

A Taste of Smith Center: Taking the Art of Good Eating Home

**by:
Laura Pole**



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community. creativity. cancer support.

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A Menu for Getting Started

On the last evening at the Smith Center, we asked you what you were going to take home with you. You realized that you couldn't fit us "chefs" into your bag, but maybe you decided to add some delicious health supportive foods to your repertoire. I am always thrilled to hear this, and want you to be able to do this in a way that fits easily into your life. If you're not already used to having whole foods in your eating plan, then I suggest you take it slowly. I was at a similar turning point years ago, and here's what I did.

Back in 1992, I knew I had to eat healthier foods. But, I was working 10 hours a day at the hospital, commuting an hour each way, and traveling twice a month to perform music. I was also reckoning with daily persistent pain. How in the world was I going to learn how to choose and cook food that was "good for me"? I didn't know much about eating a whole foods, plant-based diet back then, and I didn't want to be overwhelmed.

I bought a couple of low fat as well as vegetarian cookbooks. I learned to make one new "healthy" meal a week. I also began to transform my own favorite dishes by substituting ingredients like extra virgin olive oil in place of margarine, or brown rice instead of white. I also learned how to go into restaurants and choose healthier menu items, or ask the chef to make substitutions (and many chefs were often thrilled to make me a creative vegetarian dish). Within a few months, I had a pretty nice variety of menus under my belt (which, by the way, was becoming looser, as I trimmed down to a lighter, brighter me).

A couple of years later, I joined a CSA (Community Supported Agriculture) program and received fresh, organic vegetables each week during the growing season. The growers often sent along recipes on how to prepare some of the veggies. I ended up becoming a working member of the CSA, and once a week, got down to my knees and weeded or pruned or dug or picked, "sampling" the delicious fresh produce that I helped to get to my and others' tables.

I found a friend who had been eating a plant-based diet for years, and she taught me and encouraged me to continue to nurture myself and my family through nourishment. We cooked some of our meals together and made extra to take home or to work. In 1996, I went on to become a health supportive chef.

You do not have to be a trained chef to choose, prepare and eat delicious health-supportive food. I'm here to tell you that home cooks prepare some of the best and most nourishing food I eat. Whether you or someone else does the cooking in your home, it's important that you make changes in your lifestyle and eating in manageable "bites".

This book will get you started in learning why and how we choose certain kinds of foods and create certain menus at Smith Center Retreats and cooking classes. I'll pass along tips for shopping, creating a KISH Pantry (**Keep It Simply Healthy**), sanitation, preparation and storage. I'll also give you a sample menu, recipes and shopping list of a week's worth of meals. You'll get a copy of the menu from your Retreat, as well as the recipes we used. Finally, I'll give you a list of resources of websites, cancer nutrition books and cookbooks so you can continue "Eating for a Lifetime".

Om and Yum!!

Laura Pole, Chefnurcian

How to Use this Book

This book is designed to be a resource to you, based on the requests of former Retreat participants. The main request is for the recipes from the retreat. People want to know about the kinds of oils they should use in cooking. Some want to know about ideas for simple and easy meals or choosing healthy already-prepared foods. Some people want to know about how to prepare whole grains and beans.

This book is divided into sections, so that you can go to the part that interests you.

Section 1 is loaded with practical information on the how-to's of stocking your pantry, equipping your kitchen, planning menus, shopping, storing food, cooking beans and whole grains, and safe grilling. There's also a section on food safety.

Section 2 is the Simple Sample Menu section. It provides you with a 6-day menu, shopping lists and recipes. This section is especially for those of you who are new to this kind of cooking and want to go home and give it a go. You're given tips on taking a couple of weeks or so, to get yourself ready to begin this kind of cooking.

Those of you who have done this kind of cooking may also enjoy sampling this menu. You may find that you want to launch right into it, because you already have your pantry stocked and your kitchen equipped.

Section 3 is the section everybody asks for—the recipes from the Cancer Retreats. The recipes from the Simple Sample Menu are also in this section.

Section 4, the Appendix, includes References and Resources telling you where to go if you want more information on nutrition, cooking, cookbooks, cooking classes and other information on health supportive eating and cooking.

So, now you're ready to navigate through the territory of food and healing.

Section 1:
From Market to Table -
The Basics of
Health Supportive
Food Preparation

Stocking a “KISH” Pantry

(Keep it Simply Healthy)

Ingredients to Have on Hand

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Get out those garbage bags. Put the dog in another room. Tell the kids to go in the den and watch a rerun of “Saved By The Bell.” It’s time to get down to some serious business: We’re going to clean out the pantry! To be an effective, efficient cook, you have to have the right tools for the job. The toolbox? That’s your pantry. These handouts list everything you’ll need, from food staples to utensils, to make your kitchen a lean, mean, culinary machine. The items are thoroughly explained and compiled as a list that shows where you can expect to find them in the market.

Pantry Simplicity:

Agar Agar: Also called kanten, it’s tasteless one hundred percent dried seaweed that can replace gelatin in recipes. It’s sold in packaged powdered form at natural food stores, and Asian markets.

Brown Rice Wine Vinegar: Light clean taste adds a mild acidity to foods. Used in salad dressings, and marinades.

Coconut Oil: Coconut Oil is a healthier saturated fat. It’s made up of medium-chain triglycerides (MCT’s) that converted into energy and are not stored in the body as fat. Coconut oil is nutritious, easily digestible, and withstands high levels of heat without becoming an unhealthy trans-fatty acid. It is used for baking and stovetop cooking. For those avoiding dairy, coconut oil is a great alternative to butter.

Cornmeal: Dried corn that has been ground into coarse flour. Used for breads. Also called polenta.

Dulse flakes: A red, salty seaweed. Excellent as a sprinkle on many greens including salads. As with most sea vegetables, dulse is high in iron, iodine, and manganese. Available in most natural food stores. Look for Sea Seasonings Organic Dulse Granules produced by Maine Coast Sea Vegetables.

Edamame beans: Fresh young soybeans in green pods. Available fresh from June through October. A good snack straight from the pod. Cascadian Farms has frozen packages throughout the year.

Flour: Any organic grain can be ground into flour. Whole Wheat flour should be bought fresh and stored in airtight containers in either a refrigerator or a cool dark space.

Herbs and Spices: Hundreds to choose from. Herbs are usually made from the fragrant leaves of annual or perennial plants that grow in temperate zones. Common herbs include basil, bay leaf, chervil, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, and thyme. Spices are pungent or aromatic seasonings obtained from the bark buds, fruit roots, seeds or stems of plants, and trees. Herbs and spices should be kept in airtight containers away from light and heat. Use within a year for maximum flavor.

Kombu: Long dark brown-to-black seaweed that is sun dried and folded into sheets. Keeps indefinitely when stored in a cool, dry place. Kombu contains a full range of trace minerals often deficient in people with compromised immune systems. High in potassium, iodine, calcium, and vitamins A and C.

Kuzu or Kudzu: A root starch pulverized into a powder. Used to thicken soups, and sauces or as a substitute for cornstarch or arrowroot. The powder must be dissolved in cold water before being added to food. Kuzu has calming properties that aid digestion.

Maple Syrup, Grade B Organic: A darker and richer maple syrup than its Grade A cousin, it's also not quite as sweet. A small amount of Grade B maple syrup imparts a cozy, full flavor to food. Excellent for baking and cooking. Buy only organic maple syrup, as non-organic brands may use formaldehyde and other chemicals.

Mirin: A Japanese sweet rice wine that adds sweetness and gentle flavor to sauces, and dressings. We partner it with tamari, ginger, garlic, and sesame oils. Mirin is available without additives in most natural food stores.

Miso: Also called bean paste, this Japanese culinary mainstay has the consistency of peanut butter. Miso is used in sauces, soups, marinades, and salad dressings. The lighter the color of miso, the mellower it is: White (made with rice) is smooth, red is richer, and dark brown is full-bodied, and salty. Miso is extremely nutritious. Store tightly covered in the fridge. Use within three months.

Non-dairy beverages: Organic soy, rice or almond milk all can be used as non-dairy alternatives for breakfast cereals, coffee/tea, using in recipes that call for milk, fruit smoothies.

Nori: Paper-thin sheets of dried seaweed. It has a sweet and salty taste. Partners well with roasted nuts. Rich in protein, calcium, iron, and trace minerals. Commonly used to wrap sushi.

Olive oil (extra virgin): An ancient oil still made from pressed tree-ripened olives. Considered to be a healthy source of fat. There are many types of olive oil but I prefer using cold pressed, which means the oil was made without heat or chemical treatments. Store large quantities of olive oil in a cool dark place; keep your everyday supply in a dark container. Use within six months. Buy organic if possible.

