

Everyday Healing

10 Recipes for a More Veggie-ful Life

One of the first items on most people's "Get Healthy" To Do list is to eat healthier, which usually includes eating more vegetables, and which is often seen as a chore. Vegetables get such a bad rap; it breaks my heart. When we think of comfort food, we usually think of mac-n-cheese, burgers, ice cream and pizza. But, if you make a salad right - with some delicious healthy fats and full flavors, I promise you, that can become your comfort food, too.

I'm going to share with you two tips and 10 delicious recipes to help make satisfying vegetables a regular part of your diet. Dive in and enjoy!

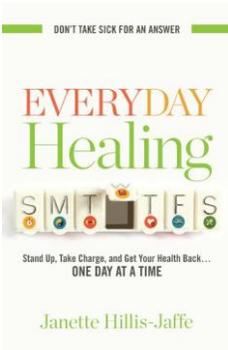
To your health!

Janette

TIP 1: Make Delicious Dressings

We have guests over for a meal almost every week. Virtually every time I hear some variation of: "How did you make this salad dressing? It's amazing! I'm eating more salad than I have in months because I just want to suck this dressing down." That's the first trick to eating more vegetables, especially fresh ones – great dressings.

Delicious dressings can turn any salad into a satisfying, mouth-watering meal, and double as dips for veggies too. You can make a big batch in just 10 to 15 minutes and use it for five or six days. The three recipes in the following pages have all kinds of healing properties as well. On the other hand, store-bought dressings tend to have a lot of sugar and preservatives. They also



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just don't taste as good. Nothing that has been processed and sat in a bottle for months is going to make fresh vegetables taste so good that you eat two bowls of salad just to get more dressing. That happens at our house all the time.

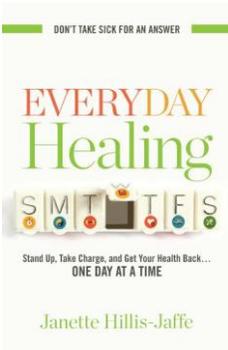
TIP 2: Be Adventurous

Don't be afraid of new ingredients. This is an important principle when trying to eat healthier (or accomplish anything, right?)

For years, I would look in cookbooks and be put off by any recipe that contained even one item that was unfamiliar to me. How would I find it? What if my store didn't have it? What if I didn't know how to use it? What if I didn't like it? Whine. Whine. Whine.

Don't be like me. It's just food. If you want to get healthy, you're probably going to need to do some things differently. Buying new foods will probably be one of them. Embrace the adventure. Ask friends who know more about food than you. Read about the ingredient online. Ask for help at the grocery store.

Remember that, as my ten-year-old taught me, "Mistakes teach you." Experiment and Enjoy!



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RECIPE 1: Garlic Mustard Dressing

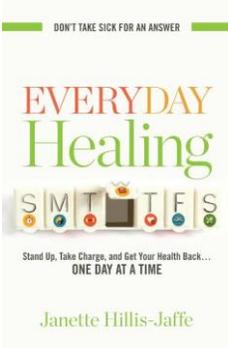
This is also known as Hippocrates Dressing because it is based on the house dressing at Hippocrates Health Institute in West Palm Beach, Florida. Garlic is nature's antibiotic. It has so many healing properties, it would take a book to describe them all. To sum it up, it has antibacterial, anti-viral and anti-inflammatory properties. It is used to fight cancer, fight infections, and help stabilize blood sugar in diabetics, among so many other things. In our house, whenever anybody gets a runny nose or cough, we immediately chop up a few cloves of garlic to go on the next meal. It works like a charm.

PREP TIME: 10-20 minutes (including clean-up)

MAKES: About 2 ½ cups of dressing.

INGREDIENTS:

- 5 tablespoons Braggs Liquid Aminos, un-sweetened soy sauce, or tamari. (*If using soy sauce or tamari, experiment with the amounts, it may be different than using Braggs, which is available at most health food stores and some grocery stores,*)
- 4 ½ tablespoons fresh squeezed lemon juice
- 4 tablespoons water
- 2-3 teaspoons ground mustard. (*This is simply ground mustard seeds and is usually available in any grocery store's spice aisle. Some people like more mustard flavor. Some like less. Feel free to experiment.*)
- 1 dash of cayenne powder
- 1 - 3 cloves of garlic, depending on your taste and their size
- 1 ¾ cups of cold-pressed extra virgin olive oil.



