

Whole Foods Cooking

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Whole Food, Plant-Based Diet Basics

Our modern-day Western diet tends to be high in ultra-processed foods and low in nutrition. A simple diet rich in natural foods has been shown to not only support vitality and wellness, but may even prevent many chronic diseases. Decades of fad diets and media coverage of "eat this, not that" has confused and complicated the most basic human question of "what foods are healthy?" Fortunately, the answer is simple and timeless: eat real food. While this approach lacks sensational tag lines, eating simply has evidence of efficacy in science and tradition that spans centuries. The following nutrition principles of a whole food, plant-based (WFPB) diet have the power to elevate health and well-being for all people.

Five Pillars of WFPB Diet
1. Whole Foods 2. Plant Centered 3. Diverse and Balanced 4. Local and Seasonal 5. Organic and Biodynamic

Focus on Whole Foods – "Whole" foods are not chemically or industrially processed into their nutrient deprived parts. Unprocessed or minimally/naturally processed foods offer the most nutritional benefit through vitamins, minerals, phytonutrients, antioxidants and fiber.

Foods and food products exist on a spectrum ranging from whole, intact foods to practically non-nutritive, ultra-processed food products. Note that with each step of processing, nutritive properties of food (ex: fiber, minerals and vitamins) are removed. Remember that whole foods are free from artificial flavors, fillers ,and preservatives and typically will not have a label. If there is a label, look for options with the fewest number of ingredients, all of which should be recognizable or familiar. See below for a description of the whole food spectrum of an apple, processed apple foods, and apple-flavored products.

To determine if a food is whole or not, consider the following five criteria.

1. A food that is grown and harvested from the earth.
2. Consists of only a single ingredient.
3. Minimal changes to the food have been made since harvesting.
4. Product is the "whole" and not "part" of the original entity.
5. Has been available for human nourishment for many, many, many years.

Whole — Ultra-Processed



Whole Apple



Sliced Apple



Apple Sauce



Apple Juice



Apply Jolly Rancher

Build a Plant Strong Plate – Plant foods include anything grown from the earth. These foods include all vegetables, fruits, legumes, beans, whole grains, nuts, seeds, herbs, and spices. Plant foods are high in fiber, anti-inflammatory, and phytonutrient rich. Evidence shows long-term nutrition aligned with a plant-based diet slows the effects of aging, decreases the risk of developing inflammatory-related conditions, and has also been shown to be effective in treating many chronic diseases. The following recommendations support a healthy and environmentally conscious dietary practice.



1. Fill at least half of your plate with colorful vegetables.
2. Pay special attention to choosing a rainbow of vegetables throughout the day, across all meals to find balance through diversity in color, texture, taste and preparation (ex: raw vs. cooked, baked vs. steamed).
3. Choose organic, local and seasonal varieties whenever possible. Exposures to pesticides and conventional farming chemicals can accumulate in the body and likely interruptive to the body's normal endocrine function.
    a. Not all farms can afford organic labeling, so ask your local farmer for more details on their practices.
    b. Some conventionally grown produce is less worrisome than others. The Environmental Working Group, www.ewg.org, is a third-party organization that publishes an annual guide to help consumers on organic versus non-organic purchasing decisions that may help one's budget go further. See lists for "Clean Fifteen" and "Dirty Dozen" list later in this handbook.
4. Source your produce locally, with what is grown and harvested during the current season. Local, seasonal foods are fresher, optimally health-promoting, less expensive, and more environmentally sustainable.
5. Quality and balance should always be considered if/when selecting a naturally or minimally processed food product derived from whole foods.

Plant-strong plates are powerful for preventative nutrition as well as when using food as medicine. Remember to prioritize the components of the five pillars and always include appropriate amounts of primary (Whole Intact Kernel Grains, Dark Leafy Greens and Vegetables) and secondary food (Legumes, Beans, Fruit, Seeds and Nuts) groups.

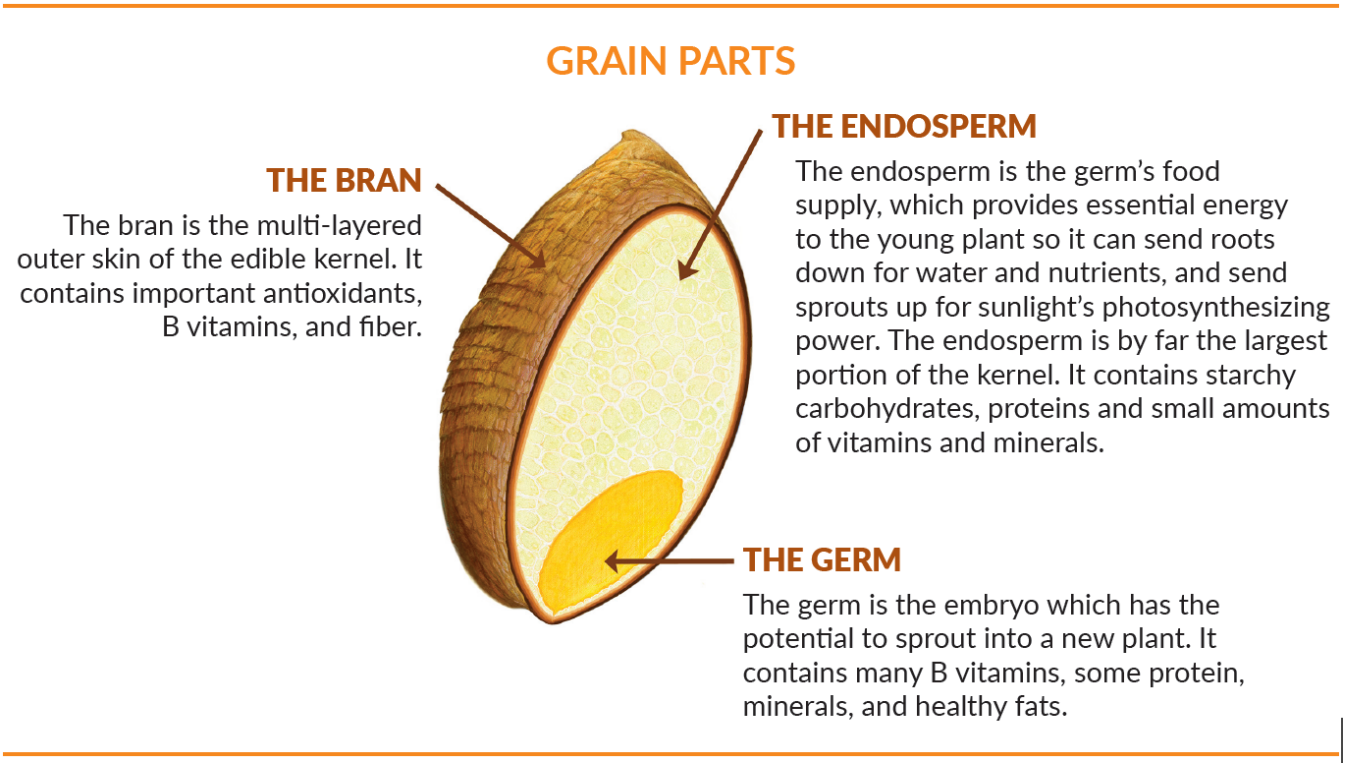
Plant-strong plates are powerful.

Class 1: Food and Diet Quality for Balanced Meals

All About Intact Kernel Whole Grains

All grains exist in nature as whole grains. Whole grains are the seeds and fruits of grasses, sometimes called "groats," especially when referring to oats and buckwheat. Growing in the fields, the plant contains a seed (also referred to as the "kernel") protected by an inedible husk that defends the kernel from assaults by sunlight, pests, water, and disease. This kernel in an intact form, is made up of three edible parts—the bran, the germ, and the endosperm.

A grain is considered a whole grain as long as all three original parts are still present in the same proportions as when the grain was growing in the fields. When eating any grain, intact kernel or seed, is key to reaping the nutritional benefits from these anti-inflammatory foods. A whole grain kernel parts or "anatomy" consists of these three important layers.



Why "intact kernel" whole grains (aka groats)? When a whole grain is intact, it is alive (i.e. could potentially germinate and grow a new plant and, hence, carries "life energy"). Before they are processed, whole grains are packed with nutrition in the form of proteins, carbohydrates, fiber and vitamins.

One of the benefits of eating whole grains in this form include rich source of fiber to support healthy digestion in various ways. First, fiber helps give bulk to stools and lowers your risk of constipation. Second, some types of fiber in grains act as prebiotics; this means they help feed your beneficial gut bacteria, which are important for digestive health.

When the outer bran layer of a whole grain is breached (through grinding, steel cutting, rolling, or other forms of milling), the grain begins to undergo a process of oxidation and loses many of its nutrients. In addition, milling of whole grains – even something as simple as grinding whole grains into 100% whole grain flour – exposes the inner endosperm (starch) to the digestive tract and dramatically increases its surface area. This increases the glycemic index (i.e. its propensity to increase one's serum glucose levels upon consumption) of the grain.

Most conventional grain foods remove the fiber and refine the grains to extend their shelf life. Refined grains have little of their natural nutrition left. Foods such as pasta, bread, cereals, crackers, or any food made from whole grains, are no longer a whole grain, but a processed or refined grain product. Loss of nutrient-rich components such as the bran layer or restructuring of the proportions of the three layers increases the glycemic index of the food product made from a whole grain. An abundance of these foods can affect blood sugar and blood lipids as well as lead to inflammation, increased adiposity, and weight gain among other challenges.

Table 1 Losses of Vitamins in the Refining of Flour[2]

Vitamin	Amount Lost
Thiamine	77%
Riboflavin	80%
Niacin	81%
Vitamin B_6	72%
Pantothenic acid	50%
Folic acid	67%
Vitamin E	86%
Choline	30%

Table 2 Losses of Minerals in the Refining of Flour[2]

Mineral	Amount Lost
Magnesium	85%
Potassium	77%
Calcium	60%
Iron	76%
Zinc	78%
Copper	68%
Manganese	86%
Chromium	40%
Selenium	16%
Molybdenum	48%

The switch from white to whole grain retains the best of the nutrition and ensures a "slow" product that will help maintain a steady blood sugar level. Eating whole grains regularly can also help lower inflammation, which is a major factor in many chronic diseases.

Culinary Highlight: Intact Kernel Whole Grains

Below is a detailed list of common, and some possibly unfamiliar, whole grains. As an anchor food, the incorporation of a diverse selection of grains is important to avoid challenges like flavor fatigue. Luckily, all intact grains are shelf stable and store well in a closed container in the cabinet for long periods. You may also find it helpful to prepare grains ahead of time in bulk to store for later use. Additional guidelines for bulk cooking and safe food storage will be covered in this course.

If you suffer from gluten sensitivity, it may be necessary to avoid or be cautious with gluten-containing grains including all forms of wheat, barley, and rye as well as non-gluten-containing grains (oats, for example) that may have come into contact with wheat, barley, or rye. Note, however, that in spite of their names, “buckwheat” is not a form of wheat and does not contain gluten. Similarly, “Chinese barley” is actually not a form of barley and does not contain gluten. In addition, some people suffer from gluten sensitivity for whom corn may also be a problem. Note an *asterisk indicating gluten-free grains.

Culinary Tip

As you learn to use new grains, try combining different types in the same dish. It is a fun taste experiment and you will be less likely to experience an allergy to a grain if you rotate using different types in your cooking.

Amaranth*

Amaranth was a staple of Aztec culture, until Cortez, in an effort to destroy that civilization, decreed that anyone growing the crop would be put to death. Seeds were smuggled out to Asia, where local dialects referred to Amaranth as "king seed" and "seed sent by God" as a tribute to its taste and sustenance. Amaranth kernels are tiny; when cooked they resemble brown caviar. Amaranth is a "pseudo-grain" – like quinoa and buckwheat, it is not in the Poaceae botanical family, but is listed with other grains because its nutritional profile and uses are similar to "true" cereal grains. Today amaranth is making its way back, thanks to a lively, peppery taste and a higher level of protein (it is roughly 13-14% protein) compared to most other grains. In South America, it is often sold on the streets, popped like corn. Amaranth has no gluten, so it must be mixed with wheat to make leavened breads. It is popular in cereals, breads, muffins, crackers and pancakes.

Health bonus: Amaranth boasts a high level of a complete protein profile - amaranth naturally contains lysine, an amino acid missing or negligible in many other grains.

Barley

Barley is one of the oldest cultivated grains. Egyptians buried mummies with necklaces of barley, and centuries later In 1324 Edward II of England standardized the inch as equal to “three grains of barley, dry and round, placed end to end lengthwise." It is a highly adaptable crop, growing north of the Arctic Circle and as far south as Ethiopia. Barley has a particularly tough hull, which is difficult to remove without losing some of the bran. Hulled barley, available at health food stores, retains more of the whole-grain nutrients but is very slow cooking. New varieties of hull-less barley are starting to become available. Lightly pearled barley is not technically a whole grain (as small amounts of the bran are missing) – but it is full of fiber and much healthier than a fully refined grain.

Health bonus: The fiber in barley is especially healthy. Research shows that consumption of fiber from barley may be associated with a greater lowering of cholesterol than the more commonly consumed fiber from oats.

Buckwheat *

Also commonly referred to as "kasha" (when roasted), buckwheat goes way beyond the pancake mixes we associate with it. Japan's soba noodles, Brittany's crêpes, and Eastern European Jewry's kasha varnishkes (kasha with bowtie noodles) are all made with buckwheat. Botanically, buckwheat is a cousin of rhubarb, not technically a grain at all – and certainly not a kind of wheat. However, its nutrients, nutty flavor and appearance have led to its ready adoption into the family of grains. Buckwheat tolerates poor soil, grows well on rocky hillsides and thrives without chemical pesticides.

Health bonus: Buckwheat is the only grain known to have high levels of the bioflavonoid rutin, and studies show that it improves circulation, prevents LDL cholesterol from blocking blood vessels, helps promote blood flow to the extremities, and helps warm cold hands and feet.

Corn*

Fresh corn on the cob. Popcorn. Corn cakes. Polenta. Tortillas. Corn muffins. Corn is a domesticated plant of the Americas. Though sometimes dismissed as a nutrient-poor starch – both a second-rate vegetable and a second-rate grain – corn is lately being reassessed and viewed as a healthy food.

Health bonus: Studies shows that corn has the highest level of antioxidants of any grain or vegetable – almost twice the antioxidants of apples!

Farro/Emmer

Emmer, known as farro or grano faro, an ancient strain of wheat, was one of the first cereals ever domesticated in the Fertile Crescent, and centuries later, it served as the standard daily ration of the Roman legions. However, over the centuries, emmer was gradually abandoned in favor of durum wheat, which is easier to hull. By the beginning of the 20th century, higher-yielding wheat strains had replaced it almost everywhere, except in Ethiopia. In Italy – and increasingly throughout the world – emmer is staging a comeback as a gourmet specialty. Emmer/farro is thought by some aficionados to make the best pasta.

Job's Tears*

Also known as "hato mugi" in Japan and sometimes referred to misleadingly as "Chinese barley," Job's tears are not a form of barley at all but rather an extremely delicious and nutritious whole grain, grown in Asia and the southern U.S., that can be combined with brown rice, added to long-cooking soups and stews, or combined with vegetables and dressing for a summer grain salad. This large-sized grain has been used ornamentally (as necklaces and prayer beads), as food, and medicinally throughout the ages. Originating from Southeast Asia, Job's Tears are also cultivated in the Southern U.S.

Heath bonus: One of the traditional uses for Job's Tears is to treat allergies, including topical preparations of plant extracts for an allergic skin condition called contact dermatitis. Several research teams in China have studied the effects of Job's Tears on cancers of the colon, pancreas, lung, liver, breast and leukemia, with promising results. Job's Tears extracts are used to treat endocrine disorders due to the plant's ability to decrease hormones like progesterone and testosterone. According to Chinese medicine, Job's tears are excellent for the health of the kidneys and bladder, for promoting urination, clearing "heat" and reducing inflammation, and possibly slowing the growth of cancer cells.

Kamut Grain

Kamut® grain is an heirloom grain, originally known as khorasan wheat. It was pushed aside by an agricultural monoculture but is now returning to add variety to the food supply. Brought back as a souvenir said to be from an

Egyptian tomb, this wheat variety was peddled without much success at the Montana State Fair in 1960 as “King Tut’s Wheat.” Years of selecting, testing and propagating eventually brought the grain – now called Kamut, an ancient Egyptian word for wheat – to prominence. Today, millions of pounds of this rich, buttery-tasting wheat are grown on organic farms and made into over 450 whole-grain products around the world.

Health bonus: Kamut® grain has higher levels of protein than common wheat, and more Vitamin E.

Millet*

Millet is the grain most often found in bird feeders in the U.S. Yet it is the leading staple grain in India, and is commonly eaten in China, Africa, South America, Russia and the Himalayas. Millet has a mild, almost bland flavor and is often mixed with other grains or toasted before cooking, to bring out the full extent of its delicate flavor. Its tiny grain can be white, gray, yellow or red.

Oats*

Oats have a sweet flavor that makes them a favorite for breakfast cereals. Unique among grains, oats almost never have their bran and germ removed in processing. So if you see oats or oat flour on the label, relax: you are virtually guaranteed to be getting whole grain. In the U.S., most oats are steamed and flattened to produce "old-fashioned" or regular oats, quick oats, and instant oats. The more oats are flattened and steamed, the quicker they cook – and the softer they become, and the higher the glycemic index. If you prefer a chewier, nuttier texture, consider steel-cut oats, also sometimes called Irish or Scottish oats. Steel-cut oats consist of the entire oat kernel (similar in look to a grain of rice), sliced once or twice into smaller pieces to help water penetrate and cook the grain. Cooked for about 20 minutes, steel-cut oats create a breakfast porridge that delights many people who did not realize they love oatmeal!

Health bonus: Scientific studies have concluded that like barley, oats contain a special kind of fiber called beta-glucan found to be especially effective in lowering cholesterol. Research reports indicate that oats also have a unique antioxidant, avenanthramides, which helps protect blood vessels from the damaging effects of LDL cholesterol.

Quinoa*

Quinoa (keen-wah) comes to us from the Andes, where the Inca have long cultivated it. Botanically a seed relative of Swiss chard and beets rather than a “true” grain, quinoa cooks in about 20-25 minutes, creating a light, fluffy side dish. It can also be incorporated into soups, salads and baked goods. Commercially, quinoa is now appearing in cereal flakes and other processed foods. Though much of our quinoa is still imported from South America, farmers in high-altitude areas near the Rockies are also beginning to cultivate quinoa. Quinoa is a small, light-colored round grain, similar in appearance to sesame seeds. However, quinoa is also available in other colors, including red, purple and black. Most quinoa must be rinsed before cooking, to remove the bitter residue of saponins, a plant-defense that wards off insects.

Health bonus: The abundant protein in quinoa is complete protein, which means that it contains all the essential amino acids our bodies cannot make on their own.

Rice*

White rice is refined, with the germ and bran removed. Whole grain rice is usually brown but – unknown to many – can also be black, purple, red or any of a variety of exotic hues. In the U.S, almost all-whole grain rice is brown and brown rice comes in a number of varieties: short, medium, and long grain, brown basmati, brown jasmine, and sweet brown rice. Around the world, rice thrives in warm, humid climates; almost the entire U.S. rice crop is

grown in Arkansas, California, Louisiana, Mississippi, Missouri and Texas. Brown rice is lower in fiber than most other whole grains, but rich in many nutrients, particularly B vitamins.