Quinoa: This is a whole grain that is very high in protein and cooks in 15 minutes. Can be eaten as a breakfast cereal or as a savory dish (i.e. quinoa and beans). Tip: Rinse the grain well with water before cooking, as there is a bitter natural chemical that the grain produces to protect it from pests.

Rapadura and sucanat: Unrefined whole organic sugar that has a unique caramel taste and natural coloring. Offers nutritional value far superior to refined sugar. Captures the sweet essence of evaporated sugar cane. It is not separated from the molasses stream during its processing. Use in the same proportions as refined sugar...meaning use it sparingly!

Rice (basmati): A long-grain rice imported from India. Basmati translates as “queen of fragrance.” Basmati is chewy, light in texture and has a nutty aroma. Available in white or brown.

Rice (jasmine): An aromatic rice originally from Thailand. It has a nutty flavor profile similar to Basmati rice.

Sea salt: Salt garnered from the natural evaporation of seawater. Far healthier than common iodized table salt. Sea salt contains over eighty valuable sea trace minerals. Produced in fine grain or larger crystals.

Sesame oil: Oil pressed from the sesame seed. Produced in two forms: The lighter version is very mild and designed for cooking as it resists breaking down under heat. The darker version, called toasted sesame oil, has a strong, nutty flavor. It is heat-sensitive so it is only used sparingly as finishing oil for Asian-style dishes that are off the flame. If these oils are packaged in clear glass bottles, try to choose bottles in the back of the shelf that have not been exposed to light. This is true for the purchase of all oils.

Safflower oil: flavorless, colorless oil extracted from safflower seeds. Healthier than vegetable oils such as corn oil. I strongly recommend using Spectrum Brand’s one hundred percent expeller pressed unrefined organic safflower oil. It is made without hexane or other harmful chemicals. Keep refrigerated after opening.

Soup Stock (1-quart boxes): Keep a few handy in your pantry when you don’t have time to make homemade stock. Purchase organic vegetable or organic chicken from Pacific and Imagine, two readily available brands.

Spelt flour: Has a mellow, nutty flavor and slightly higher protein content than wheat. For people sensitive to wheat, the gluten contained in spelt may be easier to digest.

Tamari: A dark sauce made from soybeans. Taste is similar to mellow soy sauce, except tamari is made without wheat

Tempeh: Soybeans that have been fermented and congeal into an edible food that is similar in texture to meat. Very high in protein. Must be seasoned and cooked before eating. Usually near the produce section in conventional grocery stores. Perishable. Keep in the freezer until ready to use.

Tofu: Made from fermented soybean milk. Comes in soft, medium and firm texture. Sold packaged in water. Keep refrigerated—it’s extremely perishable. Tofu is protein-rich and low in fat.

Udon noodles: Japanese noodle of varying thicknesses. Made from wheat flour. Sold fresh and dried.

Whole Grain Pastas: Whole wheat, whole spelt, quinoa, corn and brown rice pastas are available in many natural food sections of conventional grocery stores. Keep these on hand as a healthier pasta for your favorite pasta dishes.

Worcestershire sauce: Now available in organic varieties. This thin, dark and piquant sauce is used to season everything from vegetable juices (goes extremely well with tomato) to sauces, soups, and salad dressings.

Good things to have in your freezer!

Stocks

Various nuts such as Almonds, Cashews, Walnuts, Pecans

Pestos

Edamame

Frozen organic poultry

Frozen Fish that are low in mercury, chemicals (i.e. wild Atlantic salmon)

Foods that you prepared fresh and froze soon after preparation (i.e. soups; patties; sauces)

Frozen fruit

Frozen sprouted grain bread (comes in loaves, pita pockets, buns, bagels, English muffins, tortillas)

Organic corn tortillas

Tempeh

Good things to have in your fridge:

Organic yogurt

Organic eggs

Organic butter or vegetable oil spread without trans-fatty acids

Favorite condiments and salad dressings that are preservative-free

All fruit organic jam

Miso

Natural nut butters (almond, peanut, tahini—sesame)

Wheat germ

Ground flax seeds

Organic, unsulfured dried fruit

“Emergency” Fresh Produce Items for quick, last minute meals:

Garlic

Onions

Organic potatoes, sweet potatoes, winter Squash

Carrots

Celery

Broccoli

Mushrooms

Lettuce and other salad ingredients

Lemons or limes

Assorted fresh seasonal fruit

Basic Kitchen Equipment

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Baking Dishes: Choose convenient sizes and styles. Common types include: 8, 9-inch square glass, or ceramic baking dish, 9-inch tart pan with removable bottom, 8 to 10-inch spring form pans, and a 9 or 10-inch glass or ceramic pie plate.

Baking Sheets: There are two types of stainless baking sheets. One is a flat cookie sheet. The other is called a sheet pan or jellyroll pan and has raised sides. Always use the rimmed pan for roasting so juices or oils don't spill and force an oven cleaning. Common sizes are 14 by 17 or 12 by 17. Before you buy, measure the interior of your oven!

Blender: Great for making silky smooth soups, sauces, nut creams and smoothies. A word of caution when blending hot liquid: To avoid splatter burns and liquid drippings down the wall, don't fill the canister past the two-thirds mark. Also, put a towel over the lid before starting the blender. For liquid mixtures, a blender's tall, narrow, leak-proof container is preferable to those used with food processors. Blending also adds air, resulting in lighter finished products.

Bowls: Use lightweight stainless-steel nesting bowls. They're easy to maintain, durable and inexpensive so you can have every size on hand.

Cheesecloth: Use unbleached cheesecloth to strain soups and stocks or to tie herbs into a small bundle to use in soups, and stews.

Chinois and Pestle: Cone-shaped sieve with a twill-like mesh that clears stock of sediment and makes sauce velvety smooth. The pestle is tapered to fit into the bottom of the sieve to help push liquids through.

Colander: Should have wide grips for easy lifting or for resting on a bowl or pot. Widely spaced holes are designed to drain larger items such as pasta and potatoes. Available in a variety of sizes and hole diameters. Line your colander with cheesecloth before straining broths and stocks.

Cutting Board: Two choices here: The resin in natural wood boards is a bacterium resistant, as long as the wood has not been treated. Plastic and polyethylene boards are dishwasher safe. Regardless of which material you choose, buy two boards. Use one exclusively for vegetables, the other for meat and poultry. Wash well after *each* use.

Fine Mesh Sieves: Small sieves are ideal for sifting flour and other fine powders. Use larger sieves for draining or blanching vegetables.

Cooking Equipment (continued)

Food Processor: Choose a processor with at least an 11-cup container. The metal blade (“s” shaped) does everything from chopping vegetables to making cookie dough. Alternate blades are available for specific tasks. A mini-prep processor has a smaller bowl and smaller motor and is good for nuts, pesto, salad dressings and other small grinding jobs.

Knives: We recommend buying three knives. The most important is a sharp eight-inch chef’s knife that you will use for most cutting and chopping. Also, purchase a 2 to 3-inch paring knife for delicate slicing or paring and a 10-inch serrated-edged bread knife. To keep your knives sharp—which are much safer than a dull knife—you will need an item called a “steel” to hone the blade. A few swipes on the steel will do it!

Ladles: Essential for serving soups and sauces. Get a 6 to 8-ounce ladle for soups and a 2 to 4- ounce ladle for sauces.

Lemon Squeezer: My favorite kitchen toy disguised as a tool. This bright yellow hand-held gadget takes a lemon or lime and with one squeeze extracts all the juice or as little as you want.

Measuring Spoons & Cups: When scooping dry measurements fill cup to overflowing and then level it off with a knife. Sets should include 1/8, 1/4, 1/3, and 1/2 cup, as well as a 1 cup measurer. Stainless steel items are best. Glass measuring cups are good to have from 1 cup to 1-quart sizes.

Instant Read Meat Thermometer: To get an accurate reading, place the tip of the thermometer close to the center of the meat. Digital thermometers are also available.

Micro plane: My second favorite kitchen toy! A perfect tool for grating: citrus zest, fresh whole nutmeg or cheese. It’s simply indispensable. Comes in a variety of sizes and coarseness.

Mortar & Pestle: Small bowl with pestle that grinds spices and seeds. It should have a slightly abrasive unglazed interior surface.

Oven Thermometer (portable): Temperature matters! Don’t trust that thirty-year-old temperature gauge on the oven. Why? A few seconds of overheating can turn toasted almonds into dust. It’s worth it to check the accuracy of oven temperature before starting.

