/4 teaspoon sea salt

In a large bowl, mix the rice, vegetables and herbs. In a small bowl, mix the vinaigrette ingredients. Drizzle the rice, vegetables and herbs with the dressing and mix well. Serve chilled or at room temperature.

Serves 6

Quinoa Salad with Roasted Vegetables

Roasted root veggies, including carrots, parsnips and beets combine with nutty, protein-rich quinoa in this simple side dish or vegetarian main course. You can prepare this ahead and freeze the vegetables and quinoa separately, easily tossing together before serving.

2 yellow beets, scrubbed
4 teaspoons vegetable oil
3 carrots, washed, peeled and cut into a half inch dice, about 1 ½ cups
3 parsnips, washed, peeled, cored and cut into half inch dice, about 1 ½ cups
1 cup quinoa
juice of 1 *lemon*
2 cups gluten-free vegetable stock or water
1/4 teaspoon dried thyme leaves
1/2 small red onion, finely diced
2 tablespoons chopped flat leaf parsley
sea salt, to taste
ground pepper, to taste

Preheat oven to 350°F. Rub beets in a teaspoon of oil and season liberally with salt and pepper. Wrap in foil. Close tightly, place on a small baking sheet and roast in the oven for about an hour until beets are tender. Allow beets to cool and then dice them. Meanwhile, toss carrots and parsnips in remaining oil, season with salt and pepper and place on a rimmed baking sheet. Bake for about 50 minutes, stirring occasionally, until browed. Remove from oven and let cool.

Place quinoa, lemon juice and water or vegetable stock in a small pot. Bring to a boil, then lower heat to a simmer, cover and cook for 10 to 15 minutes, until quinoa puffs up and is tender. Take from heat and allow for mixture to cool to room temperature.

To assemble dish, mix cooled quinoa and roasted carrots and parsnips. Add beets, red onion and parsley. Mix well, taste and season with extra lemon juice, salt and pepper as needed.

Roasted vegetables and quinoa can be made ahead and frozen separately. Thaw, toss together, and reheat before serving.

Serves 6 to 8

Red Potato and Asparagus Salad

18 small red <i>potatoes</i>	juice of 2 <i>lemons</i>
3 pounds asparagus, washed well and trimmed	1 cup olive oil
3 tablespoons Dijon <i>gluten free mustard</i>	5 tablespoons minced fresh chives
	salt and cayenne pepper

Dressing: In a small bowl, combine mustard and lemon juice. Whisk in oil gradually and combine ingredients until smooth. Season with salt and cayenne to taste.

Salad: In a large pot of boiling salted water, cook red potatoes until just tender, 20–30 minutes. Drain in a colander and cool.

Cook asparagus in a large pot of boiling salted water until just crisp-tender, about 5 minutes. Immediately plunge in a large bowl of water to stop the cooking process. Once cool, drain well and cut into bite size pieces. Cut potatoes in halves. Toss asparagus and potatoes together in a large bowl; add chives. Pour dressing over salad and toss. Serve at room temperature.

Serves 12–14

Apple Pear Cucumber Salad

2 T gluten-free mustard	2 crunchy tart apples (Gala, Pink Lady, Braeburn)
2 t dried dill or 2 T fresh dill, chopped	1 pear (Anjou, Bartlett, etc.)
4 T apple cider vinegar	1 English (seedless) cucumber
4 T olive oil	1 small or 1/2 medium sweet onion

Mix together the mustard, dill, vinegar, and olive oil. Set aside.

Core and slice apples and pears into thin slices, leaving skin on for color and flavor. Slice cucumber into rounds. Slice onion any way you like, add all to bowl with dressing and toss to coat.

Serves 4–6

Dandelion Greens with Warm Balsamic Vinaigrette

2 1/2 pounds dandelion greens, tough leaves discarded
3 garlic cloves, minced
1/4 cup hazelnuts, coarsely chopped
2 tablespoons organic extra-virgin olive oil
1 tablespoon Balsamic <i>Vinegar</i>
salt and pepper to taste

Cut top 5 inches from greens and reserve leaves. Cut remaining greens into 3/4-inch slices. Transfer all greens to a large salad bowl.

For the dressing, in a small heavy skillet sauté garlic and nuts in oil over moderate heat, stirring, until garlic is golden. Stir in vinegar and salt and fresh-cracked pepper to taste.

Pour hot vinaigrette over greens and toss to combine.

Serves 6–8

Garlicky Sesame-Cured Broccoli Salad

- 1 1/2 teaspoons red wine *vinegar*
- 1 teaspoon kosher salt, more to taste
- 2 heads broccoli, 1 pound each, cut into bite-size florets
- 3/4 cup extra virgin olive oil
- 4 fat garlic cloves, minced
- 2 teaspoons cumin seeds
- 2 teaspoons roasted (Asian) sesame oil
- Large pinch crushed *red pepper* flakes.

In a large bowl, stir together the vinegar and salt. Add broccoli and toss to combine.

In a large skillet, heat olive oil until hot, but not smoking. Add garlic and cumin and cook until fragrant, about 1 minute. Stir in sesame oil and pepper flakes. Pour mixture over broccoli and toss well. Let sit for at least 1 hour at room temperature, and up to 48 (chill it if you want to keep it for more than 2 hours). Adjust seasonings (it may need more salt) and serve.

Time: 10 minutes, plus 1 hour marinating 6 to 8 side-dish servings or more as an hors d'oeuvre.