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INSTRUCTIONS:

1. Blend thoroughly all the ingredients, EXCEPT the olive oil, in a blender.
2. Begin blending again and open the top a little so you can drizzle the olive oil down the inside wall of the blender slowly while blending it in. This makes the dressing come out fluffy like mayonnaise and it tastes better.

Recipe 2: Garlic Curry Dressing

This is a two-fer. The recipe for this is almost exactly same as the Garlic Mustard Dressing above. Simply replace the mustard powder with curry powder (available in any grocery store's spice section) and get an entirely different and delicious dressing.

Recipe 3: Tahini Ginger Dressing

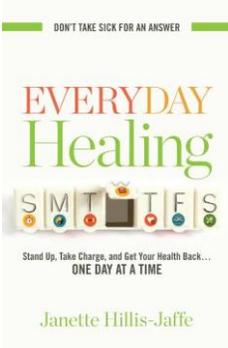
This treat is adapted from a dressing in *Rawsome*, a fabulous raw-foods recipe book by Brigitte Mars. It packs a nutritional wallop as well. Tahini is a sesame seed paste available in most grocery stores. It's used a great deal in Middle Eastern food and is super nutritional. Tahini is a good source of protein, calcium, phosphorus, lecithin, magnesium, potassium, iron, vitamin E and vitamins B1, B2, B3, B5 and B15, and has other health benefits as well.

PREP TIME: 10- 15 minutes (including clean-up)

MAKES: About 2½ cups of dressing

INGREDIENTS:

- ½ cup Bragg's Liquid Aminos (*See note in recipe above.*)



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- ½ cup water
- ½ cup tahini (*Sesame seed paste -- available at most grocery stores.*)
- Juice of 1½ to 2 lemons
- 1 inch of fresh ginger root or more, to taste (*Ginger root is in the produce aisle. Keep it in your freezer and you'll always have it when you need it.*)
- 1 cup of extra virgin olive oil.

INSTRUCTIONS:

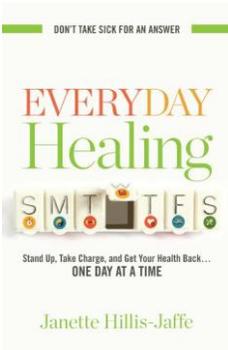
Blend all ingredients thoroughly in a blender.

OR just stir them together in a bowl. However, if you don't blend them, you will need to grate the ginger on the smallest grater holes so that it comes out almost like a powder and can be stirred right in with all the rest of the ingredients.

Recipe 4: Hearty Vegetable Salads

You don't really need a recipe to make a good salad, but here are a few steps you can take to make your salads into meals and get more variety.

- Comfort food usually has protein, fat and salt in it. Put healthy versions of those things in your salads and, bam, you have a filling, satisfying dish. The easiest way to do that is with great dressings. The previous dressing recipes have a lot of good fat and salt and the tahini ginger dressing even has protein.
- Add in some cooked beans or vegetables like chickpeas, white or red beans, lentils, steamed broccoli, peas, or steamed green beans to make the salad feel more like a meal.
- Occasionally add a handful of chopped nuts or half a chopped avocado to give the salad more healthy fat and make it feel more filling.



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- Rotate through your salads a variety of fresh vegetables to give them more color and taste: red peppers, fennel, purple cabbage, radicchio, zucchini, daikon, radishes, carrots, cucumber, celery, parsley, cilantro, and more. Make sure every salad has at least three colors.
- Use a variety of greens. Skip iceberg lettuce entirely because of its low nutritional value and lack of real taste. A hearty salad can have a romaine lettuce base with a handful of mixed greens and some green cabbage thrown in. Other great greens to use are spinach, baby kale, and arugula.