Parchment Paper: Great for lining baking pans. Saves time and clean up. I recommend using a sheet of parchment between aluminum foil and food to prevent the aluminum from leaching into and reacting with a food’s acids.

Pots and Pans: Generally come in six varieties: Sauce pots and pans, sauté pans, stock pots, roasting pans, grill pans, and frying pans. Heavy-bottomed pots and pans are essential. Stainless steel 18/10 gauge is my pick. The base has a magnetic steel core sealed between two layers of stainless steel. This is perfect for sound heat conduction and suitable for all stovetops. By category:

Cooking Equipment (continued)

Sauce pots and pans: There are usually five sizes from 1 quart to 5 1/2-quarts. Sauté pans: Come in 8, 10 and 12-inch diameters. Slope sided pans are easier to use.

- Stock Pots: 12 quart and up.
- Roasting pan: a 15 by 10-inch pan is great for chicken.
- Grill pan: One standard size. They're most effective on a gas stove. May take longer on electric stoves. Grill pans should be rubbed with oil before using.
- Frying pans: I suggest buying an 8-inch non-stick frying pan for cooking eggs. Make sure the pan is hot before adding butter or oil. This will prevent the butter or oil from penetrating the non-stick material. Use only non-stick utensils with this pan. Avoid scouring and abrasive materials and replace the pan if the coating begins to crack or peel.

Rubber Spatula: All sizes and colors are heat resistant.

Salad Spinner: For drying lettuce leaves or greens.

Timer: Essential! Get one that rings loud enough to be heard in another room.

Tongs: Spring action stainless steel tongs act like finger extensions. Provides extra leverage and dexterity when handling hot foods. Use for turning roasted or grilled vegetables and meats. Available in 8 or 10-inch lengths or even longer for deep pots and long reaches.

Vegetable Peelers: A sharp swivel peeler. Buy two so a friend can help make those potatoes and celery peeling jobs faster.

Vita-Mix: It blends and whips at warp speed. This multi-tasker is a huge time saver in my kitchen. An extremely powerful motor allows this machine to turn raw or cooked food into a pure silk puree.

Wire Whisk: Used to incorporate air into food or smooth out lumps. There are a number of shapes, sizes and weights. Choose ones made of stainless steel that fit comfortably in your hand.

Wooden Spoons: Unlike metal spoons, wood stays cool because it doesn't transfer heat. Have a number of sizes on hand for any task.

Menu Planning

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If you're following a prescribed diet plan, use that as a guide to planning what foods you'll include in your menu. Also, use other guides such as Dr. Walter Willett's Revised Healthy Eating Pyramid, the Principles of Health Supportive Food Selection, and the USDA's new food pyramid (www.MyPyramid.gov).

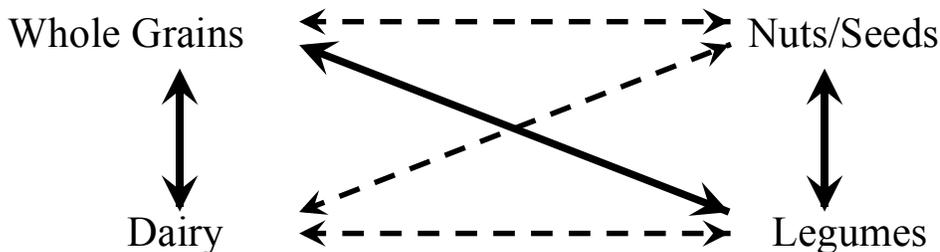
Start by planning your main protein dish for each meal (either an animal protein such as fish, poultry, meat, egg or dairy, or vegetable proteins combining a whole grain with beans, nuts or seeds). Then choose vegetable side dishes. If using animal protein as a main dish, select a whole grain as a side dish. Consider using fruit for dessert. Be sure to include snacks in your menu.

How to make complete proteins by food combining:

Unlike animal sources of protein, which provide the complete complement of essential amino acids, most single plants, like legumes and grains, don't provide complete protein. Exceptions to this are soybeans and the grain quinoa (pronounced keen-wa), which do contain all 8 essential amino acids.

By combining different protein-containing plants you can make complete proteins. The following chart shows food combination possibilities to make complete proteins from vegetarian sources. In the "old days", we used to think the foods had to be combined within the same meal for the body to assemble the amino acids for its needs. We've since learned that as long as you eat your plant protein sources some time in the same day, your body will take it from there. In other words, you may eat almond butter blended into a smoothie for an afternoon snack, and then eat some sprouted grain toast for an evening snack.

Here's a diagram showing the various vegetarian food-combining possibilities. An arrow with a solid line means it's a more "powerful" combination. An arrow with a broken line means it's a weaker combination. Be sure to include the "powerful combinations" in your daily menu, if you won't be eating poultry, fish or meat.



Source: Ewald, Ellen. Recipes for a Small Planet. New York: Ballentine Books. 1973.

Healthy Eating Pyramid

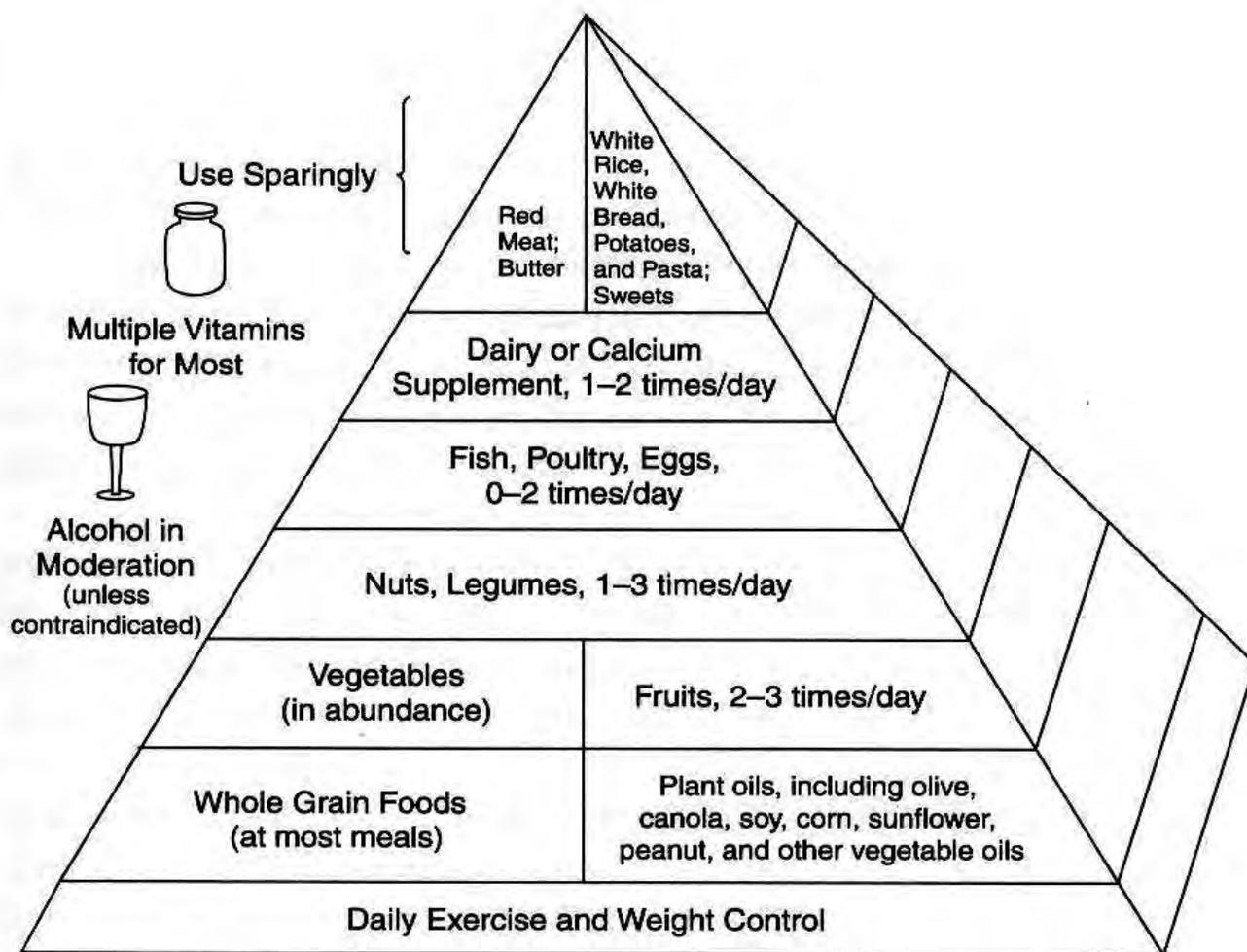


FIG. 2 Healthy Eating Pyramid

*Note: Drinking alcohol has been associated with increased risk of breast cancer, liver and head and neck cancer.