Health bonus: Rice is one of the most easily digested grains – one reason rice cereal is often recommended as a baby's first solid. This makes rice ideal for those on a restricted diet or who are gluten-intolerant.

Rye

Long seen as a weed in more desirable wheat crops, rye eventually gained respect for its ability to grow in areas too wet or cold for other grains. For this reason, it is a traditional part of cuisine in Northern Europe and Russia. Rye was also widely grown in colonial America; some historians believe a fungus, rye ergot, triggered hallucinations leading to the Salem witch trials.

Health bonus: Rye is unusual among grains for the high level of fiber in its endosperm – not just in its bran. Because of this, rye products generally have a lower glycemic index than products made from wheat and most other grains, making them especially healthy for diabetics. This type of fiber in rye also promotes a rapid feeling of fullness, making rye foods a good choice for people trying to lose weight.

Sorghum/Milo*

Farmers on the Great Plains from South Dakota to Texas appreciate that sorghum thrives where other crops would wither and die; in drought periods, in fact, it becomes partially dormant. Worldwide, about 50% of sorghum goes to human consumption, but in the U.S., most of the crop is fed to animals, made into wallboard or used for biodegradable packing materials. That is a shame, because sorghum, also called milo and believed to have originated in Africa, can be eaten like popcorn, cooked into porridge, ground into flour for baked goods, or even brewed into beer.

Health bonus: A gluten-free grain, sorghum is especially popular among those with celiac disease.

Spelt

Spelt is a variety of wheat widely cultivated until the spread of fertilizers and mechanical harvesting left it by the wayside in favor of wheats more compatible with industrialization. Spelt can be used in place of common wheat in most recipes. Twelfth-century mystic St. Hildegard is said to have written, "The spelt is the best of grains. It is rich, nourishing, and milder than other grain. It produces a strong body and healthy blood to those who eat it and it makes the spirit of man light and cheerful. Today, the German abbey she founded still sells spelt products and even spelt liqueur.

Health bonus: Spelt is higher in protein than common wheat. There are anecdotal reports that some people sensitive to wheat can tolerate spelt, but no reliable medical studies have addressed that issue.

Teff*

It is estimated that teff is the principal source of nutrition for over two-thirds of Ethiopians, who make it into the ubiquitous spongy injera flatbread. Teff grains are minute – just 1/150 the size of wheat kernels – giving rise to the grain's name, which comes from teffa, meaning, "lost" in Amharic. This nutritious and easy-to-grow type of millet is largely unknown outside of Ethiopia, India and Australia. Today it is getting more attention for its sweet, molasses-like flavor and its versatility; it can be cooked as porridge, added to baked goods, or even made into "teff polenta." Teff grows in red, brown and white.

Health bonus: Teff has over twice the iron of other grains, and three times the calcium.

Triticale

Triticale (trit-i-KAY-lee) is the relatively new kid on the block, a hybrid of durum wheat and rye that has been grown commercially for only thirty-five years. Rye and wheat have long crossbred in nature, but the resulting offspring were sterile, until a French scientist, in 1937 discovered how to induce fertility. Triticale was over-hyped as a miracle crop in the 1970s, but initial interest faded when crops were inconsistent and acceptance was slow. Today about 80% of the world's triticale is grown in Europe. It grows easily without commercial fertilizers and pesticides, making it ideal for organic and sustainable farming.

Wheat

Wheat has come to dominate the grains we eat because it contains large amounts of gluten, a stretchy protein that enables bakers to create satisfying risen breads. Two main varieties of wheat are widely eaten. Durum wheat (Triticum turgidum durum) is made into pasta, while bread wheat (Triticum aestivum vulgare) is used for most other wheat foods. Bread wheat is described as "hard" or "soft" according to its protein content; as "winter" or "spring" according to when it is sown; and as "red" or "white" according to color of the kernels. Hard wheat has more protein, including more gluten, and is used for bread, while soft wheat creates "cake flour" with lower protein. Winter and spring wheat differ largely in their growing areas, with northern areas supporting spring wheat and more southerly climates able to plant winter wheat, which is actually planted in the fall and harvested in the spring. Red wheat has more strong-flavored tannins than milder white wheat; in this case, the word "white" does not mean that the grain has been refined.

Bulgur and Grano.

These two wheat-products make excellent side dishes. When wheat kernels are boiled, dried, cracked, then sorted by size, the result is bulgur. When durum wheat kernels ("wheat berries") are lightly polished, they become GRANO, a side dish full of nutty flavor and al dente texture. Those who have tried wheat berries know that they require soaking and then cooking for an hour, but these lightly processed wheat products offers a shortened cooking time for quick recipes.

- Bulgur is sometimes referred to as "Middle Eastern pasta" for its versatility as a base for all sorts of dishes. This wheat product is most often made from durum wheat, but in fact, almost any wheat, hard or soft, red or white, can be made into bulgur. Because bulgur has been precooked and dried, it needs to be boiled for only about 10 minutes to be ready to eat – about the same time as dry pasta. This makes bulgur an extremely nutritious fast food for quick side dishes, pilafs or salads. Perhaps bulgur's best-known traditional use is in the minty grain and vegetable salad known as tabbouleh or tabbouleh.
- The minimal processing given to grano means that some of the thick outer casing of the grain is removed, sacrificing a small amount of bran in order to cut cooking time to about thirty minutes. Grano is in fact the Italian word for grain, a name that evokes its origins. In Italy, grano predates pasta (also made from durum wheat) but is still enjoyed in traditional dishes, especially in Sicily and Apulia. Because it is missing some of its bran, grano is not technically a whole grain, but is still a healthier choice than a refined grain.

Wheat berries – whole-wheat kernels – can also be cooked as a side dish or breakfast cereal, but must be boiled for about an hour, preferably after soaking overnight. Cracked wheat cooks faster, as the wheat berries have been split open, allowing water to penetrate more quickly. Some stores also sell wheat flakes, with an appearance similar to rolled oats. Wheat berries, when sprouted, can be juiced and consumed as "**wheat grass juice.**" Note that wheat grass juice is gluten-free, unless it has been contaminated.

Wild Rice*

Wild rice is not technically rice at all, but the seed of an aquatic grass originally grown by indigenous tribes around the Great Lakes. Today some commercial cultivation takes place in California and the Midwest, but much of the

crop is still harvested by Native Americans, largely in Minnesota. The strong flavor and high price of wild rice mean that it is most often consumed in a blend with other rice varieties or other grains.

Heath bonus: Wild rice has twice the protein and fiber of brown rice, but less iron and calcium.

Summary of Gluten Free Grains	
• Brown rice (short/medium/long/sweet) • Wild rice • Millet • Quinoa • Job's Tears	• Buckwheat • Teff • Sorghum/milo • Oats (gluten free groats/rolled/steel cut • Corn

Cooking Grains

Rinse. Begin by measuring your grain and placing it in a pot. Then rinse with water, stir or massage for a minute, then strain, and repeat at least 3 times or until the water runs, clear. A fine mesh strainer and your cooking pot will work well for this purpose. Remove any debris that you may find.

Soak (if possible). Place both grains and water into a saucepan to soak (6 - 8 hrs. for easier digestion). Add approximately one inch of water over the level of the grain, for any amount.

Most grains will expand after cooking, from two up to four times the size of the dry grain - so use a pot with room for the grains to expand when cooking.

Add a pinch of sea salt or postage stamp size piece of kombu (seaweed) to soaking pot. Cover with a kitchen towel or sushi mat - something "breathable" to keep out debris but will allow air to circulate. After soaking, (right before cooking), drain, rinse, and add fresh water - back to the 1" water mark over the grain, if needed.

Cook. Bring to a boil over high heat. Cover and turn the heat down to low. Simmer for the recommended cooking time. SET YOUR TIMER – it is easy to forget and accidentally burn your grains. Once your timer has indicated cooking time end, lift the lid, tip the pot to see if all the water has cooked into the grain. If the liquid is gone, you are done. If the grain has water in the pot still, re-cover the saucepan and cook for another 5-10 minutes longer. Once all liquid is gone from the pot, remove from the stovetop and set aside. If you would like more tender grain (stickier), allow the grain to rest 5-10 minutes covered before stirring, then remove from pan.

General Tips for Cooking Grains

- For easy, cooked-to-perfection grains buy a "flame tamer" or "flame diffuser" to use on your stovetop. This inexpensive kitchen tool will cost you less than ten dollars and it will make your grains cook on a nice low flame with no more waste from the grains overcooking and sticking to the bottom of your pan.
- Do not lift the lid and look at the grains once they are cooking - letting the steam escape will prevent your grain from cooking properly.

- Toasting grain before cooking enhances the flavor and texture of your grain. After rinsing, place wet grains in a saucepan over medium heat, stir until water has evaporated and grains start to smell toasty. Once grain is toasted, add water, bring to a boil over high flame and cook per regular instructions.
- Pressure-cooking is one of the best options for cooking grains quickly, improving digestibility, preserving nutrients and enhancing the texture and flavor of the food compared to a stovetop preparation.
    - Pressure-cooking is always a recommended cooking technique, and a good idea for cooking in colder climates and seasons. Food prepared by this method is thought to create more heat and has a warming effect in the body.
- For richer-creamier grain dishes add more water at the beginning of the cooking process and allow a longer cooking time.
- Buckwheat is the exception to the basic directions. Because the grain is so porous and absorbs water quickly, it is best to bring the water to a boil first. Then, add the buckwheat. This is true for both whole buckwheat, and cream of buckwheat cereal. When the water returns to a boil, cover the saucepan, turn the heat down to low, and time the steaming process.

Creative Uses for Grains

- Add several tablespoons of cooked grains to stews, soups and vegetable salads.
- Use as hot breakfast cereal with the addition of warm nondairy milk, chopped fresh seasonal fruits and spices like cinnamon, nutmeg, vanilla and maple extract.
- Create a pilaf side dish by sauteing vegetables in a little olive oil and adding cooked grains and rice.
- Marinate cooked grains with salad dressings and sprinkle or toss into main course salads.
- Use in place of rice in stir-fries.
- Grain porridges are easy to create by placing leftover grain in a pot, covering the grain with water, bringing it to a boil over a high flame, reducing the heat to low and simmering the grain until creamy.
- Millet can be added to soups to create a creamy consistency. Just adding a ¼ cup of millet per every 4 cups of soup will help to create a nice creamy.

Quick Reference Chart for Cooking Grains

Grain	Cook Time		Grain	Cook Time
Amaranth (mix with other grains)	45 min.		Rice, brown basmati	40 min.
Barley, hulled	45 min.		Rice, brown, long grain	40 min.
Buckwheat groats, kasha	30 min.		Rice, brown, short grain	50 min.
Corn grits	20 min.		Rice, wild	50 min.
Polenta	10 min.		Rye, berries	55 min.
Kamut	45 min.		Spelt	55 min.
Millet, hulled	30 min.		Teff	30 min.
Oat groats (whole oats)	45 min.		Triticale	55 min.
Oats, Steel cut	10 min.		Wheat, whole berries	55 min.
Quinoa	25 min.		Wheat, couscous	1 min.
Job's Tears	55 min.		Wheat, bulgur	10 min.
**Cooking time = simmering time.*				

Quick Culinary Tips: Mise en place

Preparation, planning and a committed spirit is key to cooking a delicious meal. Enter “mise en place,” a French cooking term meaning, “put into place” or “everything in its place.”

Practicing mise en place is a way to describe efficient cooking, or “working smarter, not harder.” This practice is meant to prepare both you and your kitchen for faster, easier and cleaner cooking. This is especially important if you are not used to cooking at home frequently. Here are a few steps on how to practice mise en place and be successful creating delicious WFPB meals right at home.

1. Check your inventory, read the entire recipe and/or review the recipe template.
2. Gather EVERYTHING you will need – this includes kitchen tools (knives, cutting boards, etc.), equipment (bowls, pots, lids, etc.) and ingredients.
3. Prep. Prep. Prep. Get to chopping and set aside in an organized manner – you can make small piles along the perimeter of a large cutting board or use small glass “mise” bowls to house prepped foods.
4. Start cooking with ease as ingredient after ingredient is incorporated into your meal.
5. Stay organized while cooking – you can stack “mise” bowls, rinse and reuse or rinse and clean when time permits, and keep your cooking area clear of disorderly clutter.
6. Plate and savor your dish.
7. Pack any leftovers for future meals.
8. Clean and relax.



Kitchen Essentials – Tools and Equipment

1. Quality knives: at least one Chef (large) knife and one (small) paring knife, kept sharp!
2. Quality cutting board: ideally one solid piece of sustainable wood, not glued together pieces or plastic.
3. Quality pots and pans: Avoid Teflon or Aluminum. Stick with highest quality stainless steel you can find to prevent leaching. The essentials:
    a. Small saucepan
    b. Large stockpot
    c. Large sauté pan
    d. Baking sheets
    e. Casserole dish(es) – glass or porcelain
4. Utensils and Supplies:
    a. Glass or stainless steel bowls
    b. Measuring cups (glass for liquid) – one 2-cup and one 4-cup
    c. Measuring spoons
    d. Colander and mesh strainer: great for cleaning!
    e. Bamboo, wood, and/or stainless steel cooking spoon, ladle, tongs, slotted spoon, and spatula
5. Food processor (chunky pieces or grating/chopping) and/or blender (smoother consistency).
6. Pressure cooker: Pressure-cooking greatly enhances the completeness of cooking, texture, flavor, and digestibility of whole grains and quickens cooking of beans, root vegetables, and other foods. Only use models made with stainless steel; avoid aluminum.
7. Bonus: Pickle press, mortar and pestle, steamer basket, sushi mat.

Feature: Six Easy Meals

Creamy Millet & Vegetable Soup

- ½ cup millet
- ½ cup onion, diced
- ½ cup cauliflower, cut in small florets
- ½ cup carrot, cut in quarter moons
- ½ cup cabbage, sliced thin
- 1 Tbsp. umeboshi paste
- 2 Tbsp. sweet miso

Directions:

1. In a large pot, add 7 cups water and millet. Bring to boil over high flame, reduce heat to low, cover, simmer 25 min
2. Add all vegetables, cook 5 min
3. In a small separate bowl dilute miso and umeboshi paste with a small amount of broth add to pot, cook 5 min

Weeknight Stir Fry

- 4 cups brown rice, cooked
- ½ cup leek or onion, sliced thin
- optional: above/below ground vegetables - slice thin/shred
- sesame oil
- 2 Tbsp. shoyu soy sauce
- ½ cup scallions

Directions:

1. Add a small amount of oil to a large sauté pan over high heat
2. Once oil is hot, add leek/onion, sauté until tender
3. Add veggies, sauté until tender
4. Add brown rice, stir, let cook until sizzling hot
5. Add shoyu, stir

Simple Rice & Bean Soup

- ½ cup brown rice
- ½ cup adzuki beans
- 2" kombu
- 1 cup onion, diced
- 1 cup kabocha squash, small cubes
- 1 cup cabbage, sliced thin
- 2 Tbsp. stone ground mustard
- sea salt

Directions:

1. In a large pot combine beans and grain, add 6 cups water. Bring to a boil over high flame, reduce heat to low, cover, simmer 45 min
2. Add onion, squash and cabbage, return to boil, simmer 15 min
3. Dilute mustard with broth and add to soup
4. Flavor with a few pinches sea salt

Fast Whole Grain Salad with Blanched Veggies

- 1 cup whole grain (ex. quinoa, brown rice, barley, buckwheat, rye, farro, wheat berries, etc.)
- 1 cup veggies, (at least one below and one above ground)
- ½ cup scallions or parsley, sliced thin
- 3 Tbsp. lemon juice or vinegar
- 3 Tbsp. olive oil
- sea salt

Directions:

Rinse quinoa, combine with water in a medium size pot

1. Bring to boil over high flame, cover, place flame tamer
2. Reduce heat to low, simmer 25 min
3. Take quinoa off burner, set aside, leave lid on, let sit 5 min
4. Place quinoa in large mixing bowl
5. vegetables may be added raw or blanched individually
6. Add lemon juice/vinegar and salt, toss, add oil, toss

Hearty Tempeh Stew

- 1 pack tempeh, cut in ½" cubes
- 1 cup onion, diced
- 1 cup carrot, sliced thin
- 1 cup red potato, cut in 1" cubes
- shoyu or tamari soy sauce
- 3 Tbsp. kuzu
- 2 Tbsp. sesame oil

Directions:

1. Add oil to a sauté pan, warm over high flame. Once oil is hot, add tempeh, reduce flame to medium high, brown tempeh on both sides. Sprinkle shoyu over tempeh, sauté 2 min, set aside
2. In a large pot over a high flame, warm a small amount of oil. Once oil is hot, add onion, stir, reduce flame to medium, sauté 2 min
3. Add carrot and potato, sauté 2 min. Add 4 cups water and tempeh
4. Bring to boil, cover, reduce flame to low, simmer 15 min
5. In a small bowl dilute kuzu with a small amount of cool water, add to pot while stirring. Add 2 Tbsp. soy sauce, cook 5 min, stir

Brown Basmati Rice Pilaf

- 2 cups brown basmati rice
- ¼ cup red onion, diced
- ¼ cup daikon, shredded
- ¼ cup leek, sliced thin
- 1 Tbsp. umbeboshi paste
- 2 Tbsp. sesame oil
- 2 tsp turmeric
- ¼ tsp black pepper
- 1 tsp sea salt

Directions:

1. Preheat oven 350 °F
2. In a large sauté pan warm sesame oil over a high flame
3. Once oil is hot, add vegetables and turmeric and pepper, stir, sauté 2 min
4. Add rice, sauté 2 min, add salt. Add 4 cups water, bring to boil, cover
5. Add leeks, cover, cook 5 min, add umeboshi paste, stir

Activity: Getting Organized for Success

Create order (and support) within yourself.

- Begin to recognize your own resistance – identify what (and maybe who) is holding you back.
- Pay attention to moments of weakness—do the pass if you hold out? Notice how you are feeling while you eat each food that you eat and take note of how you feel afterwards.
- Begin to visualize what you need to do and start to create a plan of action. For example:
    - "Next time I get tempted I will remind myself_____."
    - Alternatively, "I will cook a big meal on Sunday, to have enough leftovers to roll into new meals for the week."
    - Or "I will cook at least three times this week."
- Have fun!! Look forward to cooking, eating, and enjoying the deliciousness of wholesome food.
- Congratulate yourself on taking the time and the steps to become the healthiest YOU that you envision.

Extend order to those around you.

- Identify potential allies—those who will celebrate your success, cheer on your delicious healthy meals, and not encourage unhealthy foods—and let them know you need their support and encouragement.
- When the time is right, have a frank conversation with friends, family and coworkers who may be potential impediments.
- Begin visualizing creative solutions, win-win situations, and try to turn those who are resisting change into allies.
- Be loving, but firm and persistent: "I'm doing some internal and external housecleaning and I need your help."
- Share your cooking adventures with your friends, loved ones, colleagues, and neighbors.

Start in the kitchen.

- Clear out the fridge, cabinets, and drawers of unhealthy, processed, sugary, and fatty foods.
- Discard old bottles of oil that smell rancid and replace with fresh, small bottles of oil. Store in a cool, dry space out of direct sunlight.