Grated Carrot-and-Apple Salad

- 1/2 pound organic carrots, grated
- 1/4 pound organic apples, grated
- 1 1/2 tablespoons organic extra virgin olive oil
- 1–2 tablespoons fresh *lemon* juice

Mix together grated carrots and apples in mixing bowl. Slowly drizzle olive oil and lemon juice until flavor is to your liking. Serve at room temperature or chilled.

Millet Pilaf with Onion and Parsley

Onion and parsley give this millet pilaf extra flavor. Here, we cook the millet in plenty of water so the grains stay as separate as possible instead of turning gummy. Feel free to add more herbs and seasoning as desired.

1 cup millet	1 cup chopped onion
6 cups water	1/2 cup chopped parsley
1 t sea salt	seasoned sea salt, to taste
1 T unrefined sesame oil (not toasted)	freshly ground black pepper, to taste

Place millet and water in a large saucepan. Bring to a boil then reduce heat to medium low to continue a low boil. Cover and cook for 30 minutes or until millet is tender. Drain well.

While millet is cooking, heat sesame oil over medium and sauté onion for 3 minutes, stirring often. Add the parsley and sauté another minute.

Add well-drained millet and stir to blend. Season with seasoned salt or tamari if preferred and freshly ground black pepper. Millet is always best served immediately.

Serves 4–6

Quinoa Pilaf

Dried cherries and toasted pecans add wonderful flavor and color to this quinoa dish.

1 cup quinoa	sea salt, to taste
1 tablespoon extra virgin olive oil	ground pepper, to taste
1/4 cup fresh chopped chives	1/3 cup <i>dried cherries</i> (optional)
3 cups gluten-free vegetable broth	1/4 cup chopped toasted pecans

Rinse the quinoa and drain it well. In large skillet, heat oil over medium heat. Add chives and cook, stirring frequently, for 1 minute. Stir in quinoa and stir 2 to 3 minutes or until the skillet gets dry.

In a separate pan, heat the vegetable broth to a simmer. Add hot broth, salt, and pepper to the skillet. Reduce to a simmer, cover, and cook 20 to 25 minutes or until quinoa is tender. Stir in cherries and pecans.

Serves 4

5-Minute Cauliflower with Turmeric

1 lb cauliflower	
5 TBS chicken or vegetable broth	
1 tsp turmeric	Mediterranean Dressing:
2 TBS chopped cilantro	3 TBS extra virgin olive oil

2 tsp *lemon* juice

sea salt and pepper to taste

2 medium cloves garlic

Cut cauliflower florets into quarters and let sit for 5 minutes to bring out their hidden health benefits.

Press or chop garlic and let for 5 minutes.

Heat 5 TBS broth in a stainless steel skillet on medium heat.

When broth begins to steam, add cauliflower and turmeric and cover. For *al dente* cauliflower, cook for no more than 5 minutes.

Transfer to a bowl. For more flavor toss cauliflower with the remaining ingredients while it is still hot. (Mediterranean Dressing does not need to be made separately.)

Sprinkle with chopped cilantro.

Prep and Cook Time: 5 minutes

5-Minute Steamed Broccoli

1 lb broccoli

Mediterranean Dressing

3 TBS extra virgin olive oil

2 tsp *lemon* juice

2 medium cloves garlic

Sea salt and pepper to taste

Fill the bottom of the steamer with 2 inches of water.

While steam is building up in steamer, cut broccoli florets into quarters. Cut stems into 1/4-inch pieces. Let florets and stems sit for 5 minutes to bring out their hidden health benefits.

Chop or press garlic and let sit for at least 5 minutes.

Steam broccoli for no more than 5 minutes. If stems are cut thicker than 1/4-inch, they will require 1-2 minutes of cooking before adding the florets.

Transfer to a bowl. For more flavor, toss broccoli with the remaining ingredients while it is still hot. (Mediterranean Dressing does not need to be made separately.)

Prep and Cook Time: 5 minutes

7-Minute Steamed Butternut Squash

Prepare this butternut squash recipe in a matter of minutes. While whole butternut (kabocha or hubbard) squash can take about one hour to cook, you can have great-tasting squash in 7 minutes by cutting it into 1-inch cubes.

- 2 cups butternut squash
- 3 TBS extra virgin olive oil
- 1 tsp lemon juice
- sea salt and pepper to taste

Fill the bottom of the steamer with 2 inches of water.

While steam is building up in steamer, peel and cut butternut squash into 1-inch cubes.

Steam covered for 7 minutes. Squash is done when it is tender, yet still firm enough to hold its shape.

Transfer to a bowl. For more flavor toss squash with the oil, lemon juice, salt and pepper while it is still hot. Research shows that carotenoids in foods are best absorbed when consumed with oils.

Prep and Cook Time: 7 minutes Serves 2

Sautéed Greens

This recipe is a great tasting way of receiving the many health benefits of the super food kale. The leeks are a delicious complement, and this dish can be made very easily, so you can have it often. Adding the oil at the end gives it a rich taste without heating it, making this even healthier than most sautéed greens.

- | | |
|--|---------------------------------|
| 1 cup sliced leeks, about 1 leek | 3 medium cloves garlic, pressed |
| 4 cups chopped kale | 1 tsp fresh lemon juice |
| 1/4 cup + 1 TBS chicken or vegetable broth | 1 tsp extra virgin olive oil |
| | salt and black pepper to taste |

Heat 1 TBS broth in a 10-12 inch stainless steel skillet. Sauté sliced leeks in broth over medium low heat for about 5 minutes, stirring frequently. Add kale, ¼ cup broth, cover and simmer on low heat for about 7-8 minutes, stirring occasionally.