Source: Walter Willet, Eat, Drink and be Healthy.

Other factors to help you plan your menu:

- Look at foods you have on hand and want to use up.
- Choose a rainbow of fruit and veggie colors for each day: dark green leafy veggies (romaine lettuce; collard greens); deep yellow/orange fruits and veggies (squash, carrots, citrus fruits); cruciferous veggies (broccoli, cabbage, cauliflower, Brussels sprouts)
- Choose a variety of flavors: salty, sour, sweet, spicy, bitter (greens have a bitter taste), astringent (like from apples, beans, pears).
- Choose a variety of textures: soft, firm, crunchy, chewy, etc.
- Plan to serve foods at a variety of temperatures: cold foods like salads; hot food like soup; room temperature foods such as marinated roasted veggies; frozen dessert like frozen fruit smoothie.
- Plan foods cooked by different methods: i.e. baked fish, steamed rice, sautéed veggies, frozen fruit sorbet.
- If you don't have time to cook all your meals, include plans for healthy "take out" or "dining out" meals
- Plan for healthy snacks (such as veggie sticks, whole grain crackers and bean spread, nuts, fruit and fruit/nut butter smoothies)

Plan on cooking extra servings of grains, beans or animal protein and use in a different way at the next meal (i.e. make extra servings of rice and beans for dinner. Use leftover rice in a hot breakfast cereal or in a rice and bean patty for lunch; or puree leftover beans with scallions, vinegar, olive oil and spices to make a bean spread for snacks; or bake a winter squash at dinner and puree leftover squash with organic veggie broth and peanut butter to make a squash soup for lunch).

The Basics on Beans and Whole Grains

Legume and Grain Combinations:

Some Ideas for Menu Planning

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If you decide you want to eat a plant-based diet, then beans and whole grains will be 2 of your best friends! If you're not eating animal protein in a meal, bean and grain combos will give you complete proteins. Here is some basic info on beans and whole grains, in case you're not used to eating or cooking them.

What are Legumes?

Legumes are a type of plant that bear fruits that are either **beans or peas**. These beans or peas are inside pods that grow on long, running stems. They come in an array of colors, sizes and shapes. Some, like lentils, are tiny and round. Others are large, flat and pale like lima beans. Beans are an important source of protein and sustenance. ¹

What are Whole Grains?

Whole grains are the seed-bearing fruits of plants known as cereals grasses. All the edible parts of the whole grain (the bran, the germ and the starchy endosperm) are packed with incredible nutrition. The dark outer bran layer is loaded with fiber, B vitamins and minerals such as phosphorus and potassium. The germ layer is rich in protein, unsaturated fats, carbohydrates, B-complex vitamins, Vitamin E and minerals such as iron. The endosperm layer is mostly starch and protein. ²

When the whole grain is refined, (i.e. turning whole wheat berries into white flour), the bran and germ layers are removed—you can easily see how much nutritional value is lost in refining a grain. The refined grain is often enriched to add back vitamins and minerals, but you still lose the good fatty acids and the fiber.

¹ Atlas, Nava. The Wholefood Catalog. New York: Fawcett Columbine, 1988.

² Atlas, 1988.

Beans and Grains: The Raw Materials—Abundance and Variety

Beans and Peas (Legumes)	Whole Grains
<p>Soybeans Adzuki Beans Mung Beans Peanuts Black Beans Pinto Beans Cranberry Beans Chili Beans Pigeon Peas Cow Peas Black-Eye Peas Chickpeas Lentils (many, many varieties) Split peas (many, many varieties) Fava Beans Kidney Beans Flagiolet Beans (green, “juvenile” kidney beans) Navy Beans Great White Northern Beans Lima Beans Peanuts</p>	<p>Note: Whole grains generally start as the berry or kernel. They then can be sprouted (i.e. to make sprouted grain breads/pastas), cracked or cut (i.e. bulghar; steel cut oats), rolled (i.e. rolled oats; rolled rye flakes); course ground (i.e. corn grits/polenta) or fine ground (i.e. flour). The further the grain is from its whole form, the higher the glycemic load of the grain.</p> <p>Whole Grain Rice (many varieties)</p> <ul style="list-style-type: none"> • Long-grain, Short Grain, Sweet and Basmati Brown; Japonica, Forbidden Rice <p>Wild Rice (actually not a grain, but the seed of an aquatic plant—higher in protein than rice)</p> <p>Corn</p> <p>Amaranth</p> <p>Quinoa (Regular and Red)</p> <p>Wheat (many varieties):</p> <ul style="list-style-type: none"> • Red Winter; Spelt; Kamut • Foods such as pasta, pizza and pie crusts, cous-cous, orzo, are often made from wheat flour) • Seitan is a product made from wheat gluten; it is high in protein and has a chewy, meaty texture <p>Millet</p> <p>Teft</p> <p>Rye</p> <p>Barley</p> <p>Oats</p> <p>Buckwheat/Kasha</p> <p>***Note: Many sprouted grain products contain both sprouted grains and legumes, and have complete protein.</p>

Transforming the Raw Ingredients Into Edible Bites of Delicious!

What Forms Do They Take On My Plate?

Beans	Grains
<ul style="list-style-type: none"> • Fresh beans or peas steamed lightly or boiled and eaten as is or tossed into a stir-fry or salad (i.e. steamed edamame) • Dried and toasted and eaten as a snack or tossed on salads or in stir-fry (peanuts, soy nuts) • Simmered whole beans <ul style="list-style-type: none"> ➤ Al dente' and chilled to serve in salads and other cold dishes ➤ Cooked until tender to serve with a grain, in a soup, in a casserole or mashed up into a spread ▪ Fermented into a paste, like miso, and added to soups, sauces, dressings. ▪ Marinated and grilled, baked or pan-fried (i.e. tempeh) ▪ Sprouted and tossed into salad or stir-fries or to make sprouted grain/bean bread ▪ Split and cooked down into a stew or soup ▪ Pureed into soups or sauces ▪ Mashed or blended into spreads, pates', (i.e. hummus). ▪ Ground into a butter/spread (peanuts, soy nuts) ▪ Ground into flour and used in baking or making quick bean spreads. ▪ Blended into a dessert (i.e. Silken Tofu in Creamy Carob Mousse) 	<ul style="list-style-type: none"> ▪ Simmered whole grain eaten as a breakfast cereal or in a savory dish (i.e. millet, quinoa, oat groats, grain salad, wild rice pilaf) ▪ Sprouted and tossed into a salad or stir-fries or to make sprouted whole grain breads (i.e. sprouted grain bread slices, bagels, tortillas, English Muffins) ▪ Cooked steel-cut or cracked grain as breakfast cereal or grain salad or mashed into a patty (i.e. steel cut oatmeal; Tabouli salad with cracked wheat; vegetarian kibbe) ▪ Rolled into flakes for breakfast cereal or topping for a fruit crisp or casserole (i.e. oatmeal, rye flakes; apple crisp) ▪ Mashed and formed into patties or croquettes or nori rolls (i.e. veggie burgers; millet croquettes; squash-rice patties; vegetable nori rolls) ▪ Cooked in a soup ▪ Simmered coarse ground grits to eat as breakfast cereal or formed into patties or cakes (i.e. polenta cakes). ▪ Whole grain flour products baked or boiled (i.e. in breads, cookies, pasta, crusts; crackers)

How to Cook Beans

Sorting and Rinsing

Sort through beans by spreading them out on a tray. Remove stones, grass and other foreign matter.

Rinse beans thoroughly.

Soaking

Method	Amount of Water	Time
Cold Soak	3-4 inches over the top of beans in a bowl	6—8 hours (Refrigerate after 8 hours if not ready to use beans)
Hot Soak	3-4 inches over beans in pot	Bring to a boil; cover and cook 5 minutes; remove from stove and soak in this hot water for 2 hours

Proportioning Liquids to Beans

Type of Dish	Amount of Beans	Amount of Liquid	Comments
Soup	1 cup dry (Unsoaked)	4-6 cups	For thicker soup, use 4 cups liquid
Entree or Side Dish	1 cup dry (Unsoaked)	4 cups	Remove beans with slotted spoon and leave liquid behind.
Salad	1 cup dry (Unsoaked)	4 cups	Don't overcook beans for salad, or the skins will come off; add salt in last third of cooking to keep the skins on.