My Next Steps:

Class 2: Phytonutrients

Phytonutrients are compounds found in plant foods that help clear toxins, support the immune system, and reduce inflammation. Fruits and vegetables are rich sources of phytonutrients. They can also be found in whole grains, legumes, herbs, spices, nuts, seeds, and tea. Phytonutrients impart plants with a wide variety of colors. The more colorful your diet, the greater variety of phytonutrients you are eating!

RED

Foods				Benefits	
Apples	Cranberries	Pomegranate	Rhubarb	Anti-cancer	Gastrointestinal health
Beans *(adzuki, kidney, red)*	Cherries	Potatoes	Rooibos tea	Anti-inflammatory	Heart health
Beets	Grapefruit *(pink)*	Radicchio	Tomato	Cell protection	Hormone health
Bell peppers	Goji berries	Radishes	Watermelon		Liver health
Blood oranges	Grapes	Raspberries			
	Onions	Strawberries			
	Plums	Sweet red peppers			

ORANGE

Foods				Benefits	
Apricots	Mango	Pumpkin	Tangerines	Anti-cancer	Reduced mortality
Bell peppers	Nectarine	Squash *(acorn, butternut, buttercup, winter)*	Tumeric root	Anti-bacterial	Reproductive health
Cantaloupe	Orange		Yams	Immune health	Skin health
Carrots	Papaya	Sweet potato		Cell protection	Source of vitamin A
	Persimmons				

YELLOW

Foods				Benefits	
Apple	Bell peppers	Lemon	Starfruit	Anti-cancer	Eye health
Asian pears	Corn	Millet	Succotash	Anti-inflammatory	Heart health
Banana	Corn-on-the-cob	Pineapple	Summer squash	Cell protection	Skin health
	Ginger root			Cognition	Vascular health

GREEN

Foods				Benefits	
Apples	Bok choy	Green peas	Okra	Anti-inflammatory	Skin health
Artichoke	Broccoli	Green tea	Olives	Brain health	Hormone balance
Asparagus	Broccolini	Greens *(arugula, beet, chard/swiss chard, collard, dandelion, kale, lettuce, mustard, spinach, turnip)*	Pears	Cell protection	Heart health
Avocado	Brussels sprouts		Snow peas		Liver health
Bamboo sprouts	Cabbage		Watercress		
Bean sprouts	Celery	Limes	Zucchini		
Bell peppers	Cucumbers		Anti-cancer		
Bitter melon	Edamame/Soy beans				
	Green beans				

BLUE/PURPLE/BLACK

Foods				Benefits	
Bell peppers	Cabbage	Grapes	Prunes	Anti-cancer	Cognitive health
Berries *(blue, black, boysenberries, huckleberries, marionberries)*	Carrots	Kale	Raisons	Anti-inflammator	Heart health
	Cauliflower	Olives	Rice *(black or purple)*	Cell protection	Liver health
	Eggplant	Plums			
	Figs	Potatoes			

WHITE/TAN/BROWN

Foods				Benefits	
Apples	Dates	Mushrooms	Shallots	Anti-cancer	Heart health
Applesauce	Garlic	Nuts *(almonds, cashews, pecans, walnuts)*	Soy	Anti-microbial	Hormone health
Bean dips	Ginger		Tahini	Cell protection	Liver health
Cauliflower	Jicama	Onions	Tea *(black, white)*	Gastrointestinal health	
Cocoa	Legumes *(chickpeas, dried beans or peas, hummus, lentils, peanuts, refried beans / low-fat)*	Pears	Whole grains *(barley, brown, rice, oat, quinoa, rye, spelt, wheat)*		
Coconut		Sauerkraut			
Coffee		Seeds *(flax, hemp, pumpkin, sesame, sunflower)*			

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IFM

All About Vegetables, Especially Dark Leafy Greens

The benefits of greens extend into almost every therapeutic diet in research. This is because not only are they packed full of fiber, but also offer an abundance of nutrients that support health in general, but most specifically support mechanisms of addressing inflammation and optimal arterial circulation for blood flow. The darker the green color the more nutrients that vegetable offers relative to lighter green varieties. Remember variety is the spice of life and growing your exposure beyond salad greens will offer far more benefit than being stuck in a rut with limited options. A few other green favorites include the following vegetables, have you tried all of them yet?



Arugula	Beet Greens	Bok Choy	Broccoli
Chinese Cabbage	Collard Greens	Dandelion Greens	Endive
Escarole	Green Cabbage	Kale	Mustard Greens
Rapini	Swiss chard	Watercress	Herbs

Another benefit of leafy greens are their high amounts of soluble and insoluble fibers that support gut cellular health, feed gut bacteria, and support healthy bowel movements. Fiber in the gut adds bulk to stools, binds nutrients and lipid products for elimination, supports the tone and tight junctions between cells lining the gut and acts as food for commensal bacteria.

Leafy greens offer important nutrients like vitamin A and C, folic acid, calcium, iron and nitrate-containing compounds. Vitamin A forms known as carotenoids (a class of pigmented anti-oxidant compounds that promote healthy cellular architecture), are best absorbed when other foods contain fat are present so try to pair these foods with quality oils, avocados and nuts or seeds for example. Some nitrate-rich greens and vegetables include romaine, endive, beet greens, spinach, and Swiss chard.

An important category of green (and some other colored) vegetables is the brassica (or mustard and cabbage) family. These vegetables are anti-inflammatory and have significant benefits for cardiovascular health. The compounds absorbed from these foods and assimilated in the body have a significant activity in the liver and help detoxify inflammatory compounds. Additionally, brassica greens and vegetables are a rich source of indoles and sulforaphane, some of the most potent cancer-protective dietary compounds. Examples of these vegetables include cabbage, broccoli, cauliflower, Brussel sprouts, kohlrabi, kale, collards, mustard greens, bok choy, turnips, daikon, red radishes, mizuna, watercress, arugula, and rapini, among others.

Another important component of leafy greens stem from their high nitrate content. Nitrate in leafy green and other vegetables is converted into nitric oxide in saliva in the mouth, especially in the crypts and folds of the tongue. Nitric oxide is enhanced by combination of very light cooking (such as steaming), the addition of small amount of vinegar (acetic acid), and thorough chewing. Nitric oxide stabilizes thelining of blood vessels, prevents development of clots, and relaxes and dilates arteries throughout the body. As a result, cardiac blood flow and circulation throughout the body are enhanced.

Organic, Seasonal, Locally-Sourced Produce

Choosing a whole food, plant-based diet is a way to avoid harmful pollutant and pesticide residue buildup in your body. Environmental chemical exposures have been linked to the development of cancer and other degenerative diseases. Food choices are an important part of limiting the unnecessary, sometimes toxic, exposures. Therefore, it is recommended to select foods that are seasonal, organic and locally sourced to liberate your plate as well as your vote through the voice of your purchases as often as possible.

Organic. Buying organic produce whenever possible is a good idea. It helps you avoid toxic chemicals and improve the nutritional value of the foods you eat. Organically grown plant foods not only tend to be more flavorful than conventionally grown crops, aree more nutritious ,and richer in cancer-fighting antioxidants and other phytochemicals. This is because the plant must develop and rely on its own phytonutrients to thrive in the environment, rather than rely on chemicals, like pesticides.



Seasonal. Choosing foods that are ripe and in -eason sets a rhythm for the year as well as within your body. Eating seasonally can be, and likely is already even though you may not be aware of it, an innate form of mind-body awareness. Think about the candy-like sweetness of strawberries in the spring or crisp crunch of in season corn during the fall – these flavors are so familiar you can almost taste them just thinking about it! Another appreciable nuance of eating seasonally is the natural adaptation of our food preferences according to the location in which you live. Think it is a coincidence that most Californians are keen on avocados and lettuce? Actually, there is an

environmental link! These foods are perfect for not only growing in the climate we live in, but also are suitable to our palate and nutrition needs n long months of warm, sunny weather.

Local. Unbelievably, California produces close to 50% of the fruits, nuts and vegetables grown in the U.S. Depending on where you live, you may find organic produce at your regular grocery store. You can also look for affordable organic food at a farmers market in your area or join a Community Supported Agriculture (CSA) group to receive local seasonal harvests. Not all organic farms are certified organic, because certification can be cost-prohibitive for smaller farmers. However, by buying local produce you can learn personally from farmers about their farming practices and ensure that you are getting safe fresh produce.

Local Seasonal Produce Guide

Spring	Summer	Late Summer	Autumn	Winter
Vegetable Types				
Sprouts and leafy greens	Large leafy greens	Rounded vegetables	Shorter, rounder roots	Longer, thinner roots
Ground and Sea Vegetables				
alfalfa asparagus beets broccoli bok choy celery greens - arugula, kale, lettuce, spinach, Swiss chard green peas green pepper leaf lettuce leeks parsley peas peppers rhubarb romaine lettuce spring onions sprouts turnip wakame watercress wheat grass	agar artichokes beets broccoli cabbages carrot cauliflower celery cucumber dandelion dulse eggplant endive garlic greens - arugula, collards, kale, lettuces, mustard greens, spinach, Swiss chard nori okra onions peas peppers potatoes radishes scallions summer squashes tomatoes turnips zucchini	arame beets Brussel sprouts cabbage carrots cauliflower celery cucumber collards eggplant garlic greens - arugula, collards, kale, lettuces, mustard greens, spinach, Swiss chard onions parsnip pumpkin radishes rutabaga sea palm spinach summer squash sweet corn sweet potato tomatoes turnips winter squashes zucchini	beets broccoli Brussel sprouts cabbage carrots cauliflower celery cucumber daikon eggplant garlic greens - arugula, collards, kale, lettuces, mustard greens, spinach, Swiss chard gourds hiziki leeks lotus root onions peas peppers potatoes pumpkins radishes summer squash tomatoes turnips winter squash zucchini	agar-agar Brussel sprouts burdock cabbage carrots celery greens – arugula, collards, kale, lettuces, spinach, Swiss chard kombu leeks onions potatoes pumpkins radishes shiitake mushrooms turnips winter squashes
Intact Kernel Whole Grains				
barley oats rye wheat	amaranth basmati brown rice corn long grain brown rice quinoa red millet wild rice	millet sweet brown rice oats	short grain brown rice	buckwheat

Spring	Summer	Late Summer	Autumn	Winter
Beans and Legumes				
green lentils mung beans split peas	lima beans pinto beans red lentils	chick peas soy beans	yellow soy beans navy beans	adzuki beans black soy beans kidney beans
Fruits				
oranges lemons rhubarb strawberries	apples apricots blackberries blueberries boysenberries cherries currants figs lemons melons oranges peaches raspberries strawberries plums watermelon	apples figs lemons melons oranges pears persimmons plums	apples lemons melons oranges pears plums	apples



Culinary Highlight: Leafy Green and Cruciferous Vegetables

Eating a serving of dark leafy green vegetables with most (or all) meals (particularly broccoli, kale, and Brussels sprouts) can help lower the risk of disease. Here are a few examples to start adding to your meals.



Swiss Chard	Collard	Kale	Mustard	Spinach	Turnip	European Blend	Country Mix
Beta vulgaris (var. cicla)	Brassica oleracea (var. acephala)	Brassica oleracea (var. acephala)	Brassica juncea	Spinacia oleracea	Brassica rapa	(Blend of Swiss chard, mustard, turnip, kale)	(Blend of collard, mustard, turnip)
Vit. A, C; high in calcium, iron, fiber	Vit. A, B, C; high in calcium, beta-carotene, fiber	"King of Calcium"; Vit. A, C, K; high in iron, beta-carotene, lutein	Vit. A, C,; high in folate	Vit. A, C, E; high in iron, magnesium, folacin, lutein	Vit. A, C, E, K; high in potassium, iron, calcium, beta-carotene, lutein, fiber	Vit. A, C, E; high in calcium, iron, folate, potassium, fiber	Vit. A, B, C, E; high in calcium, iron, folate, fiber and potassium

Arugula looks like a wild leafy green and has a pepper flavor that adds interesting and spicy complexity to recipes like salads and grain dishes.

Beet greens are the tops of the beet plant and often come free of charge attached to beets. They are often covered in soil do remember to do a thorough wash and rinse when using. Discard leaves that are wilted and dull.

Broccoli is one of Mother Nature's vegetable flowers that is familiar and easy to prepare. Oven roasting broccoli tossed in a small amount of sesame oil with garlic and sea salt can be an easy way to make fans out of people who have not liked this vegetable in the past.

Kale comes in many colors, shapes and sizes. A highly fibrous vegetable that benefits from cooking whether that be with heat (direct or indirect) or other methods like wilting with acids such as vinegar or lemon juice.

Watercress has small, round leaves and is often sold with its roots intact as a living plant. This leafy green is a nice colorful and flavorful addition to soups, salads, grain and bean dishes. Add right before serving.

Culinary Tip

Store dark leafy greens in open plastic or paper bags in the refrigerator where they will be moist but still able to breathe.

Cooking Greens

Culinary Tip
To retain the full array of nutrients, it is best to eat cruciferous vegetables either raw, steamed, or lightly sautéed.

General Tips for Cooking Greens

- Always wash vegetables before preparing for raw or cooked methods.
- Cook greens for a short duration for optimal maintenance of nutrients and freshness. When cooking greens pay attention to the color of them, they will become brighter in color when cooked. Once color brightens, remove greens from heat immediately.
- Plan cooking times accordingly for leafy greens with both stems and leaves. Try adding stems first in cooking and then the leaves so both are sufficiently cooked through at the same time.
- Add strong salty or acidic flavors at the end of cooking (i.e. soy sauce, vinegar, lemon, salt, etc.).

Quick Culinary Tips: Building a Better Smoothie

Smoothies are a fun and delicious way to get large doses of phytonutrients into your diet. They are simple to make and travel nicely, especially in a reusable glass or hard plastic travel mug or bottle. Smoothies are also an option for snacks or a light meal on the go. With all of the vibrant plant ingredients, a smoothie can offer a generous amount of fiber, vitamins, minerals and phytonutrients.

Remember to chew well before swallowing. The act of chewing allows your saliva to mix with the liquid food and preparing the rest of your digestive system for activity, thus, aiding in better digestion.

Here are some suggested ingredients to mix and match. Simply combine your chosen ingredients in a blender on high speed and add water to your desired consistency. *Smoothies should be 6-10 ounces per serving.*

LIQUID	FRUIT	VEGETABLES	PROTEIN	HEALTHY FAT	OTHER
• Almond milk • Coconut milk • Soy milk • Rice milk • Hemp milk • Oat milk • Hazelnut milk • Coconut water • Filtered water • Herbal tea • Fresh pressed fruit and vegetable juices • Broth • Yogurt • *Kefir* or other ferments	• Blueberries • Blackberries • Cherries • Raspberries • Cranberries • Marionberries • Huckleberries • Acai berries • Apples • Pears • Banana • Peaches • Plums • Apricots • Nectarines • Kiwis • Pineapple • Papaya • Pomegranate • Mango • Grapefruit • Oranges • Meyer lemons • Tomato	• Rainbow Chard • Curly Kale • Spinach (fresh or frozen) • Lettuce (romaine, red leaf, green leaf) • Cauliflower • Cucumber • Celery • Pumpkin, Winter Squash, or Sweet Potato (cooked or raw) • Carrots • Beets (can shred to incorporate easier) • Zucchini	• Silken tofu • Nuts/seeds • Nut/seed butter • Greek yogurt • Cottage cheese • Cooked quinoa or oats	• Nuts/seeds (walnuts, almonds, pecans, cashews, sunflower seeds etc.) • Nut/seed butter • Avocados • Coconut oil • Coconut butter • Walnut, flax, or fish oil • Hemp, chia, sesame, sunflower, pumpkin or flax seeds	• Fresh ginger (juiced) or turmeric • Ginger, cinnamon, turmeric, or other spices • Herbs (parsley, cilantro, mint, basil) • Raw cacao or carob • Seaweed powder • Psyllium powder

Smoothie Ingredient Tips:

- Tropical fruits have a cooling effect on the body and should be mainly used in hot weather or tropical climates
- When using raw nuts in a smoothie, soak in water for 4-8 hrs. OR blend dry first then add other ingredients
- When using raw seeds in a smoothie, blend dry first then add other ingredients

Feature: Six Rainbow Recipes

Veggie Au Gratin

- 4 cups vegetables, (cauliflower, broccoli, squash, pearl onions, potato, yam, etc.)
- 1 cup pumpkin or sunflower seeds
- 2 - 4 cloves garlic
- sea salt

Directions:

1. Preheat oven 350°F
2. Place vegetables in an oven safe baking dish
3. Blend seeds, garlic, a couple pinches of salt and 2 cups water, blend until smooth
4. Pour over vegetables, cover, bake 30 min
5. Remove lid, bake 10 min or until golden brown on top and bubbling
6. Remove from oven, let sit 10 – 15 min before serving

Kale Salad with Honey Mustard & Almond Crème Dressing

- 6 cups kale, sliced thin
- ½ cup radish, shredded
- ½ cup celery, sliced thin
- ½ cup carrot, shredded
- ½ cup almonds
- 2 Tbsp. stone ground mustard
- 1 Tbsp. honey
- 1 Tbsp. brown rice vinegar
- ½ tsp sea salt

Directions:

- Soak almonds overnight (6-8 hours)
- In a large mixing bowl toss kale with sea salt, let sit 5
- Strain almonds
- In a blender combine almonds, mustard, honey and vinegar, blend until smooth
- While blending add water to desired consistency
- Add dressing to kale, toss

Colorful Pressed Salad

- 1 ½ cups green cabbage
- 1 cup radish, sliced thin
- 1 cup carrots, shredded
- 1 cup scallions, sliced thin
- ¼ cup raisins, chopped
- 1 Tbsp. black sesame seeds
- 1 tsp sea salt

Directions:

- Combine all ingredients in a large bowl, toss together
- Place another same sized bowl on top, apply a weight of at least 5 pounds pressure
- Press 20 min
- Remove top bowl, drain any excess liquid
- Toss and serve

Massaged Greens Salad

- 6 cups kale OR cabbage, sliced thin
- 1 cup celery, slice thin
- 1 cup carrot, shredded
- ½ cup red onion, sliced thin
- 3 scallions, sliced thin
- ½ cup sunflower seed, roasted
- 2 tsp sea salt

Directions:

1. In a large bowl combine all ingredients
2. Massage together with hands, crush
3. Use pressure and time to "cook at room temperature"
4. Massage until greens become bright green

Red Pepper and Cauliflower Soup

- 3 cups cauliflower, cut in large pieces
- 2 cups red bell pepper, cut large
- ¾ cup sunflower seeds
- 2 scallions, sliced thin
- pinch sea salt

Directions:

1. Place all ingredients in a medium size pot
2. Cover with water
3. Bring to a boil over high heat
4. Reduce heat to medium high, simmer, cover, cook 15 min
5. Place seeds in blender, blend
6. Add soup and 2 pinches salt, blend until smooth
7. Garnish with scallions to serve

Guacamole

- 3 avocados, diced
- 1 medium tomato, diced
- ½ cup red onion, diced
- 2 scallions, sliced thin
- handful cilantro, chopped
- 1 - 2 lemons, juiced
- ¼ tsp black pepper
- ¼ tsp sea salt

Directions:

1. In a mixing bowl toss all the ingredients together – enjoy!

Activity: Resource Scavenger Hunt

Visit the following websites to discover more about fresh foods in your area.