Toss with pressed garlic, lemon juice, olive oil, salt and pepper.

Prep and Cook Time: 15 minutes Serves 2

Oven-Roasted Kale

- 2 bunches kale
- 2 tablespoons olive oil
- 2-3 large cloves garlic, minced
- Sea salt and freshly ground black pepper
- 1 tablespoon toasted sesame seeds

Preheat oven to 375°F. Rinse the kale. Remove and discard the thick ribs and roughly chop the leaves. Pat leaves dry. Toss with olive oil, garlic, salt and pepper in a large bowl. Spread on a large rimmed baking sheet. Kale does not need to be in a single layer, as it will shrink in volume as it cooks. Bake for 12 to 20 minutes, stirring every five minutes, depending on how crisp you like it. The leaves will be tender, crisp on the edges and slightly browned. Sprinkle with sesame seeds before serving.

* this recipe can also be done using coconut oil and sea salt – skip the olive oil, garlic and pepper. yum!

Serves 4 as side dish

Greens and Beans

This dish can also be made with spinach, mustard greens, kale or broccoli rabe.

- 3 small heads escarole (approximately 1 1/2 pounds)
- 3 tablespoons extra-virgin olive oil
- 6 garlic cloves, sliced into paper-thin slices or minced
- 1/4 teaspoon crushed red pepper (optional)
- 3 cups cooked cannellini or other white beans, including liquid
- sea salt, to taste
- ground pepper, to taste

To prepare the escarole, cut out the core of each head, then cut the leaves into bite-sized pieces. Rinse the leaves several times in cold water until all the dirt has been rinsed off. Drain the escarole of as much liquid as possible prior to sautéing.

Combine the olive oil, garlic and crushed red pepper in a large sauté or frying pan and heat together over medium heat until the garlic begins to lightly brown (approximately 5-6 minutes). Be very careful not to burn the garlic as it will turn bitter.

Once the garlic has browned, increase the heat and add the drained escarole leaves and sauté, turning frequently with a pair of tongs. This step can be done in batches if necessary. The escarole is

finished once it has wilted but is still bright green (approximately 2 to 3 minutes). Transfer the sautéed escarole to a colander to drain.

Add the beans and liquid to the same pan and bring to a simmer over medium heat. Return the sautéed escarole to the pan, combine well, and season to taste with salt and pepper. Keep warm until ready to serve. If additional liquid accumulates in the dish as it sits, drain it prior to serving.

Serves 8

Seaweed Rice

Try this brown rice recipe for a great way to add more sea vegetables to your diet. This flavorful dish is a great complement to many entrees.

2 medium pieces wakame, (2 TBS soaked and chopped)	½ medium onion, minced
2 TBS chopped dulse seaweed	2 large cloves garlic, chopped
2¼ cups warm water	1 cup long grain brown rice
	salt and white pepper to taste

Chop/mince onion and garlic and let sit for 5-10 minutes to enhance their health-promoting benefits.

Rinse wakame, and soak in 2½ cups warm water for about 5 minutes. Squeeze out water from seaweed and chop. Save water.

While seaweed is soaking, chop dulse, onion and garlic.

Heat 1 TBS of seaweed soaking water in a medium saucepan. Sauté chopped onion over medium heat for 2 minutes, stirring frequently. Stir in garlic, rice, chopped seaweed, and soaking water.

Bring water to a boil on high heat. As soon as it begins to boil, reduce heat to low and cover. Cook for about 35 minutes. Season with salt and white pepper to taste.

Prep and Cook Time: 35 minutes

Serves 4 as side dish

Wild & Brown Rice

2 tablespoons organic extra virgin olive oil	1/4 cup fresh parsley, chopped
1 small onion, diced	1 teaspoon each dried sage, thyme and rosemary
1/2 cup mushrooms, sliced	2 cups wild and brown rice, mixed
2 cloves garlic, minced	3 1/2 cups water or vegetable stock
1/4 cup celery, chopped	

In a large pot, heat olive oil and sauté onion until soft. Add mushrooms, garlic and celery and sauté until mushrooms are cooked. Add parsley and dried herbs and stir to blend. Add rice and stock or water and bring to a boil. reduce to a simmer, partially covered, and cook for 50 minutes or until rice is tender. Fluff with a fork before serving.

Serves 4–6

Roasted Root Vegetables

- 3 cups parsnips, peeled and sliced diagonally, 1/2-inch thick
- 3 cups carrots, sliced diagonally, 1/2-inch thick
- 3 cups rutabaga, peeled and sliced in wedges or chunks
- 6 thyme sprigs
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon sea salt

Preheat oven to 400°F. Toss vegetables with thyme, olive oil, pepper and salt. Spread on a rimmed baking sheet and roast for 35 to 50 minutes, until browned and tender. Also consider adding onions, whole garlic cloves, unpeeled yukon gold potatoes, and any other root veggies you may have on hand.

Serves 8

Lemon Broccoli with Gomasio

- 2 pounds broccoli, with stems chopped off
- 1 tablespoon lemon juice
- 1 teaspoon toasted sesame oil
- 1 tablespoon gomasio seasoning

Steam broccoli until tender but crisp. Drain and toss with oil, lemon juice, and gomasio.

Serves 4–6

Oven Roasted Leeks

- 4 medium leeks, trim at root end and where green part starts
- 1 to 2 tablespoons olive oil, plus more for oiling pan
- 1/2 teaspoon sea salt

1/4 teaspoon pepper

1/2 cup or more vegetable broth

Ingredient Options: Use gluten-free vegetable broth, if desired.