Cooking Times

Dried Beans/peas that don't need soaking before cooking

Type of Bean	Cooking Time
Red Lentils	Simmer 20 minutes
Green Lentils	Simmer 30-45 minutes
Split Peas	Simmer 1 1/4 to 1 1/2 hours
Adzuki Beans	Simmer 1 1/2 hours

Cooking Times

Dried Beans/Peas that must be soaked before cooking

Type of Bean	Cooking Time/Simmered	Cooking Time in Pressure Cooker
Chickpeas	1 1/2 to 3 hours	30 minutes (10-20 minutes for salad)
Black Beans	50-60 minutes	15-20 minutes
Kidney Beans	50-60 minutes	15-20 minutes
Pinto Beans	50-60 minutes	15-20 minutes
Lima Beans	60-90 minutes	25 minutes
Great Northern Beans	45-60 minutes	15-20 minutes
Navy Beans	45-60 minutes	15-20 minutes
Black-eye Peas	35-45 minutes	—————

Cooking Grains

Preparation before Cooking

1. Rinse grain in cool water.
2. If grains cause you fullness or gas, you may soak them for one to several hours before cooking.
3. If you want grain to be fluffy, bring water to a boil first, and then add the grain.
If you want grain to be soft and sticky, put in cold water, then bring to a boil.
After grain comes to a boil, reduce heat so that grain simmers.
4. Note: If you will be cooking grain in the pressure cooker, decrease the water by 20% and let the pressure come down naturally before removing the lid after cooking.

Cooking Grains

Grain	Amount Water to 1 cup of Grain	Cooking Time
Long Grain Brown Rice	1 3/4 cups (1 1/2 cups for large quantity)	45 minutes low flame, then 15 minutes no flame Press. Cooker (P.C.); 40-45 minutes. Oven Bake: 375 deg for 45 min.
Short Grain Brown Rice	1 3/4-2 cups	Same as above
Pearl Barley	2 - 2 1/2 cups	-Steam: 60 minutes -P.C.: 45-50 minutes
Millet	1 3/4-2 cups	-Steam: Dry roast in pot first; steam 15-20 minutes (it may take longer if not dry roasted) -P.C.: 20 minutes
Bulghar	1-1 3/4 cups	-Boil water, add bulghar; -bring back to a boil; - turn off heat and allow to sit 45 min.
Cous Cous	1:1 for fluffy 1 1/2 c. H2O for less fluffy	-Boil liquid -Pour water over cous cous coated with oil in metal bowl & cover -Let sit 10 minutes -Fluff with a fork
Kasha	1 3/4 - 2 cups	-Bring water to a boil -Add Kasha, reduce heat -Simmer for 10-15 min.
Oatmeal	1/2 c. oatmeal to 1 1/2 c. water	Cook uncovered for 20 min.
Steel Cut Oats	1/2 c. oats to 1 1/2 c. water	Cook covered for 30-40 min. Stir often
Whole Wheat, Rye, Oats, or Barley	Soak 6-8 hours in 3-3 1/2 c. H2O	Bring grain and soaking water to a boil; simmer 1 1/4 hours
Quinoa	-Fluffy 1 1/4 c. -Less Fluffy: 1 3/4 c.	10-20 minutes
Cracked Wheat	1/2 c Grain to 1 1/2 c. H2O	30 minutes
Flakes	1 1/2 c. Flakes to 2 c. H2O	30-40 minutes

Tips on Shopping for Healthy Eating

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The List

- Keep an ongoing shopping list—as you use up ingredients or run low on pantry items, add to the list.
- Before you head out to the supermarket, take the time to make a list.
- Take a look at what you have on hand and plan to use up your perishable foods in your menu.
- List out meal ideas for the week, keeping in mind which days you'll have time to cook from scratch and which days you'll be pressed for time to put dinner on the table. When time is short, opt for healthy convenience items (such as frozen free-range turkey burger patties) with ready-to-eat fresh produce. If you know to plan for burgers one night, shop for salad, fruit and whole grain buns to balance out the meal.
- Depending on your lifestyle, plan shopping for 3-4 days worth of meals or the entire week.
- Organize the list. As you create your shopping list, check your menu options against the revised Healthy Eating Pyramid to ensure you remembered everything from fish to produce. This will help ensure you're purchasing a variety of foods that provide all of your nutrient needs.
- Don't forget healthy snacks such as fruit, nuts, popcorn, edamame
- When you write up the list, arrange the grocery items to follow the flow of the aisles and set-up of the grocery store (i.e. fresh produce; seafood, poultry, meat; dairy/eggs; bottled and packaged food/canned goods; frozen; household; natural foods). You'll move through the store much more quickly and smoothly.

The Strategy

- Don't go grocery shopping when you're hungry. It's easier to stick to the list if you're not hungry, so plan to eat something before you go.
- Plan your errands. If you're buying perishable food, do your grocery shopping last, and bring along a cooler with ice (or frozen plastic water bottles).
- If you plan to buy local and/or organic produce, see if there is a conveniently located supermarket that stocks organic and natural foods. If the quality is good, shop there first and supplement with a trip to the farmer's market and/or the natural foods store.
- Set a routine: Establish a day and time that makes it easy for you to move quickly and easily through the store and stay focused on your shopping needs
- Save money: Coupon clipping or finding stores that price match or give "frequent customer" discount cards can help save money. Use a coupon to experiment with a healthy new meal item you wouldn't normally purchase. Now the natural foods producers are also offering coupons/specials.
- Kids in tow? An enjoyable grocery shopping experience with children is possible. Use it as an opportunity to give your kids a lesson in color, smell and names of new foods. Engage them in food selection as a way to teach them about nutritious food choices.

Look at the Labels

The Food Label can be one of your best shopping tools. You can compare nutrients and ingredients between similar products; determine which nutrients the food contributes to your total diet, safe preparation methods and much more. Chef Rebecca Katz gives the simple advice that if you can't pronounce the name of an ingredient on the label, it probably means there are chemical additives in the food!

For more information about reading food labels, visit the ADA's website, www.eatright.org

Tips of Navigating the Store for Nutritional Treasures

- Produce: Check out the organic produce first. If the quality is good, choose from here. Keep the EWG's Shopper's Guide to Pesticides in Produce, to know which items are most important to buy organic. Since fresh produce doesn't last very long, buy only the amount you'll eat over a few days.
- Meat, fish, chicken, turkey, eggs, milk, cheese, yogurt: These are sources of whole protein. Look for fish that is low in mercury and caught in the "wild" such as wild Atlantic Salmon (as opposed to farm-raised). Go for organic meat, dairy, poultry, eggs. If you can't find organic, go for hormone, antibiotic free meat/dairy, and poultry and eggs that are also hormone and antibiotic free as well as "free-range" or "uncaged".
- Frozen: Keep some nutritious frozen foods on hand for convenience (frozen fruits and veggies; frozen sprouted grain breads; frozen edamame; frozen, nitrite-free turkey bacon; frozen meals made with whole grains, organic veggies)
- Bread, cereal, pasta rice: Your choices in this food group can make the difference between a high-fiber diet and a low fiber diet). Opt for whole grain products whenever possible: whole grain breads, cereals, pasta and brown rice.
- Legumes, lentils, and nuts: There are a wide variety of legumes (beans) both dried and canned, available in the supermarket. Often, the organic version of these are the same price or only slightly higher than the non-organic. Pinto, kidney or black beans provide fiber, folate and protein. Nuts and natural nut butters contain monounsaturated fats, vitamin E, selenium and protein.
- Canned and bottled foods: For convenience and quick meals, stock up on some canned/bottled foods on hand, such as beans, organic tomatoes/tomato sauces.

Note: Some of this material is derived from the ADA Nutrition Fact Sheet: Shopping Solutions for Healthful Eating, available at www.eatright.org

Shopping and Eating Season to Season

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One of the pleasures of cooking is always having fresh ingredients at hand. As the calendar cycles, so do the foods the earth gives forth. It's enjoyable to look forward to a coming season, knowing that a favorite food (strawberries!) is about to make their annual debut at the farmers' market. This is a general guide to what you may see at the farmers' market depending upon the time of year. Remember, many staples are also available year-round at your supermarket, and some surprises are sure to show up at farmers' markets in different regions of the country. Still, this is a nice overview that can help connect you to the place where most of your food comes from: Mother Earth.