Recipe 5: Souped-up Israeli Salad

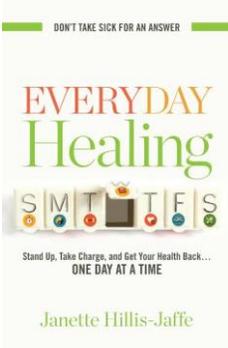
What I call Israeli salad originally comes from a Turkish salad known as shepherd's salad. When Jews began moving to Israel (then called Palestine) in the late 1800's, this salad from their Turkish neighbors became popular because of its easy-to-grow ingredients— cucumbers, tomatoes, onions, and parsley. It has many names and is eaten as a side dish throughout the Middle East. Here, I have added a few ingredients and spices to turn it into a meal on its own. This is a staple in our home.

PREP TIME: 25 minutes

MAKES: 2 large servings or 6 side dish servings

INGREDIENTS:

- 6 small Persian or two large English cucumbers, diced
- 4 medium tomatoes, seeded and diced.



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- 1 red bell pepper, seeded and diced
- ½ cup fresh parsley or cilantro, chopped
- 1 cup cooked chick peas
- ½ cup olive oil
- 2 tablespoons lemon juice (Can substitute apple cider vinegar for different flavor.)
- 2 teaspoons salt
- 1 teaspoon black pepper
- (Optional) 1 tablespoon zatar (Middle Eastern spice)
- (Optional) 1 teaspoon garlic powder
- (Optional) ½ teaspoon cumin

INSTRUCTIONS:

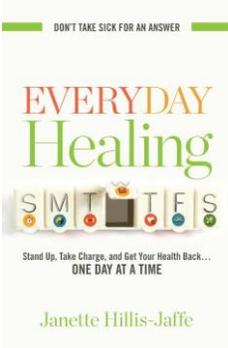
Mix all the ingredients together in a bowl and toss well. Taste and add additional lemon, oil or vinegar, and spices to taste.

Recipe 6: Satisfying Lentil Soup

This is one of my favorite winter soup recipes. It's easy to make and is full of taste, protein, vitamins and minerals, but free of soy, dairy, sugar, gluten, nuts or animal products. Fabulous! If you ever doubted that vegetarian soups can be as mouth-watering as meat-based soups, this recipe will put those doubts to rest. It is adapted from the wonderful "Daily Soup Cookbook" by Leslie Kaul.

PREP TIME: 15-20 minutes of active prep time. 60 – 90 minutes total.

MAKES: 8 servings.



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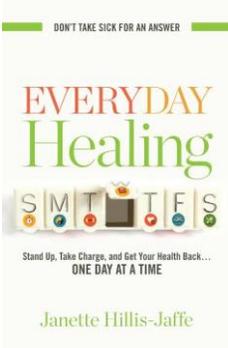
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INGREDIENTS:

- 2 – 3 tbsp extra virgin olive oil
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 carrots, chopped
- 2 stalks celery, chopped
- 2 tsp dried rosemary
- Two bay leaves
- 1 lb dried French lentils (brown), rinsed and checked
- 1 28 oz. can of diced tomatoes
- 8 cups of water
- Salt and pepper to taste

INSTRUCTIONS:

1. In a large soup pot, sautee the onions, carrots, celery and 2 cloves of garlic in the oil on medium heat for about 4 minutes, or until they are soft, without browning them.
2. Add the rosemary, bay leaves, and salt and pepper and stir to coat the vegetables. (You can add more salt and pepper later.)
3. Stir in the tomatoes with their sauce, lentils, remaining two garlic cloves, and water and bring to a boil.
4. Lower the heat to medium-low and simmer, covered, for 30 to 60 minutes or until lentils are soft and to your liking. Check often and add water if necessary so that it doesn't dry out or get too thick.
5. Add salt and pepper to taste.



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RECIPE 7: Fluffy, Flavorful Quinoa

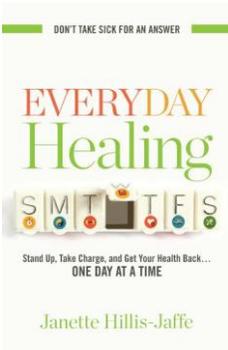
Quinoa (pronounced KEEN-wa) may be very familiar to you, or totally foreign. Either way, it's a great mainstay to include regularly in your diet. It's often thought of as a cereal grain, but is actually a seed that is prepared and eaten like a grain.