Environmental Working Group Annual Shopper's Guide to Pesticides in Produce

https://www.ewg.org/ | https://www.ewg.org/foodnews/

About: The Environmental Working Group's mission is to empower people to live healthier lives in a healthier environment. With breakthrough research and education, we drive consumer choice and civic action. EWG publishes a guide every year for the "cleanest" 15 and "dirtiest" dozen fruits and vegetables according to their relative pesticide burden.

Notes:

Seasonal Food Guide

https://www.seasonalfoodguide.org/

About: We designed the Seasonal Food Guide to help you find out what produce is in season in your state throughout the year. By purchasing local foods in season from local farms, your food dollar goes directly to farmers, you eliminate environmental damage caused by shipping foods thousands of miles and you will enjoy the health benefits of eating fresh, unprocessed fruits and vegetables. Plus, local, seasonal produce just tastes better!

Notes:

Farm Bureau San Diego County – Complete List of Certified Farmers Markets and CSAs in San Diego County

http://sdfarmbureau.org/BuyLocal/Farmers-Markets.php

About: The mission of the Farm Bureau of San Diego County is to represent San Diego agriculture through public relations, education, and public policy advocacy in order to promote the economic viability of agriculture balanced with appropriate management of natural resources.

Notes:

Class 3: Functional Foods

All About Beans and Legumes

A few guidelines about beans:

- Always cook with fresh beans. Dried beans that have been sitting around for more than 6-8 months will become tough and will not easily soften when cooking. Storing them in airtight containers helps.
- Salt and acidic foods (like tomato sauce) disrupt the cooking process and make beans tough. It is best to add salt and acidic ingredients after the beans are fully cooked.
- Well-cooked beans should mash easily on the roof of the mouth. Under-cooked beans cause more gas.
- If using canned beans, rinse with water to remove gas-forming compounds.

Increasing Bioavailability in Beans

Helpful Ingredients and Seasonings

- For improved flavor, digestion, and nutrient profile, place a piece of dry kombu (a sea vegetable) in the cooking pot. Kombu contains glutamic acid, which acts as a natural bean tenderizer. Add a 1" piece of dry kombu for every 1 cup of dry beans. Kombu can be found at Asian markets, and sometimes in the Asian section of your local supermarket.
- Seasonings that help reduce gas include cumin, fennel, ginger, epazote, and asafoetida. Add a small amount to the cooking water or your bean recipe to improve digestion.
- Green leafy vegetables help with digestion by adding enzymes and stimulating bile secretion.

Additional Tips

- Beans contain a type of carbohydrate called oligosaccharides, which cannot be broken down by human digestive enzymes. Bacteria living in the colon will digest these oligosaccharides, but produce gas as a by-product.
- Expect a digestive adjustment when beans are new to the diet. Eat small amounts of beans at first, to allow the body to adapt to them. The digestive system initially produces gas as a result of the carbohydrates in the beans, which will gradually decrease over time as beans are eaten more often.
- Chew all foods slowly and thoroughly to help improve overall digestion.
- For persistent gas, try pouring a little apple cider vinegar or brown rice vinegar into the cooking liquid at the end of cooking. Vinegar softens legumes and breaks down the protein chains and other indigestible compounds.
- Another option is to marinate the cooked beans in a solution of 2/3 vinegar and 1/3 olive oil, creating a salad-type dish. Marinate while still warm.

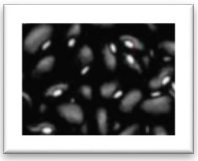
Culinary Highlight: Pulses

Beans are a powerhouse food. Packed with protein, fiber and phytonutrients, beans sometimes get a bad reputation despite being so "good for your heart." However, the more you eat beans, the more your body will acclimate to a higher-fiber diet, develop the needed digestive enzymes, and ultimately reward you with excellent health. In the meantime, feel free to add digestive enzymes or products like "Beano" to your diet until you are acclimated.

Common Dry Bean and Legume Varieties



Adzuki Beans, also known as azuki or aduki or adzuki, are a red-colored, small-sized bean widely grown throughout East Asia and the Himalayas. They are highly digestible, medicinal beans used for deep healing, but also commonly smashed into "red bean" Asian desserts. Adzuki beans do not need to be soaked prior to cooking.



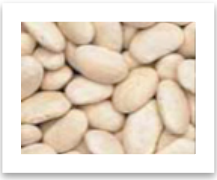
Black Beans are medium-size, oval-shaped beans with matte black skin. They are also called Turtle Beans. They are sweet tasting with a soft texture. They are popular beans in Central American, South American, and Caribbean cuisine.



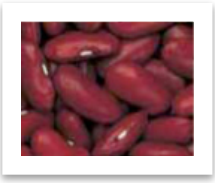
Borlotti / Cranberry Beans or Roman beans, are medium-size, oval-shaped beans with spotted tan and red skin. They are known for their creamy texture with a flavor similar to chestnuts. Cranberry beans are a favorite in northern Italy and Spain.



Chickpeas (a.k.a. garbanzo beans or Egyptian pea) are one of the earliest cultivated legumes. They are sometimes available fresh at farmers markets in warmer climates. Look for small pale green pods still attached to twisted, twirling vines.



Great Northern Beans are medium-size, oval-shaped beans with thin white skin. They have a delicate flavor. Great Northern Beans are very popular in France for making cassoulet (a white bean casserole) and in the Mediterranean where many beans of a similar appearance are cultivated.



Dark Red Kidney Beans are large, kidney-shaped beans with a deep, glossy red skin. They have a firm texture, and they hold up well in soups or other dishes that cook for a long time. Dark Red Kidney beans are used in soups, cold bean salads, and chili. Both Dark and Red Kidney Beans are used to make Louisiana Red Beans & Rice.



Light Red Kidney Beans are large, kidney-shaped beans with light red/pink glossy skin. They have a firm texture, and they hold up well in soups or other dishes that cook for a long time. Light Red Kidney beans are popular in the Caribbean region, Portugal and Spain. Both Dark and Red Kidney Beans are used to make Louisiana Red Beans & Rice.



Navy Beans are small, oval-shaped beans with white skin. They have a delicate flavor, and are the beans used for the famous Boston Baked Beans. These white beans were named Navy Beans because of their inclusion in the U.S. Naval diet during the second half of the 19th Century.



Pink Beans are small, oval-shaped beans with a pale, pink skin. Pink Beans are very popular in Caribbean countries. They are used to make Caribbean Pink Beans, a dish made with no added fat and flavored with sofrito, a mixture of tomatoes, bell pepper, onions, and garlic.



Pinto Beans are medium-size, oval-shaped beans with mottled beige and brown skin. Like cranberry beans, pinto beans lose their mottled appearance when cooked. Pinto beans are the most widely produced bean in the United States and one of the most popular in the Americas. Pinto beans are used to make Mexican refried beans.



Small Red Beans are small, oval-shaped beans with red skin. They have a more delicate flavor and softer texture compared to kidney beans. Small Red Beans are particularly popular in the Caribbean region, where they normally are eaten with rice.



French Green Lentils are very small, lens-shaped legumes with olive-green skin. Lentils are one of the oldest known sources of food and are commonly consumed in Asian countries, specifically India. This variety is known for its rich, pepper flavor that comes at a very inexpensive cost for such a nutrient-dense food.



Black / Beluga Lentils are also tiny lens-shaped legumes but become shiny when cooked, often described as a “caviar” appearance. Their flavor is rich, and earthy with a soft texture. The deep black color is a rich source of anthocyanin (phytonutrient) and pairs well in soups, salads, grain and vegetable dishes.



Green Split Peas are “split” and purchased as halves. This variety is a bright green color and when cooked forms a paste-like consistency. They are slightly sweeter in flavor than lentils but still offer a nutty, earthy taste.

Cooking Beans, Legumes and Peas

Sort. Sift through beans for dirt and stones. Remove and discard any non-food particles.

Soak. Place dry beans in a large pot and add a lot more water compared to volume of beans – the beans will expand over time as they absorb water, so give them room to expand and plenty of water to do it. Allow beans to soak 6 to 8 hours before straining and discard soaking water.

Cook. Place beans and fresh water in a large stockpot. Bring to a boil over high heat. Allow to boil for 5 - 10 minutes to allow foaming, remove any foam if necessary. When foaming has stopped, cover, reduce heat to low, and then simmer for the recommended cooking time. Most beans take between 20 - 45 minutes to cook. It is a good idea to set a timer so you do not forget about your beans. Once your timer has indicated cooking time end, lift the lid and test a bean for tenderness. You will know if they are done if they mash easily in your mouth or between your fingers.

Season. Now your beans are cooked and ready for the next stage. Enjoy beans in salads, soups, stews, burgers, stir fry, hummus, loafs, and so much more. Have fun with your fresh cooked beans and get creative.

General Tips for Cooking Beans

- Soak most beans for 6 to 8 hours in water for optimal nutrient availability. Soaking beans also helps to neutralize phytic acid and eliminate most lectins.
- Add a 1" piece of kombu seaweed during soaking/cooking to further enhance digestibility. Kombu contains glutamic acid, which acts as a natural bean tenderizer. The kombu also adds vitamins and minerals, especially trace minerals, to any dish.
- When cooking beans, bring beans to boil for 5 minutes, then scoop off and discard any foam that accumulates on top before continuing the cooking process. Cover, lower flame to low and simmer until done.
- Pressure-cooking beans can be a convenient and easy way to prepare large portions of beans without the need to pre-soak. Please note pressure-cooking creates more warming dishes so use accordingly for colder weather/demographics.
- Seasonings like coriander, cumin, ginger, sage, thyme, oregano, dill, basil, fennel, cumin, mint and garlic pair well with a variety of beans. You can also try adding other vegetables like diced onions, root vegetables, garlic or kale to enhance flavor and variety after beans are cooked.
- Sprouting beans requires a longer soaking time but offers even further support for challenges with digestion. Additionally, sprouting can also optimize access to essential nutrients contained within the life force of the bean.
- Typical sprouting times for beans ranges from 3 to 6 days. There are various sprouting methods:
    - soak beans in a 1:3 ratio of dry beans to water, remember to use a clean container, keep it covered and rinse/change the soaking water 1 - 2 times per day
    - a terra cotta sprouter is a nice addition to your kitchen, economical, easy to use and produce great results in just days
- Eat more beans. You can expect a digestive adjustment when beans are new to the diet. Eat small amounts frequently to allow the body to get used to digesting them.

- For persistent gas - try pouring a little apple cider vinegar or brown rice vinegar into the cooking liquid during the last stages of cooking. Vinegar softens legumes and breaks down the protein chains and other indigestible compounds. Another option is to marinate the cooked beans in a solution of 2/3 vinegar and 1/3 olive oil creating a salad-type dish. Marinate while still warm.

Creative Uses for Beans

- Add cooked or canned beans to stews, soups, vegetable dishes and salads.
- Blend beans with cold-pressed olive oil, tahini, lemon juice, garlic and any seasonings to create a delicious dip. Try alternative ingredients like nut butters and roasted red peppers for a twist on a classic hummus. These style dips often work best with garbanzo or white beans.
- Mash together cooked beans with leftover cooked grains or other vegetables with breadcrumbs, then form into patties and bake (350°F for about 30 minutes) or fry until browned.



Quick Reference Chart for Cooking Dry Beans

Dried Bean Type *(1 cup dry)*	Cooking Water	Soaking Time	Cooking Time	Pressure Cooking	Yield
Aduki Beans	5 cups	0 - 4 hrs	45 min	15 to 20 min	3 cups
Black Soybeans	5 cups	6 - 8 hrs	3 - 4 hrs	1 ½ hrs	3 cups
Black Beans (Turtle Beans)	5 cups	6 - 8 hrs	45 min	15 to 20 min	3 cups
Garbanzo Beans (Chickpeas)	5 cups	6 - 8 hrs	1 ½ - 2 hrs	20 min	3 cups
Kidney Beans, dark red	5 cups	6 - 8 hrs	45 min	20 to 25 min	3 cups
Lentils, Green Lentils, French Lentils, Black	3 cups	None	20 min 25 min 30 min	Not recommended	2 ½ cups
Lentils, Red Lentils, Golden	3 cups	None	30 min	Not recommended	2 ½ cups
Lima Beans	4 cups	6 - 8 hrs	45 min	Not recommended	3 cups
Mung Beans, whole Mung Beans, split Mung Beans, sprouted	4 cups 2 cups 2 cups	6-8 hrs None None	20 min 20 min 5 min	Not recommended	3 cups 2 ½ cups 1 ½ cups
Navy Beans	4 cups	6 - 8 hrs	45 min	20 min	3 cups
Pinto Beans	4 cups	6 - 8 hrs	45 min	20 min	3 cups
Small Red Beans	4 cups	6 - 8 hrs	45 min	15 to 20 min	3 cups
Split Peas, Green Split Peas, Yellow	4 cups	None	60 min	30 min	3 cups

Quick Culinary Tips: Sauces, Dips, Dressings and Gravies

Sprucing up foods with sauces dips, dressings and gravies can be delicious, but finding high-quality options at the store is difficult. Luckily, it is quite simple to prepare your own condiments to use with a variety of meals. Also, note that many of the ingredients in these recipes are most likely already stocked in your pantry and can be prepared in a flash. Note it is helpful to have a counter or hand blender or food processor.

<table>
<tr><th colspan="3">Sauces</th></tr>
<tr><td colspan="2">Carrot & Beet Sauce
• 1 cup onion
• 1 cup carrot
• ½ cup beets
• sea salt

Directions:
In a small pot combine vegetables, cover with water, bring to a boil over high flame, reduce heat to low, simmer 30 min. Add a couple pinches salt, blend.</td><td>Sunflower & Scallion Sauce
• ¾ cup sunflower seeds
• 3 scallions
• sea salt

Directions:
Blend all ingredients together. While blending, add water to desired consistency. Add a couple pinches salt, blend.</td></tr>
<tr><th colspan="3">Dips</th></tr>
<tr><td colspan="2">Cashew Garlic Dip
• 1 cup cashews
• 3 cloves garlic
• 2 scallions
• sea salt

Directions:
Place nuts in blender, blend. Add garlic and scallions, blend. While blending, add water to desired consistency. Add a couple pinches salt, blend</td><td>Walnut Dip
• ½ cup walnuts
• 2 cloves garlic
• handful parsley
• 1 Tbsp. lemon juice, fresh
• ¼ tsp sea salt
• ¼ tsp pepper

Directions:
Blend all ingredients together. While blending, add water to desired consistency. Add salt and pepper, blend.</td></tr>
<tr><th colspan="3">Dressings</th></tr>
<tr><td>Blueberry Mustard Dressing
• 1 cup blueberries
• 2 Tbsp. stone ground mustard
• 2 Tbsp. brown rice vinegar
• sea salt, pinch

Directions:
Blend berries, mustard and vinegar together. Add water to desired consistency. Add salt, blend.</td><td>Tahini Miso Dressing
• 2 Tbsp. miso
• 2 Tbsp. tahini
• 2 Tbsp. brown rice vinegar
• 2 scallions, sliced thin

Directions:
Combine miso, tahini and brown rice vinegar, mix well. Add water to desired thickness, whisk. Add scallions whisk.</td><td>Peanut Butter Dressing
• ½ cup peanut butter
• 3 Tbsp. brown rice vinegar
• 2 scallions
• sea salt

Directions:
Combine peanut butter and vinegar in a bowl, mix well. Slowly add water and whisk until desired consistency. Add scallions and salt, whisk.</td></tr>
</table>

Gravies	
Shiitake and Leek Gravy • 4 dried shiitake mushrooms • ½ cup leek, cut in thin slices • 1 Tbsp. kuzu • 2 tsp shoyu or tamari • sesame oil Directions: 1. Between two bowls soak mushrooms in water 10-20 min, until soft. Remove mushrooms from water, save soaking water. 2. Slice mushrooms thin, set aside. 3. In a small pan over high flame heat a small amount of oil. When oil is hot add mushrooms, sauté 2 min. Add 2 cups water, including shiitake soaking liquid. 4. Bring to boil, reduce flame to low, simmer 5 min. Add leeks and soy sauce. 5. Dilute kuzu in a separate bowl with cool water, mix, add to pan, stirring until color shifts.	Onion Gravy • 4 cups onion, sliced thin • 2 Tbsp. shoyu/tamari • 2 Tbsp. kuzu Directions: 1. In a pot warm a small amount of oil over high flame. 2. Once oil is hot add onion, sauté until translucent. Add shoyu, mix well. 3. Add 2 cups water, return to a boil, reduce heat to low, let simmer 5-10 min. 4. In a separate dish dilute the kuzu with a small amount of cool water. Add diluted kuzu to pot slowly, stirring constantly, cook until color shifts.

Digestives (Probiotics and Fermented Foods) and Prebiotics

Fermented foods are natural *probiotics* (beneficial bacteria) that can support gut health, which in turn, cascades into health of the entire body!

Some recommended fermented foods:

- Tempeh- a traditional Asian ingredient, tempeh is made from fermented soybeans and usually comes pressed into a cake that can be used in a variety of ways, covered on the next page.
- Sauerkraut – a traditional German condiment, is usually made of cabbage, but can be made with other vegetables like carrots, daikon, radish or other vegetables.
- Kim Chi – a traditional Korean condiment, kimchi is often made with Chinese cabbage and spices.
- Pickles – pickles can be made from cucumbers, carrots, root vegetables, onions, and many other vegetables. Be aware of shelf-stable pickled products prepared with an acid such as vinegar or pasteurization. The best options are naturally probiotic rich through lactic acid fermentation – these ferments can easily be made at home or can likely be found in the refrigerated section of the grocery store.
- Natto –a condiment made from fermented soybeans, this gooey substance has been shown to have many medicinal properties despite its odd appearance and acquired taste.
- Kombucha—a fermented tea (white, green or black) made from a mushroom-looking SCOBY (Symbiotic Colony of Bacteria and Yeast) that consumes sugar and tea to create a bubbly beverage that can be flavored with herbs or spices for an excellent alternative to consume instead of alcohol in social occasions. Note that Kombucha contains sugar and caffeine.
- Non-dairy yogurt – coconut, almond, or organic soy yogurt are healthy choices, however beware of the addition of sugar.

Prebiotics (foods with dietary fiber like whole grains) are equally important, providing the "scaffolding" by which we can build a healthy gut and balance our immune systems. Most people think eating yogurt is the best way to get fermented foods in the diet, but there are many better options that do not include the potential risk factors of consuming dairy products.

Some recommended prebiotic foods:

- Whole grains and plant foods
- Dark greens (dandelion, kale, etc.)
- Allium-family vegetables (garlic, leeks, onions)
- Other vegetables including artichoke, sun choke, asparagus and jicama, among others.