Anxiety Free Shopping

Why Organic: The term "organic" typically describes food grown and made without chemicals including fertilizers, insecticides, artificial coloring, artificial flavoring, and additives. For my money organic food is the best: Best for taste, best for color, best for health, and best buy for your money. Growers and manufacturers can claim their foods are organic only if they meet the standards of the Federal Organic Foods Production Act and are certified by either state or federal officials. However, some small farmers who choose not to spend the money or time on such certification may still raise their foods, poultry, and meats without the use of any chemicals, hormones or antibiotics. These farmers are often at farmers' markets and are usually glad to talk about the way they raise their products. Of course, without organic certification, you're taking the farmer at their word.

Some fruits and vegetables should be avoided if they're not organically grown because the non-organic versions contain high levels of pesticides. It varies every year as to which plants are grown using harmful chemicals. You can find an updated list that the Environmental Working Group puts out annually. This list includes the top 12 produce items that are likely to have pesticide residues, and the top 15 that have the least amount of residue. The list is affectionately called "The Dirty Dozen and the Clean 15". You can find it at www.ewg.org or download the Dirty Dozen app on your smartphone.

Season by Season

Some of the delights you'll find at the farmers' market.

A cross reference tool to the nutritional guide, many foods you'll find all year round in your markets, rotating with the seasons

Spring: March-June

Apricots, Artichokes, Arugula, Asparagus, Avocados, Beets, Baby Carrots, Cauliflower, Daikon, Dandelion Greens, Cherries, Fava Beans, Fennel, Green Garlic, Leeks, Mangoes, Radishes, Rhubarb, Sugar Snap Peas, Mixed baby greens, Spinach, Swiss Chard, Shallots, Strawberries, Turnips, Watercress.

Summer: June-September

Blackberries, Blueberries, Corn, Cucumbers, Eggplants, Figs, Melons, Nectarines, Okra, Peaches, Bell Peppers, Plums, Summer Squashes (Zucchini, Yellow Crookneck) String beans, Tomatoes, Tomatillos, Peppers

Fall: September-December

Apples, Arugula, Asian Pears, Beans (cranberry and shell beans), Broccoli, Broccoli Rabe, Brussels Sprouts, Fennel, Green Tomatoes, Hard-Shelled squashes, (Acorn Squash, Butternut, Blue Hubbard, Delicata, Baby Dumpling, Pumpkins) Pears, Persimmons, Pomegranates, Radicchio, Bell Peppers, Sweet Potatoes

Winter: December-March

Bok Choy, Cabbage, Celery Root, Citrus Fruits, Kale, Collards, Rainbow Chard, Swiss Chard, Leeks, Parsnips, Rutabagas.

Recommended Seasonal Availability Sites:

“What’s Ripe Report” on www.epicurious.com/e02_ripe/ripe.html

www.eatwellguide.org

www.localharvest.com

Organic Trade Association: www.ota.com

www.ams.usda.gov/farmersmarkets/map.htm

Food Storage

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Sometimes it's helpful to prepare larger quantities of food than you plan to eat at one meal. Extra portions can be stored for later use.

Airtight containers in several sizes are important. Make sure they have indented lids; these seal well, exclude air, and facilitate stacking. Use masking tape and permanent markers to label containers with the date, and contents (this makes it so easy to identify and toss outdated food before it becomes a science experiment). Glass storage jars are not necessarily airtight.

Choose containers that are freezer, microwave and dishwasher safe. Glass, ceramic and all plastics should be labeled as safe for microwave use if you plan to heat in the microwave. Plastic containers such as yogurt and whipped topping tubs, take-out containers, and Styrofoam should not be used in the microwave. Nor should you microwave foods wrapped in plastic.

Aluminum foil: When roasting or storing food in foil, I recommend cutting a piece of parchment paper slightly smaller than the foil; place the parchment on the foil; place the food on the parchment and then wrap. This keeps the food from coming in contact with the foil avoiding the possibility of leaching into and reacting to the acids in food.

How long can I leave food in the fridge? There's no hard and fast rule except: "When in doubt, throw it out, without tasting it". Generally, leftovers kept more than 2 or 3 days are questionable unless you thoroughly re-cook them (not merely reheat them).

Table 1: How long can I leave food in the freezer?

Frozen Food Item	Recommended Max Storage Time
Fruits and vegetables	1 year or less
Red Meat	9 months or less
Poultry	6 months or less
Ground meats	3 months or less
Fish:	
Fatty fish (salmon, trout, mackerel)	3 months or less
Lean fish (flounder, snapper, haddock)	6 months or less

Source: Robert Lehmann, Cooking for Life. Dell Publishing, New York, 1997.

Food Storage (continued)

Storing vegetables:

- Use vegetables as soon as possible after purchase.
- Storing them too long robs them of freshness and sweetness. Don't wash and trim until ready to use;
- Vegetables last longer if not pre-bathed.
- Onions, garlic, winter veggies such as winter squash, and potatoes, can be stored in a cool area of the house and eaten within 3-4 weeks . Store potatoes in the dark.
- Place vegetables in the crisper drawer in the refrigerator. Store carrots, radishes and leafy veggies in open plastic bags in fridge
- Keep washed and drained lettuces in a zip lock plastic bag with a sheet of paper towel to absorb moisture. Poke a couple of holes in the bag.
- Cabbage can be stored unwrapped in the fridge
- Make sure to take inventory before you go to the farmers market or grocery store!

Storing cooked foods:

- Most home refrigerators may get too warm if you put a large quantity of warm food or something blazing hot into it.
- Let hot foods cool to lukewarm and promptly put them away. Foods will cool faster and more safely if you divide it into several smaller containers and leave them ajar while they cool.
- Cover container carefully with an airtight lid and label the name of the food and the date.
- If you don't think you'll eat the cooked leftovers within 3 days, store it in the freezer.

Storing Eggs: Leave them in their carton in the fridge (eggs less likely to break; insulation of the package will help them stay cold when fridge door is opened).

Storing Fruit: Most can be stored at room temperature—the flavor will be richer and the fruit juicier.

Storing unrefined oils: Some experts recommend storing unrefined oils in the fridge. If you don't have space to do this, buy oils in relatively small quantities and store in a cool, dark place. Refrigerate oils that you use less often. Don't use the oil if it smells rancid.

Storing preservative-free cold cuts, bacon or ground meat: These meats will go bad in a few days if left in the refrigerator. Instead, separate out individual portions, wrap these portions in plastic wrap or with wax paper in-between, place in zip lock freezer bag, label and freeze.

Tips on Food Safety

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- Wash hands thoroughly before and after every food preparation task and between tasks like handling raw meat and then cutting vegetables. Wash with warm soapy water for 20 seconds, then dry them with a disposable towel or clean cloth towel. Wash under rings and fingernails. Avoid wearing rings while handling and preparing food.
- Keep hot foods hot (above 140 degrees Fahrenheit) and cold foods cold (below 40 degrees) Microorganisms thrive between 40 and 140 degrees, and subsequent cooking or reheating may not destroy the toxins.
- Refrigerate or freeze both raw and cooked meats, poultry, fish and eggs as soon as possible after purchase. Do the same with leftovers and with foods you prepare in advance. See handout on Food Storage Tips. Wash all produce, even packaged salad mixes and vegetables, even those that are labeled “prewashed” or “triple washed” and those that will be peeled, like bananas, oranges, melons and avocados, especially if they aren’t going to be eaten right away. The skin could be contaminated and when the fruit is cut, food-poisoning organisms could be spread to the flesh.
- Do not drink “raw” (unpasteurized) milk or apple cider. If you buy unpasteurized cider, heat it to 160 degrees, then chill it before you drink it.
- Have at least two cutting boards. Dedicate one (preferably not wood) to raw meats, poultry and fish. Immediately after use, wash it in hot soapy water or in the dishwasher. Periodically sanitize it with a solution of chlorine bleach and replace it when it develops significant grooves. Use a second board (this can be wood) only for cutting bread, vegetables, fruits and other foods that aren’t cooked.
- Handle raw meat, poultry, seafood, and eggs as if they were contaminated. Even if they don’t start out with enough bacteria to make you sick, mishandle them and they easily could. Don’t let the juices touch other food, either raw or cooked. After you handle raw meat, etc., wash your hands, utensils, and surfaces thoroughly with hot soapy water.
- Thaw meats, poultry and fish in the refrigerator—never on the counter. Or thaw on the defrost setting in the microwave or in a sealed package in cold water that is changed every half hour. Read and follow the “safe handling instructions” now required by the USDA on all packages of raw poultry and meat. Also, marinate raw foods in the refrigerator.
- Wash kitchen cloths and sponges in hot water often. Disinfect sponges in a chlorine bleach solution or by microwaving them on high for one minute. Replace them when worn.
- Buy a refrigerator thermometer. Refrigerator should be between 34 and 40 degrees Fahrenheit and freezer should be around 0 degrees Fahrenheit. Do not put highly perishable foods in the door. Milk and eggs are best kept in the body of the refrigerator (leave eggs in their carton)
- Note: Sprouts provide ideal environment for microorganisms. “The FDA issues advisories saying that people with compromised immune systems and the elderly shouldn’t eat sprouts unless they are cooked.”