Cut leeks in half lengthwise and place in bowl of cold water to remove sand. Rinse under cold water and pat dry.

Pre-heat oven to 400 F.

In oiled roasting pan with sides, brush leeks with olive oil. Sprinkle with salt and pepper. Roast leeks until they are tender, about 35–45 minutes. While roasting, drizzle leeks with broth a few times to keep moist.

Serves 4–6

Gracia's Black Beans

2 cups (dry) black beans

1/2 teaspoon minced garlic

1 teaspoon sea salt

freshly ground black pepper, to taste

hot red pepper, if desired

organic extra virgin olive oil

1 huge yellow onion, minced

Cook the beans. After cooking, strain the beans, saving the liquid. In a small cup, mix the minced garlic with the salt, pepper and red pepper. In the bottom of a large saucepan, heat enough olive oil to coat the bottom of the pan. Add the garlic mixture to the hot oil and stir once. Add the minced onion and cook until the onion is slightly transparent. Add the beans and some of the liquid and heat thoroughly. Serve on top of rice or pasta.

French Lentils with Onion & Carrot

1 tablespoon olive oil

1 medium organic yellow onion, peeled
and chopped

1 organic carrot, peeled and diced

3 cups water

1 cup lentils, rinsed

1 bay leaf

1 teaspoon dried thyme

sea salt, to taste

ground pepper, to taste

In a medium saucepan, heat olive oil over medium heat and sauté onion until softened, about 5 minutes. Add remaining ingredients and bring to a boil. Simmer until tender, about 25 minutes. Remove bay leaf, adjust seasoning and serve.

Serves 4

Red Beans and Rice

1 cup brown rice	3 tablespoons olive oil
2 cups water	2 pickled chiles, such as serrano, seeded and finely chopped
1/4 teaspoon sea salt	sea salt and freshly ground black pepper to taste
2 roasted poblano chiles	
1 1/2 cups cooked kidney Beans, drained, reserve liquid	

Combine rinsed rice and water, add salt, bring to a boil and simmer 45 minutes.

While rice is cooking, char the poblanos over a flame or under the broiler until the skin blisters. When cool enough to handle, peel seed and chop the peppers.

Drain the beans and reserve the liquid. Whisk together 2 tablespoons of the reserved bean liquid and 3 tablespoons olive oil.

In a large bowl combine the cooked rice, beans, poblanos and dressing. Stir in the pickled serrano and season with salt and pepper to taste.

Serves 4 as a side dish

Red Lentils with Crispy Garlic and Onion

2 cups (dry) red lentils	1 large red onion, finely sliced
1/2 teaspoon turmeric	12 cloves garlic, peeled and thinly sliced
4 cups water	6 cups (cooked) organic brown Basmati rice
1/2 teaspoon sea salt	
2 tablespoons olive oil	

Rinse red lentils and add to water. Add turmeric and bring to a boil. Reduce heat and simmer until lentils are very soft and pulpy, about 25 minutes. Add salt to lentils after cooking, then purée in blender. In a skillet, sauté the onion and garlic slivers to a golden brown, taking care not to burn them. Add the onion mixture to the lentils, stirring well. Serve piping hot with basmati rice.

Serves 6

Millet Garden Medley

Feel free to vary the vegetables, selecting your seasonal favorites for this flavorful garden medley.

1 cup (dry) kidney beans	6 cups vegetable stock (or water)
1 cup (dry) chickpeas	1 stalk broccoli, cut into bite-sized pieces
2 tablespoons olive oil	3 medium sweet potatoes, scrubbed and cut into bite-sized pieces
1 large onion, chopped	6 fingerling potatoes, cut in half
2 cloves garlic, diced	2 cups chopped greens (kale or collards)
1 carrot, diced	2 teaspoons sea salt
1 stalk celery, diced	2 scallions, sliced (for garnish if desired)
2 parsnips, chopped	
1 teaspoon chili powder	
1 cup millet, rinsed and drained	
3 cups spring water (or vegetable stock)	
pinch sea salt	

Rinse the kidney beans and chickpeas and then soak in water overnight. Drain and rinse before proceeding.

Heat olive oil in a Dutch oven over medium high heat. Add the onion, garlic, carrot and celery.

Sauté for 5 minutes, or until the onions are translucent. Add the parsnip and sauté another 2 minutes. Add the chili powder and cook another minute.

Add the vegetable stock and drained beans and bring to a boil over high heat. Lower heat, cover and simmer for 1 hour. (Check beans half way through cooking time and add water just to cover if necessary.)

Add broccoli, sweet potatoes, fingerling potatoes, greens, and salt. Bring to a boil then cover and simmer for one hour, or until beans and vegetables are tender.

Serve over cooked millet. Garnish with sliced scallions.

To cook the millet:

Place millet in a fine mesh strainer. Rinse under cool water for about 1 minute and thoroughly drain.

Heat a heavy skillet over medium heat. Add the drained millet to the hot pan and, stirring frequently, dry-roast the millet for a few minutes until it becomes dry and fragrant, but not brown. Remove from heat.

Bring the water to a boil, add salt and toss in roasted millet. Return to a boil, reduce heat to a simmer and cover. Cook for 20–30 minutes until all liquid is absorbed. Remove from heat and leave covered for a few minutes.

Serves 6

Dilled Brown Rice and Kidney Beans

Salad

2 C cooked brown rice

1 ½ C cooked kidney beans

½ C chopped red onion

Dressing

3 Tbl extra-virgin olive oil

3 Tbl brown rice vinegar

1 Tbl umeboshi plum vinegar

2 Tbl fresh dill (or 2 tsp dried)

Mix oil, vinegars, and dill with whisk or shake in small jar. Pour dressing over rice, onion and beans; toss gently. If possible, let set an hour or two as flavors mellow with time.