Feature: Three Probiotic Recipes

Sauerkraut	Miso Soup	**Alkalizing and Detoxifying Tea**
• 5 lbs green cabbage, sliced thin • (leave a full leaves whole) • 3 Tbsp. sea salt Directions: 1. Sterilize fermenting crock and large bowl, rinse with boiling water or white vinegar 2. Combine cabbage and salt in bowl 3. Massage for 5 min, place in large crock, mash down to remove air 4. Cover surface of cabbage entirely with whole leaves 5. Weigh cabbage down using a couple of heavy plates, or other weights that fit your crock 6. The level of the brine will rise to cover the cabbage over time 7. After 48 hours remove excess liquid above cabbage level 8. Cover crock with lid, add water to mote and leave in a dark place at a cool room temp (about 70°F) 9. Ferment at 14 - 30 days 10. Transfer to smaller sterilized jars and store in refrigerator	• 1 tsp miso • 1/2 Tbsp wakame • 2 Tbsp. or more vegetables, cut small • 1 tsp scallion, sliced thin • 1 tsp parsley, chopped Directions: 1. Cut wakame into small pieces and place in small pot with 1 cup water 2. Over a high flame bring to a boil 3. Add vegetables to boiling broth, reduce heat to medium high, simmer 3-5 min 4. In a separate dish dilute miso with a small amount of broth 5. Lower flame to low and add miso, DO NOT BOIL ONCE MISO IS ADDED! 6. Cook 2-5 minutes, when the miso is “blooming” in the pot, it is done 7. Garnish with scallions and parsley to serve	• 1 cup bancha tea, hot • 1 Tbsp. parsley, minced • 1 Tbsp. cilantro, minced • 1 tsp umeboshi paste Directions: 1. In a cup mash together parsley and umeboshi paste. 2. Make bancha tea, add to cup, cover, let steep 5 min

Feature: Five Sea Vegetable Recipes

Hiziki Salad

- ¼ cup hiziki
- 1 cup red onions, slice thin
- 1 - 2 oranges juiced, with pulp
- 1 Tbsp. olive oil
- 1 Tbsp. shoyu/tamari
- ½ cup scallions
- ¼ cup sesame seeds, dry roasted

Directions:

1. Place hiziki in pot, add 2 cups water, soak 10 min
2. Bring to boil over high flame, reduce flame to low, simmer 20 - 25 min, NO lid
3. Strain and place in bowl
4. add onions, orange juice, soy sauce, oil, toss, let sit till cool
5. Add scallions and sesame seeds, mix

Arame Sauté

- ¼ cup dried arame
- 1 cup leek, sliced thin
- 2 cups zucchini, sliced in thin quarter moons
- 1 Tbsp. shoyu/tamari
- ¼ cup tahini
- sesame oil

Directions:

1. Place arame in bowl of water to soak 10 min
2. Strain arame, set aside
3. In a sauté pan over high heat warm a small amount of oil
4. Once oil is hot sauté leeks for 2 min, reduce heat to medium high
5. Add zucchini, sauté 5 min
6. Add arame sauté 5 min
7. In a separate bowl combine shoyu and tahini, add to sauté, mix thoroughly

Dulse & Greens

- 1 bunch greens, stems sliced thin, leaves cut in bite size pieces
- ¼ cup red onions chopped
- ¼ cup dulse chopped
- 2 tsp shoyu/tamari
- sesame oil

Directions:

1. Warm sauté pan over medium high heat, add a small amount of oil
2. Once oil is hot add onions, sauté until translucent, stirring frequently
3. Add dulse, sauté for 1 min
4. Add greens, stir until color of greens becomes bright
5. Add soy sauce, stir, quickly remove from pan

Nori Condiment

- 4 nori sheets
- 1/2 inch ginger
- shoyu/tamari
- 2 scallions, sliced thin

Directions:

1. Tear nori into small pieces and place in small saucepan
2. Add enough water to cover nori and cook on medium-low heat for 7 - 10 min
3. Add a little more water if necessary
4. Grate a ½" piece of ginger, juice by squeezing fiber - strained into pot, add 5 - 10 drops
5. Add a dash shoyu/tamari (about 1/4 tsp), stir
6. Cook another minute and remove from heat
7. Add scallions and serve with grain or noodle dishes

Nori condiment will keep in the refrigerator for 1- 2 days with scallions, 3-4 day, without scallions.

Arame & Corn

- ½ arame (seaweed), dried, loose – measure "fluffy"
- 1 cup onion
- 1 cup corn
- 1 Tbsp. shoyu/tamari
- 2 scallions, sliced thin (optional)

Directions:

1. Soak arame in water until tender, 5 - 10 min
2. Strain arame, set aside
3. In a saucepan layer onion, then corn, then arame on top
4. Add ½ cup water to the side of the pan, gently, not to disrupt the layering
5. Bring to a boil over high flame, reduce low, cover, simmer 20 min
6. Add soy sauce stir, cook a couple more minutes, done
7. Remove from heat, add scallions, toss.

Activity: Food and Symptoms Journal

FOOD, BEVERAGE AND SYMPTOM LOG		
Time of Day	**Food & Beverage Intake**	**Symptoms and BMs**
Breakfast:		
Lunch:		
Dinner:		
Snacks:		
Beverages:		

DEEPER SELF JOURNAL		
Mental	**Emotional**	**Spiritual**

SELF-CARE JOURNAL			
Sleep & Relaxation	**Exercise & Movement**	**Stress**	**Relationships**
Sleep Quantity: _____ (hours) Quality: ☐ Poor ☐ Fair ☐ Good	Type, Duration, Intensity ☐ Aerobic: ☐ Strength: ☐ Flexibility:	Stress Reduction Practice:	Supporting:
Relaxation ☐ Yes ☐ No Type/Amount:		Stressors:	Non-Supporting:

OTHER SELF-REFLECTION NOTES

Class 4: Meal Planning

More about Produce

The following list includes tips and tricks for making the best produce selections for fruits, vegetables, herbs and other flavoring vegetables (i.e. onions, garlic, etc.). Note that foods indicated with asterisks may need to be avoided by certain individuals. See details on nightshade vegetables below.

Vegetables

- Bell peppers/sweet peppers* should have smooth, shiny skins (whether they are green, red, orange, yellow, or purple) and feel heavy for their size.

- Beets are often sold with their greens still attached when they are freshly harvested – giving you a two-for-one. Cook the greens as you would Swiss chard or other cooking of dark greens.

- Cardoons are a thistle-like plant in the same family as the artichoke, which explains why its stalk is so similar in flavor. The cardoon is a very popular ingredient in Mediterranean style cooking, where it is native and has been cultivated since ancient times. However, cardoons are considered a weed in Australia and California because of its invasive nature and adaptability to dry climates. To cook cardoons, trim off any leaves or thorns, and peel the stalks with a vegetable peeler to remove the indigestible fibers. Cardoons discolor when cut; place cut pieces in cold water with lemon juice to keep them from turning brown. Cardoons can be braised, sautéed, boiled in soups and stews, or dipped in “batter” and baked. Depending on the age of the stalks, they can take up to an hour to get soft and tender enough to eat.

- Carrots are harvested year-round in temperate areas. Unusual varieties are harvested during the carrot's natural season, which is late summer and fall. True baby carrots (not the milled down versions of regular carrots sold as "baby carrots" in bags at grocery stores) are available in the spring and early summer.

- Chard (or Swiss chard or Rainbow Chard) grows year-round in temperate areas, is best harvested in late summer or early fall in colder areas, and fall through spring in warmer regions. Like all leafy greens, chard turns bitter when it gets too hot, but can mostly be enjoyed all year round.

- Corn is best the minute it is picked from the stalk, so it is a food to look for from local growers for sure. You want tightly closed, fresh-looking husks, fresh-looking tassels, and fresh-cut stem ends. Know that organically grown corn is very likely to have a worm or two in any batch – simply pick it out, the rest of the corn is fine to eat.

- Cucumbers are known for being cool – as much as 20 degrees cooler than the outside temperature. Lucky for us that they come into season in most areas just as the summer heat kicks in.

- Dark leafy greens are a key food in our daily diet. Some varieties grow year-round in climates like California, and in places where greenhouses are in use. Another great example of how nature allows us to access exactly what we need the most. The only exception is during very hot temperatures, leafy greens and lettuces can get very bitter.

- Eggplant* should have shiny, tight, smooth skin and feel heavy for its size.

- Fennel (fresh) is in season in cooler climates in the summer (look for it fall through spring in temperate and warmers areas). However, fennel seeds make for a delightful breath freshener and seasoning year round.

- Green beans tend to be sweetest and most tender during their natural season, from mid-summer into fall in most regions.

- Lettuce is in season in cooler climates (most commonly spring and fall).

- Okra needs heat to grow, so a nice long, hot summer in warmer climates brings out its best. Look for firm, plump pods.

- Peas come into season in the spring and continue in most areas well into summer.

- Peppers* – both sweet and spicy – are harvested in late summer and early fall.

- Potatoes* starts harvest in summer in many climates.

- Radicchio is sweeter with milder growing temperatures. It comes into season during summer in cooler climates. Look for somewhat firm heads, a fresh-cut end, and bright white ribs on the pretty purple leaves.

- Radishes should have bright, fresh greens attached (that tells you they are freshly harvested).
- Ramps are foraged in the spring and early summer and sometimes available at farmers markets and specialty stores.

- Rhubarb is the first fruit of spring in many areas but stays in season into summer in most areas – look for heavy stalks with shiny skin.

- Shelling beans are those beans that can become dried beans but are briefly available fresh, as shelling beans, in mid-summer to early fall depending on your climate. Examples include chickpeas, soybeans, pinto beans, adzuki beans, etc.

- Spinach grows year-round in temperate areas, like California, but in cooler areas, summer and fall.

- Squash are available in the winter and summer. Squash may have been the very first food to be cultivated by Native Americans in what has been called the “three sisters” of complementary foods that grow together, provide excellent nutritional balance, and taste great together: maize (corn), beans and squash.

- Squash (Acorn, Butternut, Buttercup, Delicata, Golden Nugget, Kabocha, Hubbard, Oranghetti, Turban, Spaghetti, Sweet Dumpling, Red Kuri, and Pumpkins) have hard, thick rinds and are drier than summer squashes like zucchini. The thick skin that has been soaking in the long summer sun puts longevity on their side for storage. You can keep “hard” squashes fresh in cool, dark places for one to three months. Some are so hardy that you may find yourself needing a hammer to tap the knife’s handle when trying to

cut one in half. Do not bother if you do not have to! You can stick the entire squash in the oven and bake it for 1 hour to make it easy to open, remove seeds and use for your dishes, especially good for soups.

- Summer Squash are thin-skinned and bruise easily (think zucchini), so look for firm, blemish-free ones with taut skin. Typically, the smaller ones are sweeter and tenderer; and they can be eaten raw or cooked. Summer squash are good for about a week in the refrigerator before they begin to soften and wrinkle.

- Tatsoi is an Asian dark leafy green, with spoon-shaped leaves, and beautiful yellow flowers that are edible. It looks like a baby bok choy. This hearty green can withstand temperatures down to –10°C (15°F), so may be available year-round, and is growing in popularity in the United States. May be found at Farmer's Markets or in packaged mixed greens at the grocery.

- Tomatillos* look like small green tomatoes with a light green, papery husk. They tend to be in season during the summer months.

- Tomatoes* should be enjoyed in the warm summer months and can be a big draw to farmers markets and local eating. When refrigerated, tomatoes lose their flavor rapidly. Fresh and soft to the touch are always best. Even beautiful, heavy, unblemished specimens can lack the flavor you want.

- Zucchini and other summer squash have a harvest season from summer into fall in most climates. Zucchini taste better when they are small. Larger variety can be best enjoyed if shredded and incorporated in baked goods.

- Zucchini Blossoms are increasingly sold at farmers markets and specialty stores. Look for fresh blossoms (no brown ends or tips) and use them quickly.

*Nightshade Vegetables

Nightshade vegetables include peppers, potatoes, tomatillos, tomatoes, eggplant, and peppers. These vegetables are indicated with an asterisk (*).

Be mindful to avoid nightshades if experiencing an inflammatory condition or following a full elimination diet.

Fruit

- Apples come into season mid- to late-summer and are harvested into fall in most apple-growing regions. Apples should be firm and stored with other apples only. Apples will make other nearby fruit ripen or go rotten more quickly. Store apples separately to avoid this.

- Apricots are harvested starting in late spring in warmer areas and through early summer. The most flavorful apricots do not travel or keep well, so look for them at farmers markets.

- Avocados have a season that defies logic – they are fickle depending on their exact location. Most, however, are in season over the summer. Ripen hard avocados on the counter or speed things up by keeping them in a paper bag. Ripen them even more quickly by adding an apple to your paper bag.

- Blackberries should be shiny and plump. Avoid any berries with mushy or moldy berries – these damages rot and spread fast. Rinse berries only just before eating or using them, never in advance, since they will become soggy and rot faster.

- Blueberries are the only berries that have a dull, matte finish to them when ripe.

- Boysenberries, like most berries, should be plump and shiny when you buy them.

- Cantaloupes and Honeydew melons should feel heavy for their size. Press on and smell the tip, where the stem would be – it should give (a bit), and smell sweet and melon-y when ripe. Always wash and scrub the outside of melons before cutting, to avoid any potential pathogens from the outside to contaminate the inside.

- Cherries are ready to harvest at the end of spring in warmer areas. Sweet cherries, including the popular Bing and Rainier varieties, are available from May to August. Sour cherries have a much shorter season, and can be found for a week or two, usually during the middle of June in warmer areas and as late as July and August in colder regions.

- Figs have two seasons, but the main one is during mid- to late-summer (a second, shorter season comes in November in warm climates.

- Gooseberries are more often foraged than bought. These tart, green berries should be plump and fresh looking.

- Grapes ripen towards the end of summer where they grow best; the harvest continues into fall.

- Huckleberries are a true treat of summer in areas lucky enough to have them. Look for plump, purple berries.

- Limes are the only citrus at their best in summer. Look for small, heavy-for-their-size fruits.

- Mangoes need tropical heat to ripen and come into their sweet best in late spring and summer.

- Marion berries are a type of blackberry. Look for plump, shiny berries with a deep purple hue.

- Melons should always feel heavy for their size; most should have a bit of a sweet melon smell, too.

- Nectarines are, essentially, fuzz-less peaches. They should feel heavy for their size and give just a bit when held firmly.

- Peaches are one of the highlights of summer eating. Look for fruits that feel heavy for their size and that give just a bit when pushed. Avoid fruits that have green near the stem.

- Plums and pluots should feel heavy for their size and have a lovely, perfumed and sweet smell.

- Raspberries are the most delicate of all berries. Look for plump berries and never buy a carton (or flat) with smashed, rotting, or moldy berries – which damage spreads incredibly fast.

- Strawberries are mostly grown in California or Florida, where the strawberry growing season runs from January through November. Peak season is April through June. Other areas of the country have shorter growing seasons that range from five-months to as short as a few weeks in the coldest areas where you will find local specimens at market in July.

- Watermelons, eaten during the summer months, should feel heavy for their size and should be local and seasonal. Knocking on them should emit a low, deep hollow resonance when they are ripe. Also find a yellow or white patch – this is caused by where the melon has been left on the ground. If it is yellow, your watermelon is ripe. If it is white, it is not. Unlike other melons, watermelons do not tend to emit a smell even when they are ripe and ready to eat.

Herbs and Other Flavoring Vegetables

- Herbs of all sorts grow through the summer – from basil to rosemary. Always looks for vibrant leaves and fresh-looking stems.

- Basil comes in a wide variety and grows alongside tomatoes very well (in the garden and on the plate). Look for unblemished, leafy branches without flowers or bud. Thee herb gets a slight bitter aftertaste after it flowers, which is part of the reason growers pinch off the buds before they can flower.

- Chiles (fresh) (a.k.a. hot peppers or hot chilies) need heat to ripen and get hot – look for them at the end of summer and into early fall.

- Cilantro, like most leafy green plants, “bolts” (aka flowers) and turns bitter when it gets hot enough, so it hot climates it is in season all year except summer, where everywhere else, summer is the season to look for it.

- Garlic is another produce item that we forget has a season because it has such great storage ability; fresh garlic is at its plump, sweetest best in late summer and fall, but is usually available year-round.

- Green onions should have fresh, green tops and firm, slime-free white bottoms. Fresh-looking, pale roots that are still attached to the whites are a good sign, too.

- Lemongrass has a heavenly lemon-esque aroma that includes a whiff of ginger and the heady scent of tropical flowers. Think of it as perfume for your food.

- Onions come from storage all year round, but most onions are harvested in late summer through the fall.

- Spring Onions are available in late Spring/early summer in some areas.

- Sweet Onions have slightly different seasons depending on type and region, but in general, they are available in spring and summer.

Culinary Highlight: Vegetables and Fruit

While seasonal and digestive health may require variations in the preparation of raw or cooked vegetable and leafy green, you should try to offer at least half your plate to a variety of these nutrient-rich powerhouse foods. Cooking vegetables can decrease some nutrient properties yet bring about a more digestible product where other nutrients are easier for the body to absorb. Additionally, raw vegetables offer rich intact nutrients and some enzymes that are lost with cooking. This is why you need both.

Do not forget to honor the seasonal influences and offering when it comes to vegetables. It may be beneficial to eat mostly cooked vegetables with raw items sprinkled throughout your meals like condiments when the weather is cold and then reverse this approach when the weather is warmer.

Culinary Tip

Copy the grocery store if you are unsure of how to best store your vegetables. For example, potatoes, onions, garlics and squashes do best in a cool dry (and dark) location rather than in the refrigerator.

Cooking Vegetables

General Tips for Cooking Vegetables

- Always wash and scrub vegetables before preparing for use in cooked or raw forms.
- As often as possible keep the vegetable peels intact to enjoy the full benefit of nutrients from that plant.
- Cook vegetables for a longer period to enhance their sweet flavors and make them more easily digestible. Please note longer cooked dishes have a more warming effect on the body and are therefore well suited for colder weather.
- Season and garnish vegetable dishes for an extra punch of phytonutrients and to entice eye hunger. For example, garnish dishes with scallions, parsley and herbs.
- Steam or waterless cooking preserves nutrients the best. Steam or sauté green vegetables, such as kale, Brussels sprouts, broccoli, or asparagus, until color changes to a bright green and they are fork-tender.
- Red, orange, and yellow vegetables do best when baked or steamed. Add some fat, such as olive oil or grass-fed butter, to increase absorption of fat-soluble phytonutrients.
- Fresh, raw vegetables have the highest nutrient concentration. If you only have access to frozen fruits and vegetables, eating them in any form is better than not eating them at all. In fact, frozen blueberries have been shown to retain their phytonutrient content when frozen.
- The skins of apples, cucumbers, and potatoes are full of phytonutrients; keep them intact, if possible.

Batch and Bulk Cooking

One of life's greatest challenges is a lack of time to do the things you want (or sometimes really need) to accomplish. We have all been there, where there is never enough time to work out or fully relax, let alone prepare a nightly home-cooked meal. This may result in relying on the fastest (often unhealthy or processed) meal solutions, including eating out far too often. Unfortunately, research shows that a diet consisting of eating out for the majority of meals contains unhealthy intake of sodium, processed carbohydrates and inflammatory fats, which can contribute to weight gain and other chronic diseases like diabetes and high blood pressure.

Think through breakfasts, lunches, snacks, and dinners that you would like to enjo and realistically would be able to make this week. Use dinner leftovers as lunch the next day, and then freeze whatever is left, divided in portions in glass freezer containers (Glasslock is a great brand). Remember to label your dishes (masking or painter's tape works well) with the name and date, you froze them. In a pinch, you will have a quick and easy meal when you need it! Frozen dishes are good for 5-9 weeks.

Make it easier on yourself by cooking a large batch of some healthy staples, like one grain and one bean of choice, and then you can use that as your base upon which to include fresh ingredients each day. Pick up some whole grain wraps (or large lettuce leaves as wraps!) and some hummus for some helpful lunch versions of your leftovers. A big soup can last for several days, and leftover soup can make an excellent dressing, sauce or base for other dishes! If you cannot cook, consider dining at a whole-food, plant-based restaurant or choose such a dish at one of your local restaurants.