Tips on Food Safety (continued)

Cooking for Safety:

- Never eat shellfish like oysters, clams or mussels unless they've been thoroughly cooked. They could contain bacteria and viruses that cause hepatitis or gastroenteritis.
- Don't serve the marinade unless you've cooked it thoroughly. And don't baste your food with the uncooked marinade.
- Stuff raw poultry just before cooking it, or better yet, cook poultry and stuffing separately.
- Cook meats thoroughly, but don't overcook them. Heat kills bacteria, but too much heat causes meat, poultry, and fish to form possibly carcinogenic heterocyclic aromatic amines (HAA's) Use a meat thermometer in the thickest part of the meat. The USDA says to cook your meat to *at least* the following internal temperatures:
 - Beef, pork, lamb, veal—160 degrees F.
 - Poultry—180 degrees F.
 - Stuffing—165 degrees F.
 - Boneless turkey roast—170-175 degrees F.
- Use a food thermometer to test temperature (an instant read meat thermometer is best—but don't leave this kind of thermometer in the meat while it's cooking). Insert the thermometer into the thickest part away from the bone and gristle
- Don't let your eggs run. They're safe when the whites are completely firm and the yolks are just beginning to thicken.

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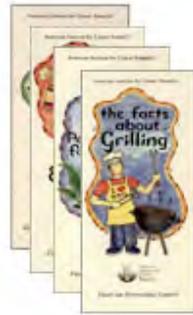
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The Facts About Grilling



The Facts About Grilling

Facts On Preventing Cancer

Are Grilled Foods Associated with Cancer?

Cancer researchers have linked eating grilled meat, poultry and fish with certain health risks. Grilling and broiling cause "muscle meats" (red meat, poultry and fish) to produce cancer-causing compounds. These compounds, called HCAs (heterocyclic amines), have been shown to cause tumors in animals and possibly increase the risk of cancers of the breast, colon, stomach and prostate in humans.

When fat from meat, poultry or fish drips onto hot coals or stones, another cancer-causing substance is formed. PAHs (polycyclic aromatic hydrocarbons) are deposited back onto food through smoke and flare-ups.

But there is no need to eliminate grilling and broiling completely. First, muscle meats are the major concern. According to most researchers, grilled vegetables and fruits, burnt toast and "blackened" dishes (in which only the seasoning is charred) present a substantially lower risk. Second, it is still possible to enjoy barbecued meats. Here are some tips for limiting the formation of HCAs and PAHs when you grill.

Tips for Safe Grilling

1. Grill veggies instead. Muscle meats like beef, chicken or fish pose the largest risk of cancer-promoting HCAs when grilled. Try grilling marinated vegetables on skewers, a grilling tray or wrapped in foil. Other healthy barbecue choices are veggie burgers, pizza, tofu or quesadillas. Grilled fruit makes a sweet, healthy dessert.
2. Marinating meats before grilling may significantly reduce the amount of HCAs.
3. Trim the fat. Choose lean, well-trimmed meats to grill; they have less fat to drip into the flames. Remove the skin from poultry. Avoid high-fat meats such as ribs or sausages.
4. Pre-cook meats, fish and poultry in the oven or microwave, then briefly grill for flavor.
5. Keep meat portions small so they only need to spend a brief time on the grill. Skewered kebobs cook the fastest.
6. Fix the drips. Avoid letting juices drip into the flames or coals, which causes smoke and flare-ups. Use tongs or a spatula to turn foods, instead of piercing meat with a fork. Covering the grill with punctured aluminum foil, not placing meats directly over coals and keeping a spray bottle of water on hand (to control flare-ups) are other ways to reduce drips.

7. Flip frequently. Recent research has found that cooking hamburger patties at a lower temperature and turning them often accelerates the cooking process, helps prevent the formation of HCAs and is equally effective in killing bacteria.

8. Remove all charred or burnt portions of food before eating

And always remember to practice food safety.

- Avoid cross-contamination. Use separate cutting boards, dishes and utensils for raw meats.
- Don't baste with used marinating liquid; make extra marinade to use for basting.
- Refrigerate foods that are marinated longer than 30 minutes.

Make a Marinade

One of the most effective ways to reduce the formation of cancer-causing compounds in grilled meats, poultry and fish is to marinate foods before grilling. Studies have shown that even briefly marinating foods is effective in reducing the amount of HCAs - in some cases, as much as 92 to 99 percent.

Scientists aren't sure exactly what causes this effect. A marinade may act as a "barrier," keeping flames from directly touching the meat. Or the protective powers may lie in the ingredients of a typical marinade. Vinegar, citrus juice, herbs, spices and olive oil all seem to contribute to the prevention of HCA formation.

About a half-cup of marinade is needed for every pound of food, although large pieces may need more to adequately cover the food's surface. Total immersion is not necessary, but the food should be turned occasionally, so that all surfaces will be in contact with the marinade long enough to benefit. Use a non-metal container or a sturdy, resealable plastic bag to hold the marinating foods.

Can meat fit into a cancer-protective diet?

Yes, however, AICR's Diet and Health Guidelines recommend eating no more than three cooked ounces of red meat a day (about the size of a deck of cards). A good rule is to fill at least two-thirds of your plate with vegetables, fruits, whole grains and beans and one-third or less with animal protein. This eating pattern will lower your consumption of fat and boost your intake of the many vitamins, minerals and antioxidants that promote overall, long-term health.

For more information about healthy proportions on your plate, read [The New American Plate](#) brochure.

Classic Marinade

1/2 cup rice or white wine vinegar
1 Tbsp. canola oil
1/4 cup finely chopped onion
1 small bay leaf
2 sprigs fresh rosemary, thyme or oregano (or 1/2 teaspoon dried)
2 cloves garlic, finely minced
1/2 teaspoon freshly ground black pepper

For grilling:

Assorted vegetables, sliced into thick rounds (such as eggplant, zucchini, summer squash, bell peppers, mushrooms or red onion)
Lean meat, skinless poultry, fish or firm tofu cut into 2-inch cubes or chunks

In bowl, combine marinade ingredients until well blended. Add food to be grilled and turn several times until all sides are coated. Cover and refrigerate for at least 30 minutes, occasionally turning food so that marinade is evenly distributed. Drain and discard marinade. Thread skewers with vegetables, meat or tofu. Grill, turning often to prevent charring.

Note: It is best to make separate skewers for meat and vegetables, since cooking times will vary. If desired, make additional marinade for basting. Do not baste with used marinade.

AICR Diet and Health Guidelines for Cancer Prevention

- Choose a diet rich in a variety of plant-based foods.
- Eat plenty of vegetables and fruits.
- Maintain a healthy weight and be physically active.
- Drink alcohol only in moderation, if at all.
- Select foods low in fat and salt
- Prepare and store foods safely.

*And always remember...
Do not use tobacco in any form.*

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Section 2:
Bringing Your Food to Life -
Simple Sample Menu

Some Ideas for Getting Started

*When you can't take the chef home, do the next best thing—
Take home menus, recipes, shopping lists and...A pinch of adventure!*

In the beginning of this book, I suggested you start slowly to incorporate changes in your eating, especially if this is new to you. If you're used to this kind of cooking and your pantry is stocked and your kitchen equipped, then you may want to forge ahead into the sample simple menu.

If this kind of eating and cooking is new to you, you may want to give yourself about a week or two to get settled in your "old world" with your transformed body, mind and spirit. Think about how you felt at the Retreat and how you think the food played a part in that. Did certain foods taste especially good, or perhaps give you energy or leave you feeling mentally clear? Were there certain dishes that you know you want to eat again? Was there something you think your family would enjoy as well?

During the second or third week, perhaps you can prepare one new recipe or go to a health food store or restaurant and order one new health supportive dish. Check out your pantry and see if you want to re-organize it or need to stock it so that you can give yourself a "KISH" pantry (Keep It Simply Healthy). Make a list of ingredients you need for your pantry.