It is naturally gluten-free and is packed with protein and vitamins and minerals like iron, B-vitamins, magnesium, phosphorus, and potassium. It is one of only a few plant foods that are considered a complete protein because they include all nine essential amino acids – the exact building blocks of protein that our bodies can't produce. Quinoa also has a high protein-to-carbohydrate ratio when compared to other grain products. By way of comparison, here are some of the nutritional highlights for ½ cup (uncooked) of brown rice versus the same amount of quinoa:

	QUINOA	BROWN RICE
Protein	12 grams	8 grams
Total Carbohydrates	56 grams	80 grams
Iron	20% Daily Value	8% Daily Value
Calories	320	360

Some people say that they don't like quinoa, either because it is bitter or because the grains are hard. If that's the case for you, you may not have had well-prepared quinoa. When it's prepared well it should be light, soft, fluffy, with a very slight nutty flavor, and not bitter at all.

PREP TIME: 5 minutes active prep. 25 minutes total.



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MAKES: 3 cups of cooked quinoa

INGREDIENTS:

- 1 cup uncooked quinoa, rinsed
- 2 cups of water
- Dash of Braggs Liquid Aminos (or tamari or unsweetened soy sauce substitute)

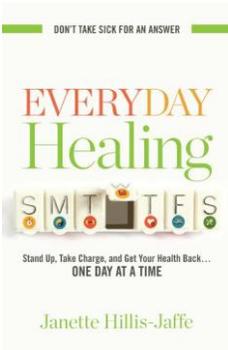
INSTRUCTIONS:

1. Put the quinoa in a bowl or sauce pan and rinse it by swishing it around in cold water, then dumping the water out through a fine mesh strainer about five times, or until the water runs clear. You can do it without the strainer, but you lose a lot of the quinoa. Rinsing the quinoa takes away the bitter taste that many people don't like and gives you a lighter tasting, fluffier grain.
2. Add the quinoa, a dash of Braggs (or substitute) and water to a medium saucepan.
3. Bring to a boil and immediately reduce heat to very low, cover and simmer for 15 to 20 minutes. The quinoa is fully cooked when little "tails" sprout from the grains and all the water is absorbed. Fluff it up with a fork and let it sit for a few minutes before serving.

You can eat quinoa hot with any vegetable dish over it, or you can have it cold with fresh, chopped vegetables and a dressing for a great salad.

Recipe 8: Riceless sushi

Having lived in Japan for a couple of years and worked in two Japanese restaurants, completely giving up white-rice sushi for a couple of years when I was in hard-core healing mode was one



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of the hardest things I did. But, the benefits immensely outweighed the drawbacks. In addition to getting healthier than I have ever been, I now also have this fun, delicious, veggie recipe that I can use any day.

This recipe and the following two are from one of my favorite recipe books - *Raw Food Made Easy for 1 or 2 People* by the fabulous Jennifer Cornbleet.

PREP TIME: 15-20 minutes

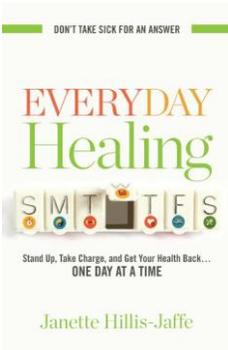
MAKES: 12 pieces of sushi

INGREDIENTS:

- 2 sheets of nori
- 2 teaspoons of mellow white miso (A soy paste available in refrigerated section of health food stores, including Whole Foods, and some other grocery stores)
- 2 cups alfalfa or clover sprouts
- ¼ cucumber, peeled, seeded, and cut lengthwise into thin strips
- ½ avocado thinly sliced
- ¼ cut grated or shredded carrots
- ¼ red bell pepper

INSTRUCTIONS:

1. Lay one sheet of nori, shiny side down, on a bamboo sushi mat (available for a couple bucks at Whole Foods, health food stores and many other locations.)
2. Using the back of a teaspoon, spread the miso paste in a horizontal line somewhere along the bottom third of the nori, closest to you.