Consider bulk cooking! By adopting the concept of batch cooking, or the "big weekend cook," you can control your time and improve your health at the same time. You are not only cooking delicious and healthy food, but you will also save both money and time.

We recommend planning a batch cook at least once a week that includes at least one variety of food within each anchor food category. Here are some tips and "how to" for building a better cooking and eating routine.

Benefits of Batch Cooking

- Planning ahead eliminates the stress from deciding what to eat for breakfast, lunch, dinner and snacks
- Cooking large amounts at ones results in spending less time in the kitchen throughout the week
- Healthy meals are sitting in your fridge, freezer or pantry, so you won't resort to restaurant meals or takeout
- You will benefit from cooking and eating what you need rather than spend extra money on not so healthy food or snacks when hanger strikes
- Bond with family members and have fun, both when you recruit family members to help and when you later can sit down to a relaxing meal together
- Support your health and wellness goals

Five Steps for Batch Cooking Success

Step 1: Plan Ahead. Get familiar with your calendar and consider your plans for the week? Will you be out with friends or will you be home most nights? How many breakfasts, lunches, snacks and dinners will you plan to cover with your bulk prep? When you are planning your week, do not forget to add some snacks. This is a good way to add some veggies and fruit to your diet. Select your recipes and make a grocery list.

Step 2: Grocery Shop. By having a plan for the week and a grocery list to go with it, you can ensure that you can get most of your grocery shopping done efficiently. Try to avoid being sidetracked by the junk food, often you can purchase everything you need for most healthy meals just by sticking to the perimeter of the grocery store.

Step 3: Food Prep: Wash, chop and do any other pre-cooking tasks for all your items before you start. For example, if you are using garlic for more than one dish, chop up all the garlic at the same time. It is also a good time to cut up vegetables and fruit and store them for snacks.

Step 4: Cook: Review your recipes and configure your best, most efficient approach to cooking. You can make each meal individually or do several meals with similar ingredients at the same time. For example, you can bake two dishes at the same time if the cooking temperature is the same.

Step 5: Store Smart: When the food is cooled, divide the portions into your lunch containers and then store them in the fridge or freezer. It is not recommended to just leave your food in the pot or pan and stick it in the fridge. Not only will this be problematic for controlling the temperature in your fridge when you put something hot in there, you may not stop to portion your meal the way you had originally planned. That makes it easier to just grab and go in the mornings. It is best practice keep a few meals to cover 2-3 days in the refrigerator and store the rest in the freezer for longer keeping and thaw throughout the week, as you need them.

Batch Cooking Tips

- The very most important secret of batch cooking is to keep it simple. Avoid recipes that require too much prep time.
- Stock up on cooking utensils and cookware. Although it may require an upfront cost, buying pots and pans of different sizes or even a slow cooker can help you save time when you are batch cooking. This is also the time to stock up on storage and lunch containers. Glass is recommended for storing foods that are added to it while hot. Before adding any food for storage to plastic containers make sure the food is no longer hot, this can cause plastic to leach chemicals into your food. Therefore, store dishes is plastic once cooled.
- Stock up on favor-rich ingredients. See the appendix for a list of kitchen staples including vinegars, seasonings and other sauces. Alternatively, add other dips or dressings to your plans for batch cooking day or to your grocery store list.
- Many recipes require the same ingredients and by doing all your shopping at once, you will save money by buying in bulk. If you have extra ingredients from your bulk buying, prep them and store them for use the following week.
- Stick to your plan. You have invested time, energy and money into creating a foundation for healthy eating. Reward yourself by sticking to your meals.

Food Safety and Storage

The following guidelines will help you to avoid food-borne illnesses such as *Salmonella* and *E. coli*. Outlined below are tips for grocery shopping, preparing food at home, and dining out.

In the Kitchen

- Use hot, soapy water to wash all dishes, cutting boards, counters, knives, and hands.
- Make a natural disinfectant to clean your sink and countertops: pour 2 cups of water into spray bottle and add 20 drops of tea tree oil, a naturally occurring oil with anti-microbial properties. Then add 2 tablespoons of white vinegar and 1/2 teaspoon of liquid dish soap. Shake well before using.
- Run your can-opener through the dishwasher after each use. It frequently harbors bacteria.
- Replace your sponges frequently (every 2 weeks) and run through the dishwasher or microwave (30 seconds on high) to kill bacteria.
- Be sure to wash the skins of fruits, especially melons, to avoid S*almonella* contamination.
- As needed have 2 separate cutting boards: one for meat and poultry and the other for fresh fruits and vegetables.

Food Preparation

- Wash all produce well with water or a non-toxic produce wash.
- Thaw frozen meats, poultry, and seafood in the refrigerator or in a microwave set to defrost. Do not thaw at room temperature.
- Keep hot foods hot (at 140°F or higher) and cold foods cold (at 40°F or lower).
- Once food is cooked, avoid placing on a plate that may have had raw meat on it.
- Invest in a meat thermometer to make sure you cook each type of meat to the proper internal temperature.
- Bacteria grows rapidly at room temperature, keep all foods cold or hot until ready to eat. Food sitting at room temperature for more than 2 hours should be discarded.

Storing Food

- Put leftovers in the refrigerator right away. Separate large amounts of food into 2 or 3 shallow containers (2 inches deep or less) so it can cool quickly. Leave uncovered until cool, then cover, then refrigerate.
- Keep your refrigerator and freezer cold. Use thermometers to ensure the temperature of your refrigerator is 35-40° F (no higher than 40° F) and your freezer is 0° F or below.
- Regularly clean and disinfect the refrigerator and freezer to prevent bacterial growth.
- Guidelines for Leftovers Stored in a Refrigerator at less than 40° F.

Perishable Food	Keeps up to:
Cooked fresh vegetables	3 days
Cooked grains and pasta	3-5 days
Deli counter or prepackaged meats	3-5 days
Casseroles	3-4 days
Cooked meats (patties, nuggets, seafood), Gravies and broths	1-2 days
Soups and stews	3-4 days

Reheating Leftovers

- Keep hot items heated to over 140° F and completely reheat leftovers up to 165° F before eating.
- When reheating foods in the microwave, be sure to stop and stir a few times during the cooking process to evenly distribute heat within the food. Food should be steaming hot.

Grocery Shopping

- Be sure to check the expiration dates on all foods.
- Avoid cans of food that are dented, leaking, or bulging.
- Cracked eggs can harbor *Salmonella*, a bacterium that can cause food borne illness. Be sure to check eggs for any cracks before purchasing and discard any cracked eggs you find at home.
- To prevent cross-contamination put packaged meat, poultry or fish into plastic bags before placing them in the shopping cart. Keep raw meats on the bottom shelf of your refrigerator to prevent any raw meat from dripping onto ready-to-eat food.

Restaurants

- If unsure about the ingredients in a particular dish, ask before ordering.
- Choose restaurants that are clean and make foods fresh to order.

Quick Culinary Tips: Transforming Your Leftovers

When you cook, take into consideration how much time you will have during the upcoming week for food prep. If you are very busy then you generally want to prepare a lot at one time because of the time involved. Cooking a big batch at once will save time and energy, so be ready with containers to store the surplus. Beans and grains freeze well and will keep for months in a regular freezer. If you did not prepare enough for storing, but still find yourself with leftovers, search your recipes for dishes in which you can recycle your leftovers!

Cooked Grains

1. Whole Grain Breakfast Bowl

1/2 cup cooked leftover grain
cover grain with water
Pinch of sea salt

Options to add:
¼ cup fresh fruit, such as apple, pear, peach, mango, or other seasonal fruit, diced
1 Tbsp. seeds or nuts: chia, flax, hemp, sesame, sunflower, pumpkin, almonds, cashews, walnuts, etc.
1 Tbsp. dried fruit: currants, raisins, apricots, persimmons, etc.
1/4 tsp ground cinnamon, allspice, or lemon zest
1 Tbsp. maple syrup (optional - add after removed from heat)
1 Tbsp. almond butter (optional - add after removed from heat)

Put grain and water and any optional ingredients (fresh fruit/dried fruit/nuts/seeds/spices) into a small saucepan and heat on high flame until boiling, stir. Reduce heat to low, cover and simmer until creamy. Stir in nut butter or maple syrup after cooking, if using.

2. Make a loaf

Grains can be combined with leftover veggies, new spices, and a blend of flax seeds and water to bind everything together (like an egg). Simply place grain in a food processor and blend until sticky. Toss in shredded veggies, hand mix together thoroughly. Mold thick batter into a lightly greased loaf pan, sprinkle with nuts or seeds at top, and bake at 350°F for 30-45 minutes, depending on size and thickness.

3. Onigiri

Shape your leftover grains into balls or triangles, stuffed with a filling! An onigiri is a savory (salty) compressed ball of rice or other grain that can stick together well, such as millet. It often has a filling or a coating of something savory, such as umeboshi plum on the inside and nori (seaweed) or sesame seeds on the outside.

4. Bake cookies

Grains work well simply stirred into a healthy cookie recipe. Try massaging equal parts cooked grain and ground almond meal (or any finely ground nut) with ¼ the amount of dried, finely chopped fruit, a pinch of salt, and lemon zest or cinnamon. You can also stir in a bit of nut butter (like sunflower butter, tahini, or almond butter) and maple syrup, to taste. Bake in preheated oven at 350°F, for 6 minutes on each side.

Cooked Beans

Leftover beans can be reinvented by using different processing methods and ingredient combinations. Oftentimes you can incorporate beans into recipes in such a manner than no one could tell you used beans at all. Here are a few simple ideas for extra whole beans (note you can even use these ideas for the first round as well).

Combination Ideas – Soups, Salads, Bowls.

- Soups are so simple to make with beans, just add a variety of veggies and some seasoning.
- Throw leftover beans in a tossed salad.
- Build a balanced bowl with beans, whole-kernel (freshly prepared or leftover) grains and a variety of fresh and/or cooked vegetables.

Changing It Up – Spreads, Dips, Sides and even Dessert.

- Substitute mashed beans for refried beans in Mexican dishes.
- Hummus is simple to make with leftover beans. Blend beans with tahini, scallions and garlic to create.
- Blend beans with your favorite spices and some water to simply transform it into a tasty dip.
- Mashed beans make a great filler in baked items, usually lessoning the amount or even replacing oil.

Other Combo (Grains and Beans) Leftover Ideas

1. Throw together a soup.

This is the best way to use virtually any leftover. Add whole pieces of leftovers in a ratio of 1:2 (depending on desired thickness/chunkiness) to broth, or blend for a creamy consistency. Add new spices to change the flavor profile (ex: Asian dish from last night to a Southwest flavor tonight or vice versa).

2. Make veggie burgers.

1 ½ cup cooked beans
½ cup cooked veggies or raw shredded veggies
½ cup cooked grains or oatmeal
1 tsp garlic powder
1 tsp chia or ground flax seeds - (blend with ¼ cup water to create an egg like consistency to bind the burger together with)

Options to add: *chili powder, cumin, Thai chili or hot sauce*

Mash or food-process all ingredients together until sticky. Divide mixture into patties; dampen hands with water so that batter does not to your skin. Place patties on lightly oiled OR parchment paper-covered baking sheet, and bake in preheated oven at 350°F for about 10 min on each side. Alternatively, pan fry in a sauté pan, start with a small amount of sesame oil and a hot pan, and cook over medium high heat, brown on both sides. *Note: *This recipe can be prepared with 2 cups of grains or beans, in place of combining the two.*

3. Bake a casserole.

These are just like veggie burgers; the only difference is that the ingredients are pressed into a lightly oiled or parchment-paper-lined baking dish. Serve each slice with a drizzle of gravy easily made with sautéed onions and a broth thickened with kuzu or arrowroot starch (dissolve first in cold water), seasoned with spices like thyme or rosemary, shoyu/tamari or sea salt.

Feature: Batch Cooking Meals and Side Dishes

Braised Kale with Garlic and Capers

- 10 garlic cloves, thinly sliced
- 2 tablespoons water or avocado oil
- 4 teaspoons capers, drained
- 1 pound kale-destemmed, washed, and cut into inch pieces
- ½ teaspoon sea salt
- ¼ cup water
- 1 teaspoon balsamic vinegar
- ground black pepper

Directions:

1. Heat water or oil over medium heat in a large frying pan and add garlic. Sauté until golden brown, about 2-3 minutes. Add capers and sauté for another minute.
2. Add kale, salt, black pepper, and water. Use tongs to toss kale, pushing uncooked leaves to the bottom until all the greens are wilted.
3. Cover and simmer until kale is tender, about 5 minutes. Remove cover and turn up heat until liquid is evaporated.
4. Remove pan from heat and add the vinegar. Serve immediately over quinoa or brown rice.

Root Vegetable and Fennel Extravaganza

- 5 small beets
- 3 big carrots
- 2 parsnips
- 1 fennel bulb
- 2 tablespoons avocado oil
- ½ teaspoon sea salt

Directions:

1. Preheat oven to 425 degrees. Rinse and scrub beets, carrots, and parsnips.
2. Chop vegetables into 2-inch pieces and finely chop fennel bulb. Lightly coat vegetables with oil and sea salt and transfer to a baking dish.
3. Bake covered for 30 minutes. Uncover and bake for 15 minutes.

Carrot and Cabbage Salad

- 1 head of red or green cabbage (finely sliced)
- 2-3 carrots (shredded)
- 1 bunch of scallions (diced small)
- 1 teaspoon of crushed ginger
- 1 bunch of cilantro (chopped)
- ½ cup apple cider vinegar
- 1 orange, lime, or lemon (juiced)
- 2 tablespoons shoyu, tamari or liquid aminos
- ¼ cup extra virgin olive oil

Directions:

1. Mix all ingredients together and enjoy.

Split Pea Soup

- 1 cup split peas
- cup butternut or kabocha squash, diced
- 1 cup onion, diced
- 1 teaspoon sea salt

Directions:

1. Rinse split peas and place in medium size pot. Add 6 cups water.
2. Bring to boil over high flame, add pinch of salt, reduce flame to low, simmer 45 min.
3. Add vegetables, let simmer 10 min.
4. Place in blender, blend until smooth.

Wild Rice Salad with an Orange Emulsion

- 1 cup wild rice
- ½ cup raisins
- ½ cup celery
- ½ cup red onion
- 2 cups orange juice
- 3 tablespoons olive oil
- Pinch of sea salt

Directions:

1. Wash and strain rice
2. Add 2 cups water to pot and a pinch of salt
3. Bring to boil over high flame
4. Turn flame to low, cover and cook 45 min
5. Place rice in a large mixing bowl
6. Once rice has cooled, add raisins, celery and red onion

Orange Emulsion:

1. Place orange juice in a small pan and over high flame bring to boil. Reduce to medium high and cook down 75%.
2. Place hot orange juice reduction in a blender and emulsion it with olive oil, little by little then add water slowly until desired consistency.
3. Add dressing to salad and mix; serve over a bed of green leaf lettuce.

Meal-In-One Soup

- 1 cup whole grain, cooked (ex. rice, barley, quinoa)
- 1 tub extra firm tofu, diced small
- 4 dried shiitake mushrooms
- ½ cup leek, sliced thin
- ½ cup daikon, sliced in thin quarter moons
- ½ cup cabbage, sliced
- 3 Tbsp wakame, cut/crushed into small pieces

- 2 Tbsp. sesame oil
- ¼ cup shoyu/tamari
- 2 scallions, sliced thin
- 2 Tbsp. parsley, chopped

Directions:

1. Between two small bowls soak 4 shiitake mushrooms in water for 10-20 min, until soft
2. Remove shiitake from water, slice mushrooms thin, save soaking water, set both aside.
3. In a large pot heat oil over a high flame. once oil is hot add mushrooms, leek, daikon and cabbage, sauté 2 min. add 5 cups water, shiitake soaking liquid and wakame, bring to a boil
4. Add tofu and grain, bring to a boil, reduce heat to medium low, simmer 10 min. add soy sauce, cook 5 min.
5. Garnish with scallions and parsley to serve

Millet Loaf with Onion Gravy

- 1 cup millet
- 4 cups water
- 2 cups yam, diced
- 1 tablespoon umeboshi paste
- sesame oil
- 4 cups onion, sliced thin
- Tbsp. shoyu/tamari
- Tbsp. kuzu

Directions:

1. Combine millet, yams and water in a pot.
2. Bring to a boil over high heat, add pinch salt.
3. Cover, reduce heat to low, simmer 45 min.
4. Add umeboshi paste, mix thoroughly.
5. Place in 9x13 baking dish, set aside to cool.

Medicinal Mushroom and Broccoli Sauté with Arame

- ½ cup arame
- 1 tablespoon tamari or coconut aminos
- 1 teaspoon mirin
- 1 teaspoon sesame oil
- 2 shallots, diced
- 2 cups button mushrooms, thinly sliced
- 1 carrot, sliced into matchstick-shape pieces
- 3 stalks broccoli, florets and stems diced
- 2 tablespoons sunflower seeds, lightly toasted

Directions:

1. Rinse arame well and set aside. It will soften in a few minutes without soaking. Place arame in a small saucepan with enough water to cover halfway.
2. Bring to a boil, cover, and cook over low heat for 15 minutes.

6. refrigerate, when cold cut into square individual portions 7. Warming & Serving Options: steam, pan fry, toast or bake in oven until crispy Onion Gravy: 1. In a sauce pan warm a small amount of oil over high flame. Once oil is hot add onions, sauté 3 min. 2. Reduce heat to medium low, cook 10-15 min, add shoyu/tamari, stir. 3. Add 1 cup water, bring to a boil over high heat. 4. In a separate dish dilute kuzu with a small amount of cool water. 5. Add diluted kuzu to pot while stirring, cook 5 min.	3. Season lightly with tamari and mirin and cook until all the liquid has been absorbed. 4. Heat the oil in a skillet over medium heat. Add the shallots and cook, stirring until translucent-about 5 minutes. 5. Add the mushrooms and cook, stirring until wilted. Add the carrots and cook, stirring for 1-2 minutes. 6. Finally, stir in broccoli and season lightly with tamari or shoyu. Cover and cook over low heat until broccoli is bright green, crispy, and tender-about 4 minutes. 7. Stir in arame and sunflower seeds. Transfer to bowl and serve warm.