Preparation time: 10 minutes after rice is cooked

Makes 4 servings

Dark Beans and Sensuous Spices

2 tsp extra-virgin olive oil

1 chopped onion

1 minced garlic clove

1 chopped carrot

1 chopped celery rib

1 tsp cumin

1 tsp oregano

1 tsp coriander

1 ½ C cooked red or black beans

1 ½ C water or vegetarian soup stock

¼ C chopped cilantro

1 tsp sea salt

1 tsp brown rice vinegar

Heat oil in a 4-quart soup pot. Add onion and garlic; sauté until soft. Add dry spices and sauté briefly. Add carrot and celery; sauté a few more minutes. Add beans and water; stir together. You can puree all the soup in

a blender or processor for a smooth soup or puree part of it for a chunkier cream soup. Return pureed part to pot. Stir in cilantro. Season with vinegar and reheat before serving.

Preparation time: 10 minutes Makes 4 servings.

Curried Mustard Greens & Garbanzo Beans with Sweet Potatoes

2 medium sweet potatoes peeled and sliced thin	¼ tsp turmeric
1 medium onion cut in half and sliced thin	1 bunch mustard greens, rinse, remove stems and chop
3 medium cloves garlic, sliced	1 15oz can garbanzo beans, drained
1 TBS + 1/4 cup chicken or vegetable broth	3 TBS extra virgin olive oil
½ tsp curry powder	salt and white pepper to taste

Bring water to a boil in a steamer with a tight fitting lid. Peel and slice sweet potatoes in fairly thin slices so they will steam quickly, 5-10 minutes.

While steaming potatoes, slice onion and garlic. Heat 1 TBS broth in 12inch skillet. Sauté onion in broth over medium heat for about 4-5 minutes stirring frequently, until translucent. Add 1/4 cup broth, garlic, curry powder, turmeric, and mustard greens. Cook stirring occasionally until mustard greens are wilted, about 5 minutes. Add garbanzo beans, salt and pepper. Cook for another 5 minutes.

Mash sweet potatoes with olive oil, salt and pepper. If you need to thin potatoes more you can add a little broth. Serve mustard greens with mashed sweet potatoes.

Prep and Cook Time: 30 minutes

Serves 4

Indian Rice and Lentils with Caramelized Onions

1 C short grain brown rice	½ tsp sea salt
1 C dried brown or green lentils	2 cloves minced garlic
1 bay leaf	1 ½ tsp coriander
4 C water	1 tsp cumin
1 Tbl extra-virgin olive oil or ghee	1/8 tsp cayenne
2 large onions, sliced in thin rounds	

Rinse and drain rice and lentils. Place in a 3-quart pot with bay leaf and water. Bring to a boil. Lower heat and simmer 45-50 minutes. Meanwhile, put oil in hot skillet. Add onions and a pinch of salt and sauté. When onions begin to soften, add garlic and spices; cover and cook until onions are golden and have begun to caramelize. When rice and lentils are finished, remove from heat and take out bay leaf. Serve rice and lentils topped with onions.

Preparation time: 50 minutes Makes 6 servings.

Basic Vegetable Stock

5 large onions	1 bunch parsley
10 medium carrots, halved or cut coarsely	16 cups cold water
1 clove garlic	4-5 sprigs thyme
5 stalks celery	Black peppercorns

Additional vegetables to consider adding: leeks, mushrooms, bell peppers, greens, zucchini

In a large heavy-bottomed stockpot, bring all ingredients to a boil over high heat. Reduce heat to low and simmer, uncovered, 45 minutes. Using a fine-meshed sieve, strain stock and discard vegetables into compost. Refrigerate or freeze for future use.

Easy Vegetarian Soup Stock

2 tsp extra-virgin olive oil	1 bay leaf
1 chopped onion	1 tsp dried marjoram
1 carrot, cut in large chunks	1 tsp dried thyme
1 rib of celery, cut in chunks	1 quart water
1 scallion or leek, cut into pieces	½ tsp sea salt
Skin of 1 yellow onion	1/8 tsp black pepper
1 3-inch piece of kombu	

Heat oil in a large soup pot. Add onion and sauté until soft. Add vegetables, herbs and water; bring to a boil. Lower heat and simmer 15-20 minutes. Add salt and pepper. Taste and adjust seasoning. Let cool. Strain liquid into an empty quart jar. Stores well in the refrigerator while awaiting its debut in your next soup. Should last 3-4 days.

Preparation time: 25 minutes Makes 1 quart soup stock

Split Pea And Sweet Potato Soup

1 cup yellow split peas	1 teaspoon garam masala
1 quart vegetable broth	1/2–1 teaspoon ground cumin
1 medium sweet potato, peeled and cut into ½-inch slices	lemon
7 whole green cardamom pods	Cayenne pepper
1–2 tablespoons olive oil	sea salt, to taste
1 medium yellow onion, chopped	ground pepper, to taste

Soak the peas in water to cover overnight. Drain and rinse.

Bring vegetable broth to a boil in a medium pot. Add soaked peas, sweet potato slices and cardamom pods. Reduce heat to a simmer and cover. Simmer for an hour.

Heat ghee in a skillet over medium heat. Add onions, garam masala and cumin and cook for 10 minutes, stirring often. When sweet potatoes and peas are tender, add the spiced onions to the pot. Stir and cook another 5 minutes. Remove cardamom pods and season the soup with lemon, cayenne, salt, and pepper, as desired.