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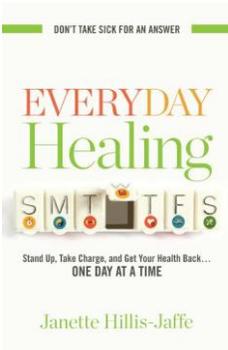
3. Layer half of each vegetable in a line on top of the miso paste.
4. To roll the sushi, grip the edges of the nori sheet and sushi mat nearest you together and lay it over the filling, pressing that filling back towards the back of the roll with your other fingers. Squeeze all that together, then lift the mat and continue rolling. Just before finishing rolling, dip your finger in water and use it to dampen a line across the inside top of the nori sheet. This will seal the seam of the roll. When you have rolled it all the way, squeeze it with even pressure all around to get it into a cylindrical shape. (If you haven't rolled sushi before, it's very easy, and you can watch a Youtube video on how to do it, to get the best technique.)
5. Wet a sharp or finely serrated knife and cut the sushi roll into six pieces.
6. Repeat with the second nori sheet.

Arrange the sushi pieces on a plate and serve with a small bowl of Braggs Liquid Aminos, tamari, unsweetened soy sauce, or another dipping sauce of your choice.

Recipe 9: Garden Wrap

This delicious wrap is basically a sandwich, minus the meat, cheese, bread and mayo. So – it's not really a sandwich at all. I freely acknowledge that eating a wrap in a vegetable leaf instead of a wheat tortilla takes a little getting used to. But, once you do, it packs a lot of taste and nutrients into a small package, is quick to make, and doesn't leave you with the post-meal food coma that comes with a regular sandwich. As noted above, this recipe is from *Raw Food Made Easy for 1 or 2 People* by Jennifer Cornbleet.

PREP TIME: 15 minutes



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MAKES: 1 wrap

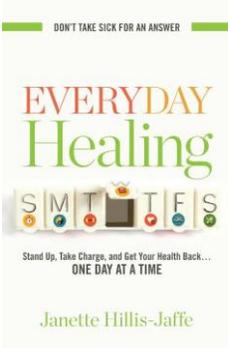
INGREDIENTS:

- ½ cup thinly sliced mushrooms – shiitake or portabella are best, but any are fine.
- 6 thin slices of onion
- 2 teaspoons Braggs Liquid aminos, tamari or unsweetened soy sauce
- 1 medium leaf collard greens
- ¼ avocado, sliced
- ¼ cucumber, peeled, seeded and cut lengthwise into thin strips
- ¼ cup shredded or grated carrots

INSTRUCTIONS:

1. Put the mushrooms, onion and Braggs, tamari or soy sauce in a medium bowl and toss to combine. Massage the liquid into the vegetables using your hands or a wooden spoon.
2. Let mushrooms and onion marinate for 10 minutes, then drain off excess liquid. (You can prep the other vegetables while these are marinating.)
3. Cut off the thickest part of the collard leaf stem and lay the leaf on the cutting board with the stem parallel to you and the underside facing up.
4. Layer the mushrooms, onions, avocado, cucumber, and carrot on the leaf.
5. Roll up the leaf burrito-style, tucking in the ends as you go.
6. Slice the roll in two pieces in the middle and serve immediately.

To add a little extra deliciousness, you can also dip this wrap in one of the salad dressings from previous pages as you eat it.



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Recipe 10: Mango pudding

Here's a special treat for the last recipe –a fast, fabulous, fruity, filling dessert with no added sugar and lots of Vitamins A, B6 and C. This is also from *Raw Food Made Easy for 1 or 2 People* by Jennifer Cornbleet.

PREP TIME: 10 minutes active. 20 minutes total.

MAKES: 2 servings

INGREDIENTS:

- 1 ½ cups fresh or thawed frozen mango chunks
- ½ cup chopped dried mangoes (cut into pieces with mango shears), soaked in water for 10 minutes.
- (Optional) ¼ cup sliced kiwifruit, fresh blueberries, or fresh blackberries.

INSTRUCTIONS:

1. Put the fresh and dried mango in a blender and process on high speed until smooth.
2. Transfer to a serving bowl and top with the kiwifruit or berries just before serving, if desired.

Mango pudding will keep in the refrigerator in a sealed container for three days.