Activity: Meal Planning

TIME	BREAKFAST	LUNCH	DINNER	SNACK(S)	BEVERAGES
Day One					
Day Two					
Day Three					
Day Four					
Day Five					
Day Six					
Day Seven					

Notes:

Shopping List

Grains/Legumes	Fresh Vegetables/Herbs	Fresh Fruit	Spices

Canned Goods		Nuts/Seeds	Condiments

Frozen Foods	Miscellaneous	

Appendix

Basic Cooking Techniques

Baking

- Technique: Food is placed in dish or pan and then put in a pre-heated oven surrounding the food with dry heat. Oven temperature is usually 300-350 degrees F. Food may be covered or uncovered.
- Tools: baking dish, baking sheet or pan, parchment paper or silicone baking mat, oven mitt.
- Learn More: https://www.youtube.com/watch?v=2lsDH7Lmw-0

Blanching

- Technique: Food is plunged into a large quantity of rapidly boiling water briefly, then into cold or ice cold water to stop the cooking process. Blanching is used to firm the flesh and to heighten and set color and flavor.
- Tools: stainless steel or ceramic stock pot, large bowl (for ice water), slotted spoon or strainer ladle.
- Learn More:https://www.youtube.com/watch?v=iW29Peruj-0, https://youtu.be/xHIm1oir27c?si=AT6fuaBr-LJTwpMr

Boiling

- Technique: Food is immersed in hot liquid that has reached the boiling point of 212 degrees F, or where the liquid bubbles on the surface profusely. Always keep the pot uncovered while boiling. The boiling point is lower at higher altitudes (2 degrees F per 100 feet above sea level). One teaspoon of salt per quart of liquid raises the boiling point.
- Tools: stock or saucepot, large bowl (for ice water if using), sotted spoon or strainer ladle.
- Learn More: https://www.youtube.com/watch?v=0TqRX3p-Gw4

Braising

- Technique: Food is quickly caramelized in a high-quality fat, and then cooked in flavored liquid or water at low heat for a longer period. This second step can take place on the stovetop or in the oven. The pan or skillet is usually covered unless a reduction of the liquid is desired.
- Tools: large pan with lid, wood spatula.
- Learn More: https://www.youtube.com/watch?v=-HDhwnVcgaI https://www.youtube.com/watch?v=pZLJzCR-vTE

Broiling

- Technique: Food is cooked from a heat source located above (e.g. oven), rather than below (e.g. stove) the item. This technique is a high-heat environment and typically does not take long.
- Tools: oven (standing or counter-top), heatproof baking sheet or dish, oven mitt, spatula.
- Learn More: https://youtube.com/shorts/SRVS-JhdzXQ?si=OSnjba8lYcJmdQsr, https://www.youtube.com/watch?v=NwDKnK89w98&t=30s

Marinating

- Technique: Pouring a seasoned liquid that contains an acidic substance (such as citrus juice, wine or vinegar) over food and allowing it to set for a portion of time so that it absorbs the flavor. This technique tenderizes and flavor-infuses foods and may partially cook fish. Follow recipe time guidelines to prevent excessive breakdown of tissue.
- Tools: large bowel or baking dish with lid or something to cover while marinating.
- Learn More: https://www.youtube.com/watch?v=g1eiptiSbtM

Par-Boil

- Technique: Similar to boiling only this method is used as a preliminary or incomplete boil typically for ingredients that will be further cooked by another method. Simply add food to boiling water, allow to cook briefly then remove and allow to cool.
- Tools: stock or saucepot, large bowl (for ice water if using), sotted spoon or strainer ladle.
- Learn More: https://www.youtube.com/watch?v=_Ndn_on9LjE

Poaching

- Technique: Cook food gently in liquid just below the boiling point when the liquid surface begins to show some quivering movement (160 – 180 degrees F.). The amount of liquid usually depends on the food being poached, but should be enough to completely submerge the food. A lid or cover is optional.
- Tools: stainless-steel saucepot, slotted spoon or strainer ladle.
- Learn More: https://www.youtube.com/watch?v=LicSL3XJXAI https://www.youtube.com/watch?v=RlG4tSD89ao

Puree

- Technique: Food is blended mashed or ground into a smooth liquid or paste. Learn More: https://youtube.com/shorts/O5BjViai6LY?si=6vq-B0W0CFTVlvoi

Roasting

- Technique: Food is cooked in the oven in an uncovered pan. The oven temperature is usually 400-450 degrees F. Roasting usually produces a well-browned exterior and ideally a moist interior.
- Tools: baking sheet, spatula, oven mitt.
- Learn More: https://www.youtube.com/watch?v=NCHnpfbD894

Sautéing

- Technique: A small quantity of fat is added to a heated pan. Start with food at room temperature, dry on the surface, and cut to desired size and shape is added to the oil. The pan and food are kept in motion and the food is quickly seared to prevent loss of juices. No salt is added and the food stays crisp. Sauté literally means, "to jump." Alternately, the food can be "sweated" by keeping the temperature lower and adding salt. This results more moisture and no browning. If the food is kept on the heat with no lid, the moisture will eventually dissipate and the sugars in the food will begin to caramelize.
- Tools: sauté pan, spatula.
- Learn More: https://youtube.com/shorts/1BiNdaktyZA?si=bMIanDMEnteQbbZR

Seasoning

- Technique: Add spices to food to enhance flavor. Please consult with care team to discuss appropriate use of salt.
- Tools: stocked spices and dried herbs.
- Learn More: 1. https://www.youtube.com/watch?v=okmYclmtb_o 2. https://www.youtube.com/watch?v=5rYeWeAYCF0.

Simmering

- Technique: Food cooks in a liquid with bubbles barely breaking on the surface (usually 185-205 degrees F.). Food and liquid are usually brought to a boil and then the heat is lowered until the food simmers. Simmering is usually done with the lid on the pot. The French refer to a low simmer as "making the pot smile."
- Tools: stock or saucepot with lid, spoon.
- Learn More: https://www.youtube.com/watch?v=yij7fPSezS0

Slicing

- Technique: To cut food into smaller pieces using a sharp instrument, usually a knife.
- Tools: Chef's Knife - The most important knife in your toolbox is the chef's knife.
- Learn More: https://www.youtube.com/watch?v=G-Fg7l7G1zw https://www.youtube.com/watch?v=The6vuJocTI

Soaking

- Technique: Place food in a bowl and cover with liquid so that food will swell or re-hydrate by absorbing the liquid. Soaking enhances the digestibility and nutrient-availability of many foods.
- Tools: large glass or ceramic bowl, strainer or colander.
- Learn More: https://www.youtube.com/watch?v=xu8mjNARsAY, https://youtu.be/RMwWgpd2_cI?si=f5LTrUjLI_LLreI1

Stir-Fry

- Technique: Stir-frying is traditionally done in a wok, which works well because of its conical shape; however, a skillet can also be used. The wok or skillet is coated with a small amount of fat and brought to a high heat. The food, which takes the longest to cook, will go in the cooking vessel first and so on with the food, which takes the shortest cooking time last. Food is kept moving briskly in the pan for 3-8 minutes depending on the ingredients. Stir-fried food may be splashed with ice water to halt cooking process or liquid may be added at the end to create a sauce.
- Tools: high-heat skillet or wok, spatula.
- Learn More: https://www.youtube.com/watch?v=kObfYtwoyeM,

Steaming

- Technique: Food is placed in a perforated container that is suspended in a pot above boiling or simmering liquid and covered. Food is cooked by the steam rising off the cooking liquid, and does not actually come in contact with the liquid.
- Tools: stockpot with lid, steamer insert or steam basket, tongs or slotted spoon.
- • Learn More: https://www.youtube.com/watch?v=kObfYtwoyeM

Steeping/Infusing

- Technique: Boiling liquid is poured over food. Container is covered and food is left to stand on very low heat or at room temperature until liquid has been absorbed.
- Tools: heatproof bowl, mug or pot.
- Learn More: https://www.youtube.com/watch?v=qhjkmWs8dg4

Thicken

- Technique: Different thickening agents can also be added to a simmering liquid in order to thicken it.
- Tools: agar (a sea vegetable that actually gels liquid), arrowroot (a tropical plant whose tuberous root is dried and ground into a fine powder), kuzu (dried root of the kuzu or kudzu plant noted for its medicinal effects), tapioca (a starchy substance derived from the root of the cassava plant) and various flours. Cornstarch, which is made by using a multi-stepped refinement process, is rarely used and not recommended.
- Learn More: https://www.youtube.com/watch?v=dH-BrZ5v3y8, ttps://youtube.com/shorts/JSfYwZd9EGI?si=7G2NCVZ6ST2TFnt7

Stocking Your Pantry

Here is a list of items you can use as a guide in stocking your kitchen (note that certain ingredients may not be appropriate for everyone, depending on individual health needs and personal preference). From here, you would add a selection of whole grains, beans and legumes, and seasonal vegetables and fruits.

Bread and Pasta (optional):
Brown Rice Pasta
Essene bread
No-yeast whole grain sprouted bread
Soba (buckwheat) noodles
Whole grain sourdough bread
Whole grain shells, pasta, and udon noodles

Condiments:
Brown rice vinegar
Chutney, Hummus, Mustard, Salsa
Sea salt
Tekka (miso condiment)
Umeboshi vinegar

Fermented foods (keep most refrigerated):
Kim chi (naturally prepared)
Miso (many varieties: barley, brown rice, etc.)
Pickles (naturally prepared)
Sauerkraut (naturally prepared)
Shoyu (does NOT require refrigeration)
Tamari (does NOT require refrigeration)
Tempeh
Umeboshi (plums or paste)

Oils (organic cold-pressed, keep protected from air, heat, and light in a tightly-sealed jar or bottle)
Avocado
Almond
Coconut
Flax
Olive (extra virgin)
Sesame oil (toasted or untoasted)
Walnut oil

Seeds and nuts (soaked and toasted): Almonds, Cashews, Chia seeds, Hemp seeds, Macadamia, Pumpkin seeds, Sesame seeds (black/tan, hulled/unhulled), Sunflower seeds, Walnuts

Seaweeds (dried): Agar, Alaria, Arame, Digitata, Dulse, Hijiki, Kombu, Nori, Wakame

Herbs, spices and blends (dried and/or fresh):
Adobo spice blend
Bay leaves
Black pepper
Cayenne pepper
Chili powder blend
Cinnamon
Coriander
Cumin (whole seeds or ground)
Curry powder blend
Dill
Fennel seeds
Fenugreek
Garam masala blend
Garlic powder
Herbes de Provence blend
Ginger
Marjoram
Mustard seeds
Nutmeg
Oregano
Paprika, smoked
Parsley
Poultry seasoning
Rosemary
Sage
Spike (seasoning blend)
Thyme
Turmeric
Wasabi
Za'atar (blend of herbs, sesame seeds, and sea salt)

Sweeteners:
Barley malt
Blackstrap molasses
Coconut sugar or date sugar
Dried organic fruits (dates, figs, apples, unsulfured apricots, blueberries, cherries, raisins, etc.)
Fruit juice (organic apple, grape, pear, etc.)
Maple syrup or Yacon syrup

Thickeners: Agar, Arrowroot, Kuzu or Tapioca

Glossary

Nutrient-Dense – the ratio derived by dividing a food's contribution to nutrient needs by the contribution to energy needs. When its contribution to nutrient needs exceeds its energy contribution, the food is considered to have a favorable nutrient density. Moreover, on the opposite end, if the energy contribution overwhelms any nutrient contribution, the food is considered nutritionally "empty". Examples of nutrient dense foods include nuts, seeds, liver, red meat, seafood, dried fruit, quinoa.

Processed – the term "processed" is used to describe any change applied to the food. For example broccoli that has been steamed, tomatoes that have been canned, oats that have been steamed and rolled. All of the original edible parts of the food may or may not be present.

Refined – all refined foods have been processed. Refined is defined in this class as a food that has had one or more of its original edible parts removed. For example: White flour has the bran, aleurone layer, and germ of the whole-wheat kernel removed; orange juice has the membrane and pulp of the orange removed.

Whole foods – Foods consisting of a single unprocessed ingredient (i.e. blueberries), or a mixture of minimally processed ingredients (i.e. steamed vegetable medley). Foods as they exist in nature with all or most edible parts maintained.

Plant based diet – Plant foods constitute *most* of one's diet. A plant-based diet can align with vegetarian or vegan meal patterns but is not necessarily synonymous.

Whole food plant based (WFPB) diet – an eating style that emphasizes food that is whole, minimally processed, and of plant origin.

Microbiome – all the species of microorganisms (bacteria, yeast, fungi, and viruses) present within an individual's body and their environment.

Microflora, gut flora – the microbiota in the lower gastrointestinal tract (colon)

Fall/Winter Recipes

Class 1

Miso Soup (single portion)

1 tsp miso
1/2 Tbsp wakame (seaweed), cut into small pieces or crumble
2 Tbs or more vegetables, cut small or shredded
1 tsp scallion, sliced thin
1 tsp parsley, chopped

- place wakame in small pot with 1 cup water
- over a high flame bring to a boil
- add vegetables to pot, reduce heat to medium high, simmer 3-5 min
- in a separate dish dilute miso with a small amount of broth
- lower flame to low and add miso, DO NOT BOIL ONCE MISO IS ADDED!
- cook until the miso is “blooming” in the pot
- garnish with scallions and parsley to serve

Steamed Greens

1 bunch greens (kale, collard, mustard greens, Chinese cabbage, bok choy, etc.)

- clean greens, separate leaves from stems
- over a high flame bring your steamer up to boil
- place stems in bottom of pot
- add a layer of leaves to pot, steam leaves until color shifts bright green
- place cooked greens on cutting board
- place next round of leaves in steamer... repeat
- steam stems until tender
- cut greens and stems to serve

Seed & Herb Dressing

½ cup raw or roasted seeds
¼ cup parsley
¼ cup scallions
3 Tbs brown rice vinegar

- wash and drain seeds, in a pan over medium high heat dry roast seeds
- combine all ingredients in blender, add water to desired consistency

Whole Grain Salad with Blanched Veggies

1 cup whole grain (ex. quinoa, brown rice, barley, buckwheat, rye, hato hugi, etc.)
1 cup veggies, (choose at least one from below ground, one from above ground)
sea salt

- rinse quinoa, combine with water in a medium size pot
- bring to boil over high flame, cover, place flame tamer
- reduce heat to low, simmer 25 min
- take quinoa off burner, set aside, leave lid on, let sit 5 min
- place quinoa in large mixing bowl
- vegetables may be added raw or blanched individually
- add salt, toss

Hearty Bean Salad

1 cup kidney beans
1/2 Tbsp kombu (seaweed) or pinch
sea salt 1 cup red onion minced
3 Tbs umeboshi vinegar
2 Tbs olive oil
½ cup scallions
1 tsp toasted sesame oil, (optional)

- sort, rinse and strain beans, place in pot, add water and kombu, soak 6 to 8 hrs
- discard soaking water, add 6 cups fresh water
- bring to boil over high heat, reduce heat to medium high, boil 10 min, skim off any foam
- once foaming has stopped, cover, reduce heat to low, simmer 45 min
- while hot - strain beans, place in bowl, add onions, toss
- add vinegar, toss, let sit 5 min
- scallions and oil, toss

Fruit Compote

4 cups fruit, cored (if necessary) and cut in bite size pieces
- optional additions: ½ cup dried fruit, nuts or seeds
sea salt

- add ½ inch of water to the bottom of a medium size sauce pan
- add fruit and any optional ingredients
- bring to a boil over high flame
- reduce heat to low, cover and let simmer 15 min
- add a pinch of salt
- *optional garnish ideas – dry roasted nuts, seeds or oats*

Class 2

Sautéed Greens

1 bunch greens, separate leaves and stems, slice thin
3+ cloves garlic
sesame oil
1 Tbs shoyu/tamari

- in a sauté pan over high heat, add small amount oil
- when oil is hot add onion, sauté stirring frequently, cook until translucent
- add stems, sauté until soft
- add shoyu/tamari, stir
- add leaves, stir, remove from heat once color changes to bright green

Hummus

1 cup dried beans
1/2 Tbsp kombu (seaweed)
½ cup parsley
4 scallions
1 Tbs umeboshi paste 3 Tbs tahini
3 Tbs olive oil (optional) sea salt

- sort, rinse and strain beans, place in pot, add water and kombu, soak 6 to 8 hrs
- discard soaking water, add 8 cups fresh water
- bring to boil over high heat, boil 5-10 min, skim off any foam if needed
- once foaming has stopped, cover, reduce heat to low, simmer until tender
- strain beans, hold onto cooking liquid in a separate dish
- add all other ingredients and a couple pinches salt to food processor, blend
- add cooking liquid while blending to desired consistency

Note: Most popular bean choices for hummus are garbanzo (aka chickpeas), navy, black, and baby lima. All styles of lentils are delicious too, and they don't need to be soaked so your recipe can be off and running without prior planning.

If in a pinch for time use canned beans. Start with 3 cups of beans, strain, keeping liquid. Then skip down to the last two bullets of the directions above.

Millet Mash

1 cup millet
2 cups cauliflower, cut in chunks
sea salt

- rinse millet, place in saucepan with cauliflower and 4 cups of water
- bring to boil over high flame, reduce heat to low, place flame tamer, cover, cook 30 min
- add a pinch of sea salt, mash

Shiitake Mushroom Gravy

4-6 dried shiitake mushrooms
2 cups onion, sliced thin
3 Tbs tamari
1 Tbs kuzu starch

- soak mushrooms in a bowl of water, let sit 15 min
- when mushrooms are soft, remove from pan, slice thin, set aside
- in a pot over high heat add a small amount oil
- when oil is hot, add onion and mushrooms, stir
- lower flame slightly, sauté until onions are translucent
- add tamari, sauté until all liquid has evaporated, 5-10 min
- add 4 cups water
- bring to boil over high heat, reduce flame to low, cover, simmer 10 min
- in small separate dish dilute kuzu with small amount of cold water
- slowly add kuzu to pan while stirring constantly to avoid lumping
- when broth turns translucent, done

Seaweed & Cucumber Salad

4 cups cucumber, cut in bite sized chunks 1
1 Tbsp wakame, crumbled or cut into small
pieces 4 scallions
2 oranges, juice with pulp
2 Tbs sesame seeds, raw or dry roasted
sea salt

- soak wakame in water for 10 min or until soft, remove from water, drain
- rinse seeds, dry roast in sauté pan over medium high heat, until toasted, stirring frequently
- combine all ingredients in bowl, add couple pinches salt, mix well

Sauerkraut

Fermented and fiber-rich foods help to optimize gut flora and overall health. Ancient culinary methods such as fermenting feature bacteria that convert sugar and starch into lactic acid, a process called lactofermentation.

The fermentation process, producing essential amino acids, short-chained fatty acids, beneficial enzymes, certain nutrients and increased bioavailability of minerals.

Sauerkraut and other fermented foods like miso, umeboshi plums, tempeh, and natto help improve gut health by "reseeding" your gut with beneficial bacteria.

Kukicha Tea

Kukicha is a Japanese tea consisting of the roasted twigs and stems of the green tea plant.

Kukicha is also known as "twig tea" and "3 year tea". Getting its nicknames from the twigs it is made of, (stems and branches), that are part of the plant for at least three years before harvesting takes place.

Featuring low caffeine levels of only 0.5 - 1%, kukicha tea can be enjoyed anytime. This tea creates a feeling of grounded-ness, strength and focus with a sweet, creamy, slightly nutty taste.

Kukicha tea has the benefits of green tea, rich in antioxidants, vitamins and minerals. With a very high calcium content this tea makes a powerful, alkalizine food, astringent, and digestive after meals. It may also be used topically for skin breakouts, rashes and troubled skin.

1 Tbs kukicha tea twigs
4 cups water

- In a saucepan bring water to boil over high heat
- Add twigs, reduce flame to low, cover, simmer 20 min

Sweet Vegetable Drink

This is a Macrobiotic remedy for ridding the body of saturated fats deposits and regulating blood sugar. Helps reduce cravings for simple sugars and strong sweets.