Serves 4

Carrot Coconut Soup

This soup is rich in vitamin A and has great flavor!

1 large onion, chopped	2 cups sliced carrots, about ¼ inch thick
2 TBS fresh ginger, sliced	1 cup sweet potato, cut into about ½ inch cubes
4 medium cloves garlic, chopped	5 oz canned coconut milk
1 tsp curry powder	salt and white pepper to taste
1 TBS + 3 cups chicken or vegetable broth	

Chop onion and let it sit for at least five minutes to bring out its hidden health benefits.

Heat 1 TBS broth in a medium soup pot. Healthy Sauté onion in broth over medium heat for about 5 minutes, stirring often.

Add garlic, ginger and continue to sauté for another minute.

Add curry powder and mix well with onions.

Add broth, carrots, and sweet potato and simmer on medium high heat until vegetables are tender, about 15 minutes.

Add coconut milk.

Blend in batches making sure blender is not more than half full. When it's hot, and the blender is too full, it can erupt and burn you. Add salt and pepper to taste.

Return to soup pot and reheat.

Prep and Cook Time: 30 minutes

Serves 4

Golden Squash Soup

1 medium sized butternut squash, peeled
and cut into about ½ inch pieces
(about 3 cups)
1 large onion, chopped
3 medium cloves garlic, chopped
1 TBS chopped fresh ginger
1 tsp turmeric

1 tsp curry powder
1 TBS + 2 ¾ cups chicken or vegetable
broth
6 oz canned coconut milk
2 TBS chopped fresh cilantro
salt & white pepper to taste

Chop onion and garlic and let sit for 5-10 minutes to bring out their health-promoting benefits.

Peel squash and cut into pieces.

Heat 1 TBS broth in medium soup pot. Sauté onion in broth over medium heat for about 5 minutes, stirring frequently, until translucent.

Add garlic, ginger, and continue to sauté for another minute. Add turmeric, curry powder, and mix well. Add squash and broth, and mix. Bring to a boil on high heat. Once it comes to a boil reduce heat to medium low and simmer uncovered until squash is tender, about 10 minutes.

Place in blender and blend with coconut milk. Make sure you blend in batches filling blender only half full. Start on low speed, so hot soup does not erupt and burn you. Blend until smooth, about 1 minute. Thin with a little broth if needed. Season to taste with salt and white pepper. Reheat, and add cilantro.

Prep and Cook Time: 30 minutes

Serves 4-6

Italian Navy Bean Soup with Rosemary

A quick, easy and delicious soup for a cold winter day that gets better the second day.

1 medium onion, diced
1 medium carrot, diced
2 stalks celery, diced
5 cloves garlic, pressed
4 cups chicken or vegetable broth
4 cups kale, minced

2 TBS chopped fresh oregano, or 2 tsp
dried
1 tsp chopped fresh rosemary, or 1/3 tsp
dried
2 15 oz cans navy beans, drained
salt & pepper to taste

Sauté onion, carrot, and celery in large soup pot over medium low heat for 5 minutes, stirring frequently.

Add garlic and continue to sauté for another minute.

Add chicken or vegetable broth, kale, rosemary and oregano (if using dried herbs).

Simmer for 30 minutes over medium heat.

Add beans, herbs (if fresh), salt and pepper. Cook for another couple minutes so beans can heat through.

Prep and Cook Time: 30 minutes

Serves 4

Tip: Cook soup uncovered over low heat so flavor is richer. Covering soup while cooking dilutes the taste.

Vegetarian Lentil Soup

3 cups green lentils	3 large carrots, diced
12 cups water	2–4 tablespoons balsamic vinegar (optional)
2 strips kombu (seaweed)	sea salt, to taste
2 tablespoons olive oil	ground pepper, to taste
1 large onion, diced	

Rinse lentils thoroughly and place in large stockpot with water. Bring to a boil and skim the foam. Reduce heat, add kombu and simmer for 1 hour.

In a large frying pan, heat olive oil and sauté the diced onion. When the onions are soft, add the diced carrots and continue cooking until the carrots are slightly soft, about 5 minutes. Add the sautéed vegetables to the cooking lentils for the last 20 minutes of cooking. Mix in the balsamic vinegar to taste. Use more water as needed to thin soup. Season with salt and pepper.

Chef notes:

This makes a large batch of soup. Store leftovers in the refrigerator for up to a week or freeze in containers for future use.

Serves 8

Recycled Bean Soups

2 tsp extra-virgin olive oil	¼ C chopped fresh basil
1 chopped onion	1 ½ C cooked white beans
1 minced garlic clove	1 ½ C water or vegetarian soup stock
1 chopped carrot	2 Tbl chopped parsley
1 chopped celery rib	1 tsp brown rice vinegar

Heat oil in 4-quart soup pot. Add onion and garlic; sauté until soft. Add carrot and celery; sauté a few more minutes. Add beans and water; stir together. You can puree all the soup in a blender or processor for a smooth soup or puree part of it for a chunkier cream soup. Return Pureed part to pot. Stir in fresh herbs. Season with vinegar; reheat before serving.

Preparation time: 10 minutes Makes 4 servings.

Nina's Famous Spring Beet Soup

1 tsp extra-virgin olive oil	1 carrot, cut into large matchsticks
1 medium onion, cut into thin crescents	¼ head shredded green cabbage
1 minced garlic clove	2 Tbl freshly squeezed lemon juice
1/8 tsp sea salt	1 tsp sea salt
3-4 C water	Garnish
1 bunch spring beets, cut into large matchsticks (save the beet greens)	1 Tbl fresh dill or 1 tsp dried dill

Heat oil in soup pot. Add onions, garlic, and salt; sauté until soft. Add water, beets, carrot, and cabbage and bring to a boil. Lower heat and simmer, covered for 10-15 minutes, until vegetables are tender. Meanwhile, wash beet greens, remove tough stems and cut greens into short, thin strips. Add beet greens, lemon juice, and salt; simmer another 3-5 minutes. Serve at once, garnished with dill.

Preparation time: 30 minutes Makes 4 servings

Creamy Broccoli Soup

1 or 2 large stems of broccoli with flowerettes	2 C diced potatoes (2 medium potatoes)
1 tsp extra-virgin olive oil	½ C chopped celery (2 ribs)
4 C chopped onions (2 large or 3 medium onions)	3 ½ -4 C water
½ tsp sea salt	2 Tbl cashew butter
1 tsp coriander	sea salt and fresh ground pepper

Cut of the broccoli flowerettes, cut into bite size pieces and reserve. Peel the broccoli stems and dice into small pieces. Heat oil in a 3-quart pot. Add onions, salt and coriander. Cover the pot and simmer on low heat, stirring occasionally, until onions cook down to a nice mush (15-20 mins). Add broccoli stem pieces, potatoes, celery, and water to the onion mush; cover and simmer until

potatoes are soft (15-20 mins). Put soup mixture into blender with cashew butter and blend until smooth. Run the soup through a strainer to remove celery strings.

Bring pan of water to a boil. Drop in the broccoli flowerettes and let them cook about 30 seconds. Stir blanched flowerettes into finished soup. Add salt and pepper to taste and serve.

Preparation time: 45 minutes Makes 6 servings.

Split Pea Soup with Fresh Peas and Potatoes

2 tsp extra-virgin olive oil	1 C green split peas
1 chopped onion	4 C water or vegetable stock
1 chopped celery stalk	1 large bay leaf
1 chopped carrot	½ C fresh peas (frozen if fresh is not available)
2 cubed small red potatoes	1 tsp sea salt
1 tsp cumin	1 Tbl fresh dill or 1 tsp dried
Black pepper, 1-2 turns of grinder	

Heat oil in a pressure cooker or soup pot. Add onions and sauté until they begin to soften. Add celery, carrot, potatoes, cumin, and pepper. Sauté 5-7 minutes. Add split peas, water, and bay leaf. If pressure-cooking; bring up to pressure, lower heat and cook 40 minutes. If using a soup pot: bring to a boil, lower heat, and simmer for 1 ½ hours. Add fresh peas, salt, and fresh dill; stir. Continue cooking a few minutes until peas are tender. Soup is ready to serve.

Preparation time: 50 mins (pressure-cooked), 1 hr 45 mins (soup pot) Makes 4 servings

White Bean and Root Vegetable Stew

2 cups great Northern beans	ground pepper, to taste
3 sprigs fresh thyme	1 pound medium parsnips, peeled, halved, cut into 2-inch lengths
2 bay leaves	4 medium carrots, cut into 2-inch lengths
1 medium onion, stuck with 3 whole cloves	1 small celery root, peeled and cut into 1-inch cubes
1 celery rib with leaves, quartered	2 leeks, sliced into ½-inch rounds
1 carrot, quartered	2 tablespoons extra virgin olive oil
sea salt, to taste	

Soak the beans in water to cover, 8 to 12 hours. Drain.

Combine the beans with water to cover by 2 inches in a large oven-proof pot over medium heat. Bring to a boil, skimming off any foam. Stir in the thyme, bay leaves, onion, celery and carrot. Lower the heat and simmer, covered, 1 hour, until beans are starting to become tender. Remove the onion, celery and carrot. Add salt and freshly ground pepper to taste.

Meanwhile, prepare the root vegetables. Preheat oven to 425°F. Combine parsnips, carrot, celery root and leeks. Toss with 2 tablespoons olive oil, spread in a baking dish. Roast until vegetables are nearly tender, stirring occasionally, about 45 minutes.

Add the vegetables to the pot with the beans, plus additional water, if needed, to cover. Cook until the beans and vegetables are tender, 15 to 20 minutes. Pour off the excess liquid.

Meanwhile preheat oven to 400°F. Bake, uncovered, 10 to 12 minutes. Serve immediately.

Serves 6

Chicken in a Pot

This classic and versatile recipe is a perfect once a week meal. Serve the tender chicken along with the root vegetables and flavorful broth. Any leftover broth can be used to make delicious stews, soups, or sauces. Use within a couple of days or freeze. Leftover chicken can be served cold, on sandwiches, or in salads.

1 whole chicken, about 3 pounds	3 carrots, peeled and cut into 2-inch pieces
sea salt, to taste	
ground pepper, to taste	2 yellow beets, peeled, halved if small, quartered if big
1 onion, halved and sliced	8 small potatoes, scrubbed
4 celery ribs, peeled and cut into 2-inch pieces	8 cups low-sodium chicken stock
2 cloves of garlic	8 sprigs parsley
	2 bay leaves

Sprinkle chicken with salt and pepper on all sides, including inside the cavity. Add chicken, onion, celery, garlic, carrots, beets and potatoes to a Dutch oven or stockpot large enough to hold the chicken and vegetables together. Add stock, parsley and bay leaves. Bring to a simmer and cook, making sure the chicken is submerged (add more water if needed). Cook for about 50 minutes, at a very gentle simmer, uncovered, until chicken is tender and juices run clear when pierced with a fork. Remove chicken from pot. Check that potatoes and beets are tender. When ready to serve, carve chicken into pieces. Serve with vegetables and broth.