½ cup onion, diced small
½ cup carrot, thin quarter moons
½ cup cabbage, diced small
½ cup kabocha or butternut squash, diced small
½ cup corn, fresh off the cob or frozen, OR substitute with ½ cup millet
pinch of sea salt

- in large saucepan bring 5 cups water to boil
- add vegetables
- bring back to boil, cover, reduce heat to low, simmer 20 min
- strain vegetable from liquid
- one cup portion between meals, per day
- store extra broth in a glass jar, refrigerate once cool, warm to serve

Class 3

Massaged Greens Salad

4 cups greens or cabbage, sliced thin
2 cups shredded or sliced thin root vegetables
optional additions: raw or dry roasted nuts or seeds
1 tsp sea salt

- in a large bowl combine greens and root vegetables with sea salt, massage together with hands until greens begin to shift to a brighter color, releasing moisture
- add any additional above ground vegetables, nuts or seeds, toss

Layered Beans & Squash

1 cup beans
1 cup onion
2 cups kabocha or butternut squash, cut in
cubes 2 Tbs shoyu/tamari

- sort, wash and strain beans, put in pot, add fresh water
- bring to boil over high flame, simmer 10 min, skim off foam if needed
- once foaming process has stopped, cover and reduce heat to low
- place a flame tamer under pot, simmer until beans are tender
- remove beans from pot and place in another temporary container
- layer in cooking pot onion, then squash, then beans on top (including liquid last), simmer for 15 min
- add soy sauce, stir

Stir Fry

4 cups brown rice, cooked
½ cup leek or onion, sliced thin
optional additions: above/below ground vegetables - slice thin/shred for quick cooking
sesame oil
2 Tbs shoyu/tamari
½ cup scallions

- add a small amount of oil to a large sauté pan over high heat
- once oil is hot, add leek or onion, sauté until tender
- add veggies, sauté until tender
- add small amount of oil
- add brown rice, stir, let cook until sizzling hot
- add soy sauce, stir

Roasted Roots with Sea Veggies

4 cups root vegetables, cut in bite size pieces
sesame oil
sea salt
optional additions: herbs, whole garlic
dulse or nori seaweed flakes

- pre-heat oven at 350°F
- toss vegetables in a large bowl with oil and a couple pinches of salt
- place in baking pan with a small amount of water in bottom of pan, cover, put in oven
- cook until tender
- remove cover and roast 5-10 min

Fruit Smoothie

1 cup fruit
¼ cup nuts
optional additions: coconut water, super foods, greens
sea salt, pinch

- blend until smooth, adding water slowly until desired consistency

Class 4

Greens Coleslaw

4 cups greens OR cabbage, shredded
1 cup red cabbage, shredded
1 cup carrot, shredded
2 oranges, juiced with pulp
1 Tbs umbeboshi paste
1/4 cup almonds, dry roasted
sea salt

- rinse almonds, add to a sauté pan over medium high heat, dry roast, stirring frequently
- once almonds smell fragrant and are lightly toasted remove from pan, set aside to cool
- in a large bowl toss together greens, cabbage, carrot, nuts and pinch salt, toss
- in a small separate bowl combine orange juice, umeboshi paste, whisk together
- add dressing to salad, toss

Tip: For a creamy coleslaw dressing take ½ cup cashews (or almonds), 1 cup water, 2 Tbs brown rice vinegar and 2 Tbs brown rice syup, blend until smooth

Grain Patties

4 cups whole grain, cooked
½ cup yellow or red onion
1 cup shredded or thinly sliced vegetables, (kabocha/butternut squash, carrot, daikon, etc.)
sea salt

- place 2 cups of grain in a food processor and blend
- in a large mixing bowl combine grain, blended grain, onion and vegetables
- *IF this mix is not sticky enough to hold together*
    - *take 2 Tbs golden flax seeds and ¼ cup of water, blend on high, let sit 5 min, blend*
    - *this "egg" replacer helps stick patty together for cooking, if needed*
    - *add to mixture, combine thoroughly*
- make into patties, use slightly damp hands so grain does not stick while forming
- pan fry in small amount sesame oil over medium high flame, cook until golden on both sides
- OR bake at 350°F on lightly oiled baking sheet for 10 min, flip, bake another 10 min

Grilled Marinated Tempeh and Gravy

1 package tempeh, cut into portion size blocks or triangles
½ cup brown rice vinegar
3 Tbs maple syrup
2 Tbs tamari
2 cloves garlic, minced
1 Tbs rosemary or thyme, dried or fresh
1 Tbs kuzu or arrowroot starch

- place tempeh in a shallow, flat dish
- combine vinegar, maple syrup, tamari, garlic and herbs in a mixing bowl, whisk together
- pour over tempeh and let marinate for 12 - 72 hours, covered in refrigerator
- remove tempeh from marinade
- grill tempeh or pan roast until golden brown on both sides, set aside to serve
- warm marinade in a saucepan over high heat, (add water if running short on liquid)
- in a separate dish dilute kuzu/arrowroot with a small amount of cool water
- once marinade is boiling, reduce heat to medium high
- add kuzu slowly while constantly stirring to avoid lumps
- once kuzu changes color from white to translucent, dish is cooked, remove from heat
- glaze cooked tempeh with sauce to serve

Veggie Au Gratin

4 cups vegetables, (cauliflower, broccoli, squash, pearl onions, potato, yam, etc.)
1 cup pumpkin or sunflower seeds
2 - 4 cloves garlic
sea salt

- preheat oven 350°F
- place vegetables in an oven safe baking dish
- blend seeds, garlic, and a couple pinches of salt with 2 cups water, blend until smooth
- pour over vegetables, cover, bake 30 min
- remove lid, bake 10 min or until golden brown on top and bubbling
- remove from oven, let sit 10 – 15 min before serving

Fruit Water Sauté

4 cups fruit, cut in bite size pieces
1 Tbs kuzu
sea salt

- add a small amount of water to the bottom of a sauté pan
- bring to a boil over high heat
- add fruit, stir frequently, simmer 5 min
- in a separate dish dilute kuzu with a small amount of cool water
- add kuzu and salt to fruit, constantly stirring
- once color shifts from white to translucent, done, remove from heat

Notes: Add raw or roasted nuts and seed to cooking process or use to garnish on top to serve. Create single fruit and combination dishes.

Spring/Summer Recipes

Class 1

Miso Soup (single portion)

1 tsp miso
1/2 Tbsp wakame, cut into small pieces or
use flakes 2 Tbs or more vegetables, cut small
or shredded 1 tsp scallion, sliced thin
1 tsp parsley, chopped

- place wakame in small pot with 1 cup water
- over a high flame bring to a boil
- add vegetables to pot, reduce heat to medium high, simmer 3-5 min
- in a separate dish dilute miso with a small amount of broth
- lower flame to low and add miso, DO NOT BOIL ONCE MISO IS ADDED!
- cook until the miso is "blooming" in pot
- garnish with scallions and parsley to serve

Steamed Greens

1 bunch greens (kale, collard, mustard greens, Chinese cabbage, bok choy, etc.)

- clean greens, separate leaves from stems
- over a high flame bring your steamer water to a boil
- place stems in bottom of pot
- add a layer of leaves to pot, steam leaves until color shifts to bright green
- place cooked leaves aside to cool
- place next round of leaves in steamer... repeat
- steam stems until tender
- cut greens and stems to serve

Roasted Seed & Herb Dressing

1/2 cup seeds (pumpkin, sunflower or sesame seeds)
1/4 cup parsley
1/4 cup scallions
3 Tbs brown rice vinegar

- wash and drain seeds
- in a sauté pan over medium high heat, dry roast seeds, stirring constantly until done
- combine all ingredients in blender, add water to desired consistency

Quinoa & Radish Salad

1 cup quinoa
1 cup radish, shredded
1/2 cup scallions
3 Tbs umeboshi vinegar
2 Tbs toasted sesame oil

- add water until 1" above top of grain level, in bottom of pot
- bring to boil over high flame
- add a pinch of sea salt, cover, place flame tamer
- reduce heat to low, simmer 25 min
- take quinoa off burner, set aside, leave lid on, let sit 5 min
- place quinoa in large mixing bowl to cool, do not stir
- once grain is cool add all other ingredients, toss

French Lentils

1 cup French lentils
1/2 cup carrot, shredded
1/2 cup celery, sliced thin
1/2 cup leek, sliced thin
1/4 cup parsley, chopped
2 Tbs stone ground mustard
1 Tbs brown rice vinegar
1 Tbs olive oil
sea salt

- sort and rinse lentils, put in medium sized pot with 2 cups water
- bring to a boil over a high flame, skim foam if needed
- add a pinch of salt, cover, reduce heat to low, simmer 30 min
- drain lentils, set aside in a large bowl to cool
- in a small pot bring water to a boil, blanch leeks until bright green
- in a small separate bowl combine parsley, mustard, vinegar, oil and a pinch of salt, whisk
- when lentils are cool, add dressing and vegetables, mix thoroughly

Seasonal Fruit Compote

4 cups fruit, cored (if necessary) and cut in bite size pieces
optional additions: 1/2 cup dried fruit, nuts or seeds
sea salt

- add 1/2 inch of water to bottom of medium size sauce pan
- add fruit and any optional ingredients
- bring to a boil over high flame
- reduce heat to low, cover and let simmer 20 min
- add a pinch of salt, stir
- *optional garnish ideas – dry roasted nuts, seeds or oats*

Class 2

Sweet Vegetable Drink

1/2 cup onion, sliced thin
1/2 cup carrot, thin quarter moons
1/2 cup cabbage, sliced thin
1/2 cup kabocha or butternut squash, diced small
1/2 cup corn, fresh off the cob or frozen, OR substitute with ½ cup millet
pinch of sea salt

- in medium size pot add vegetables and 5 1/2 cups water
- over high flame bring to a boil
- reduce heat to low, simmer 20 min
- strain vegetable from liquid
- consume a one cup portion between meals, per day, when craving sweets
- store extra broth in a glass jar, refrigerate once cool, warm to serve

Colorful Massaged Kale Salad

4 cups kale, sliced thin
1/2 cup almonds, dry roasted
1 cup carrot, shredded
3 scallions, sliced thin
1 tsp sea salt

- in a large bowl combine greens with salt, massage together with hands until greens begin to shift to a brighter color, releasing moisture, set aside
- rinse almonds, dry roast in a sauté pan over medium high heat
- add almonds, carrots and scallions to salad, toss

WhiteBeanHummus

1 cup baby lima beans
1/2 Tbsp kombu
3 Tbs parsley, minced
1 Tbs white miso
1 Tbs lemon juice
3 Tbs tahini
sea salt

- sort, rinse and strain beans, place in pot, add water and kombu, soak 6 to 8 hrs
- discard soaking water, add 8 cups fresh water
- bring to boil over high heat, boil 5-10 min, skim off any foam if needed
- once foaming has stopped, cover, reduce heat to low, simmer until tender
- strain beans, hold onto cooking liquid in a separate dish
- in a food processor combine all other ingredients and a couple pinches salt, blend
- add cooking liquid while blending, to desired consistency, blend until smooth
- toss in parsley, mix by hand

Cauliflower Millet Mash

1 cup millet
2 cups cauliflower, cut in large chunks
sea salt

- rinse millet, place in saucepan with cauliflower and 4 cups of water
- bring to boil over high flame, reduce heat to low, place flame tamer, cover, cook 30 min
- add a pinch of sea salt, mash

Shiitake Mushroom Gravy

4-6 shiitake mushrooms
2 cups onion, sliced thin
2 Tbs tamari
1 Tbs kuzu

- in a pot over high heat add a small amount oil
- when oil is hot, add onion and mushrooms, stir
- lower flame slightly, sauté until onions are translucent
- add tamari, sauté until all liquid has evaporated, 5-10 min
- add 3 cups water
- bring to boil over high heat, reduce flame to low, cover, simmer 10 min
- in small separate dish dilute kuzu with small amount of cold water
- slowly add kuzu to pan while stirring constantly to avoid lumping
- when broth turns translucent, done

Cucumber Citrus Seaweed Salad

4 cups cucumber, cut in bite sized chunks
1 Tbsp wakame flakes
4 scallions
1 orange, cut slices into bite size pieces OR mandarin orange slices
2 Tbs sesame seeds, raw or dry roasted
sea salt

- soak wakame in water for 10 min or until soft, remove from water, drain, chop finely as needed
- rinse seeds, dry roast in sauté pan over medium high heat, until toasted, stirring frequently
- combine all ingredients in bowl, add couple pinches salt, mix well

Class 3

Sautéed Greens & Garlic

1 bunch greens, separate leaves and stems; slice stems thin
3 cloves garlic
1 Tbs brown rice vinegar
sesame oil
sea salt

- in a sauté pan over high heat, add small amount oil
- when oil is hot add garlic, sauté stirring frequently, cook until fragrant
- add stems, sauté until soft
- add leaves, stir, remove from heat once color changes to bright green
- add brown rice vinegar, stir, add a couple pinches salt, stir

Adzuki Beans & Squash

1 cup adzuki beans
1 cup onion
2 cups kabocha or butternut squash, cut in cubes
sea salt

- sort, wash and strain beans, put in pot, add 6 cups fresh water
- bring to boil over high flame, simmer 10 min, skim off foam if needed
- once foaming process has stopped, cover and reduce heat to low
- simmer until beans are tender
- place beans and in another temporary pot
- layer in bottom of cooking pot – first onion, then squash, then beans on top
- return to boil, simmer 15 min
- add a couple pinches of salt, stir

Brown Basmati Stir Fry

4 cups brown rice, cooked
1/2 cup leek or onion, sliced thin
optional additions: above/below ground vegetables - slice thin/shred for quick cooking
1/2 cup scallions
sesame oil
2 Tbs tamari

- add a small amount of oil to a large sauté pan over high heat
- once oil is hot, add leek or onion, sauté until tender
- add veggies, sauté until tender
- add small amount of oil
- add brown rice, stir, let cook until sizzling hot
- add tamari, stir

Roasted Roots with Sea Veggies

4 cups root vegetables, cut in bite size pieces
sesame oil
sea salt
optional additions: herbs, whole garlic, dulse or nori seaweed flakes

- pre-heat oven at 350°F
- toss vegetables in a large bowl with oil and a couple pinches of salt
- place in baking pan with a small amount of water in bottom of pan, cover, put in oven
- cook until tender
- remove cover and roast 5-10 min

Fruit Water Sauté

4 cups fruit, cut in bite size pieces

1 Tbs kuzu
sea salt

- add a small amount of water to the bottom of a sauté pan
- bring to a boil over high heat
- add fruit, stir frequently, simmer 5 min
- in a separate dish dilute kuzu with a small amount of cool water
- add kuzu and salt to fruit, constantly stirring
- once color shifts from white to translucent, done, remove from heat

Notes: Add raw or roasted nuts and seed to cooking process or use to garnish on top to serve. Create single fruit and combination dishes.

Kukicha Tea

Kukicha is a Japanese tea consisting of the roasted twigs and stems of the green tea plant.

Kukicha is also known as “twig tea” and “3 year tea”. Getting its nicknames from the twigs it is made of, (stems and branches), that are part of the plant for at least three years before harvesting takes place.

Featuring low caffeine levels of only 0.5 - 1%, kukicha tea can be enjoyed anytime. This tea creates a feeling of grounded-ness, strength and focus with a sweet, creamy, slightly nutty taste.

Kukicha tea has the benefits of green tea, rich in antioxidants, vitamins and minerals. With a very high calcium content this tea makes a powerful, alkalizine food, astringent, and digestive after meals. It may also be used topically for skin breakouts, rashes and troubled skin.

1 Tbs kukicha twigs
4 cups water

- In a saucepan bring water to boil over high heat
- Add twigs, reduce flame to low, cover, simmer 20 min

Class 4

Colorful Cabbage Coleslaw

4 cups green cabbage, shredded
1 cup red cabbage, shredded
1 cup kale, sliced thin
1 cup carrot, shredded
2 oranges, juiced with pulp
1 Tbs umbeboshi paste
1/2 cup almonds, dry roasted
sea salt

- rinse almonds, in a sauté pan over medium high heat, dry roast nuts, stirring frequently
- once almonds smell fragrant and are lightly toasted remove from pan, set aside to cool
- in a large bowl toss together cabbage, greens, carrot, nuts and pinch salt, toss
- in a small separate bowl combine juice, umeboshi paste, whisk together
- add dressing to salad, toss

Another option: For a creamy coleslaw dressing – blend 1/2 cup cashews (or almonds), 1 cup water, 2 Tbs brown rice vinegar and 2 Tbs brown rice syrup, blend until smooth – add to salad, toss

Buckwheat Patties

4 cups buckwheat, cooked
1/2 cup yellow or red onion, diced small
1 cup shredded or thinly sliced vegetables, (kabocha/butternut squash, carrot, daikon, etc.)
sea salt

- to create a binder for the patties, place 2 cups of grain in a food processor and blend
- in a large mixing bowl combine grain, blended grain, onion and vegetables
- *IF this mix is not sticky enough to hold together*
    - *take 2 Tbs golden flax seeds and ¼ cup of water, blend on high, let sit 5 min, blend*
    - *this "egg" replacer helps stick patty together for cooking, if needed*
    - *add to mixture, combine thoroughly*
- make into patties, use slightly damp hands so grain does not stick while forming
- pan fry in small amount sesame oil over medium high flame, cook until golden on both sides
- OR bake at 350°F on lightly oiled baking sheet for 10 min, flip, bake another 10 min

Grilled Marinated Tempeh & Gravy

1 package tempeh, cut into portion size blocks or triangles
1/2 cup brown rice vinegar
3 Tbs maple syrup
2 Tbs tamari
2 cloves garlic, minced
1 Tbs rosemary or thyme, dried or fresh
1 Tbs kuzu or arrowroot starch

- place tempeh in a shallow, flat dish
- combine vinegar, maple syrup, tamari, garlic and herbs in a mixing bowl, whisk together
- pour over tempeh and let marinate for 12 - 72 hours, covered in refrigerator
- remove tempeh from marinade
- grill tempeh or pan roast until golden brown on both sides, set aside to serve
- warm marinade in a saucepan over high heat, (add water if running short on liquid)
- in a separate dish dilute kuzu/arrowroot with a small amount of cool water
- once marinade is boiling, reduce heat to medium high
- add kuzu slowly while constantly stirring to avoid lumps
- once kuzu changes color from white to translucent, dish is cooked, remove from heat
- glaze cooked tempeh with sauce to serve

Veggie Au Gratin

4 cups vegetables, (cauliflower, broccoli, squash, pearl onions, potato, yam, etc.)
1 cup pumpkin or sunflower seeds
4 cloves garlic
sea salt

- preheat oven 350°F
- place vegetables in an oven safe baking dish
- blend seeds, garlic, and a couple pinches of salt with 2 cups water, blend until smooth
- pour over vegetables, cover, bake 30 min
- remove lid, bake 10 min or until golden brown on top and bubbling
- remove from oven, let sit 10 – 15 min before serving

Fruit Smoothie

1 cup fruit
¼ cup nuts
optional additions: coconut water, super foods, greens
sea salt, pinch

- blend until smooth, adding water slowly until desired consistency

Sauerkraut

Fermented and fiber-rich foods help to optimize gut flora and overall health. Ancient culinary methods such as fermenting feature bacteria that convert sugar and starch into lactic acid, a process called lactofermentation.

The fermentation process, producing essential amino acids, short-chained fatty acids, beneficial enzymes, certain nutrients and increased bioavailability of minerals.

Sauerkraut and other fermented foods like miso, umeboshi plums, tempeh, and natto help improve gut health by “reseeding” your gut with beneficial bacteria.