Fresh Herbed Chicken Breasts

The fresh herbs in this recipe turn an ordinary chicken breast into a flavorful dish with added healthy benefits. It takes very little time and is well worth the little bit of extra effort, giving you another easy way to enjoy the chicken.

4 boneless chicken breasts with skin on	2 tsp chopped fresh thyme
2 medium cloves garlic pressed	1 tsp chopped fresh rosemary
1 TBS fresh squeezed lemon juice	1/4 cup chicken broth
2 tsp chopped fresh sage	salt and cracked black pepper

Preheat broiler on high. Place ovenproof metal pan under broiler to get hot. Do not use glass or pyrex for this.

Season chicken with a little salt and pepper. When pan is very hot, about 5 minutes, put chicken in pan and return to broiler. Turn heat to low. Don't put too close to flame. It is best to put in middle of the oven, about 7 inches from the heat source for about 15 minutes, or until done, depending on thickness of chicken.

While chicken is cooking chop herbs.

In a separate small skillet add chopped herbs, lemon juice, broth, pressed garlic, salt and pepper. Heat on medium heat for just ½ minute.

When chicken is done remove skin, slice, and place on platter. Drizzle herb sauce over chicken.

Prep and Cook Time: 20 minutes

Serves 4

5 Spice Chicken in a Bowl

Try this meal in one dish. The unique use of spices in the broth combined with the chicken gives you a great combination of flavors.

2 boneless, skinless chicken breasts cut in 2 inch pieces (6oz each)	1 medium sized onion chopped in big pieces
4 cups chicken broth	3 cloves garlic chopped in big pieces
½ inch sliced fresh ginger, or ½ tsp dried	6 whole medium dried shiitake mushrooms
6 whole cloves	1 lb green beans, ends cut off
2 cinnamon sticks	½ cup minced scallion
5 star anise	
½ tsp dried fennel seeds	

Chop onion and garlic and let sit for 5 minutes to bring out their hidden health-promoting benefits.

Sauté onion in a medium saucepan over medium low heat for about 5 minutes stirring frequently. Add garlic and continue to sauté for another minute. Add chicken broth, ginger, cloves, cinnamon stick, star anise, fennel seeds, and shiitake mushrooms. Turn heat to medium high and simmer for 15 minutes.

While broth is simmering cut ends off beans and cut in 1 inch pieces.

Strain broth mixture (saving shiitake mushrooms) and put liquid back in pan. Bring to a boil and simmer on high heat with chicken pieces and green beans. You may need to skim the surface a little while chicken pieces are cooking. Slice shiitake mushrooms and add to chicken and broth. Add scallion, salt and pepper to taste.

Serve with brown rice.

Prep and Cook Time: 30 minutes

Serves 4

Cashew Curry Recipe

1 cup whole coconut milk	1 cup green beans, cut into 1-inch segments
1 - 2 tablespoons curry powder	
scant 1/2 teaspoon fine grain sea salt	1 1/2 cups cauliflower, cut into tiny florets
1/2 large red onion, chopped	1/3 cup cashews, toasted
1 medium garlic clove, chopped	a handful of cilantro, loosely chopped
1/3 cup water	

Bring half of the coconut milk to a simmer in a large skillet or pot over medium-high heat. Whisk in the curry powder and salt, working out any clumps. Now stir in the chopped red onion and garlic and cook for a minute. Stir in the remaining coconut milk and the water. Cook down the liquid for a couple minutes before adding the green beans and cauliflower. Cover and simmer for just about one minute, maybe two - or just until the cauliflower and beans lose their raw edge and cook through a bit. Remove the pot from heat and stir in the cashews. Taste and adjust the seasoning (salt / curry powder) if needed. Serve with a bit of cilantro topping each bowl.

Serves 2-3

Almond Sesame Milk

¼ cup almonds
¼ cup sesame seeds

2 cups water

1 T maple syrup (optional)

Place nuts in blender with a few tablespoons of the water and blend until you have a paste. Add the rest of the water and sweetener; blend again. For a smoother milk pour the contents of the blender through a fine strainer lined with cheesecloth to remove nut pulp. Pick up the ends of the cheesecloth and squeeze pulp to remove all the milk.

Almond Cashew Milk

¼ cup almonds

¼ cup cashews

2 cups water

3 pitted dates

Place nuts in blender with a few tablespoons of the water and blend until you have a paste. Add the rest of the water and dates; blend again. For a smoother milk pour the contents of the blender through a fine strainer lined with cheesecloth to remove nut pulp. Pick up the ends of the cheesecloth and squeeze pulp to remove all the milk.

Nut Butter Milk

2 T almond, sesame or cashew butter

2 cups water

1 T maple syrup (optional)

Place nut or seed butter in the blender with other ingredients. Blend until smooth.

Rice Milk

1 cup cooked brown rice (short grain works best)

4 cups water

1 tsp. vanilla extract (optional)

Place cooked rice in blender with water and vanilla and process until thoroughly liquefied. Strain.

Avocado Salad Dressing

1 or 2 avocados

½ cucumber

Fresh lemon and/or lime juice (optional)

A few tablespoons olive oil

Chopped green onion

Cilantro

Garlic

Blend in vitamix or blender. Adjust liquids as necessary for desired consistency.

*These recipes have been adapted from a number of sources including: wholefoods.com; whfoods.org; *Feeding the Whole Family* by Cynthia Lair; *Rodale's Basic Natural Foods Cookbook* by Charles Gerras*

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