The next week, check out the list of suggested cooking equipment and utensils. Decide if you want to add to your equipment or make-do with what you have. I don't suggest you buy all the equipment and utensils at once. (It took me several years of whole foods cooking to get all the equipment and utensils I now use). Kidnap a friend who likes to cook healthy food, and get them to help you pick out some equipment you'd like to have now.

Again, try another new recipe, or order another healthy dish at one of your favorite restaurants. Also, during that week, take a look at the Simple Sample Menu. You'll see that there are some items that can be prepared ahead of time and frozen.

The next week, do some of the "get-ahead" preparation. If you have a friend or family member who can help, get them involved. Maybe they can do the shopping and/or some of the cooking. Friends can make items at their homes and deliver them to you to put in your freezer. Or, if it's convenient, cook together—you'll be amazed at how fun that is!

If you have the time and energy, add another recipe to your repertoire or order another healthy menu item at an ethnic restaurant. If you don't have much energy, make yourself a smoothie and think about your favorite moment at the Smith Center!

When you feel ready to get started with the Simple Sample Menu, plan to do your grocery shopping on a Friday or Saturday (the menu is designed to start on a Sunday). Before you go shopping, spend a little quiet time becoming centered on your intention to nourish yourself. Begin to sense that all the activities that surround food— planning, shopping, preparing, eating, and sharing—can be wholesome, balancing and therefore healing. Thank yourself for taking this step toward wholeness.

Now, go forth, get a little "retail therapy" and discover the joy of cooking and eating for a lifetime!

The Simple Sample Menu

Introduction

This menu is designed around the weekdays when you may be working and/or going to treatments. This menu is nutritionally balanced for what Dr. Keith Block calls “Maintenance”, and encourages optimal dietary well-being. It is not adjusted for particular medical needs (i.e. gastrointestinal problems, such as colitis; gluten intolerance). If you have a problem or condition requiring dietary adjustments, you may need to consult with your health care provider for guidelines. You may also contact Laura Pole or Cathy Vogt for guidance in making adjustments.

The Simple Sample Menu is designed to be made in 2 phases. The “Getting Ahead Menu” is if you don’t have much time or energy to cook, or if you’re someone who just likes to get ahead. The “Getting Ahead “Menu” items are prepared a week before the Simple Sample Menu week.

If you have a lot of experience in cooking and have the time/energy, you can wait and prepare all the “Get Ahead” items during the week you’re cooking the Simple Sample Menu.

Getting Ahead Menu

A week before you get started with the Simple Sample Menu, you (or someone who cooks for you) may want to prepare some things ahead of time, and put them in the freezer. You can make big batches and store in small containers so they're available to use over the next several weeks. The shopping lists and recipes for the Get Ahead Menu are on the following pages.

Chef Laura's Luscious Lentil-Walnut paté

(for a snack spread; also can be spread on bread for a veggie sandwich)

*Totally optional—can buy a prepared bean spread like hummus

Chef Rebecca's Magic Mineral Broth

(as a broth for soups and sauces and can drink as a tonic)

*This is optional, as you can substitute already prepared broth—however, this broth adds magic flavor and healing nutrient supplementation. If you don't have access to freezer space to store about 6 quarts, buy cartons of organic vegetable broth, instead—this is indicated on shopping list)

Splendid Start Split Peas

(for making guacamole, a quick soup or to add protein and moisture to a casserole)

Chef Cathy's Spinach Miso Pesto

(for the pita pizza and as a spread for snacks)

Frozen Fruit

(Peel 7 ripe bananas and cut into 1-inch pieces; chunks of other fruit of choice such as mango, pineapple, cantaloupe or buy bags of frozen berries; place in storage container or freezer bag and freeze. This will be used for smoothies and sorbet)

Kidney or Pinto Bean Spread

(as a snack spread or to go in tortilla)

*Totally optional—can buy some already prepared

Cashew Cream "Cheese" Sauce

(Cashew cream for baked potato and to stir into soup or toss with pasta)

Jam Good Cookies

(for desserts and snacks)

*Optional, but like having gold coins in your freezer!

Simple Sample Menu

Notes:

Some people often eat the same breakfast foods every morning. This menu has different breakfast items each day. If you prefer to eat the same breakfast food every day, feel free to adjust the menu. Just be sure to include nutritious foods with no or minimal sugar (i.e. whole grain cereals or breads, nuts or nut butters, fresh fruits, eggs, yogurt, nitrite-free turkey bacon). The only breakfast menu I suggest you stick with is the Thursday morning menu, because the extra millet you cook at breakfast will be used in a millet patty at another meal.

You will notice that I list Time-Energy Saver substitutions for certain foods. I also give “Head-Start Hints” to make the next day’s preparations easier.

I’ve only included dessert in the menu of a couple of meals. Feel free to eat fruit for dessert or one of the Jam Good Cookies you made ahead of time.

If you decide to eat out or get take-out instead of cooking a meal, just use the guidelines I gave you in menu planning, so you choose food that makes a balanced, nutritious meal.

Saturday Evening Head Start Hints

Soak the black beans

Sunday Dinner

The Best Black Beans and Quinoa
Baked Butternut Squash
Sautéed Chard *
Spring Greens Salad with Tomato-Basil Dressing*
Baked Apples

**Time/energy-saver Substitutions:* Sautéed Pre-washed Baby Spinach or Mache; use a reduced fat prepared salad dressing made with cold-pressed oil, such as Annie’s Naturals Balsamic Dressing; or simply toss lettuce with a little lemon juice, olive oil and salt

***Head-start Hints:*

- Prepare “Queen Bean” Patties and store in fridge
- Take leftover black beans and divide into 1 one-quart container and 1 half-pint containers. Put the one-quart container in fridge and freeze the half-pint container.
- Thaw out 1 quart of Magic Mineral Broth

Monday

Breakfast

Ezekiel 4:9 Sprouted Grain Breakfast Cereal with Organic Milk or Soy, Almond, Oat or Rice Milk
Walnuts
Fresh Fruit in Season with Organic Soy, Cow or Goat Yogurt Sprinkled with
Ground Flax Seed and Wheat Germ
Optional Sweetener: Grade B Maple Syrup, Agave Nectar, Honey or Rapidura
Green Tea

Lunch

“TLT”
(Tempeh Bacon, Lettuce and Tomato Sandwich)*
Broccoli Slaw
Curried Butternut Squash and Apple Soup

**Substitution:* May use nitrite-free turkey bacon

Dinner

Quinoa “Queen Bean” Patties
with Salsa and Soy or Dairy Sour Cream or Yogurt
Simply Sensational Squash Sauté
Spring Mix Salad with Prepared Salad Dressing

Suggested Snacks for the Day:

Fresh Fruit and a couple of Brazil Nuts
Fresh Fruit; Almond Butter spread on Brown Rice Snaps

Head Start Hint

Thaw 1 container frozen cooked split peas and put in fridge.

Tuesday

Breakfast

Egg White Omelet with Greens*
(use leftover sautéed greens)
Toast
(sprouted grain bread or millet bread)
Fresh Fruit in Season
White Tea

**Substitution:* If you're not eating eggs, make scrambled tofu using crumbled extra firm Silken Tofu, chopped scallions, salt and leftover greens)

Lunch

Tossed Salad
(with Leaf Lettuce, Pre-Washed Baby Arugula, Mache, leftover Broccoli Slaw and Grape Tomatoes)
Poached Salmon*
Lemon Dill Dressing
Whole Grain Crackers

**Substitution:* Sliced Italian-Marinaded Tofu

**Time/Energy Saver Substitution:* Buy salmon already cooked and vacuum sealed or used canned salmon mixed with 2 tablespoons of the Lemon-Dill Dressing

Dinner

Stuffed Corn Tortillas
(with “Wholly Guacamole”, melted dairy, rice or soy cheese,
reheated squash sauté, lettuce, tomato, salsa)
Tri-Color Chili*

Snacks

Nut Butter on celery or slices of Apple or Pear
Whey Good Smoothie

**Time/Energy Saver Substitution*

Instead of making Tri-Color Chili, simply thaw out and puree 3 cups “Best Black Beans” plus 1 cup Magic Mineral Broth and blend in blender to make Black Bean Soup.

Head Start Hint

Thaw 1 container each of lentil-walnut paté and pesto and put in fridge.
If you want to make the Tri-color Chili, take 1 cup “Best Black Beans” out of freezer to thaw in fridge.

Wednesday

Breakfast

Steel Cut Oatmeal
Fruit Compote
Walnuts
Yogurt (Dairy, Soy or Goat)
with Sliced Apples and Bananas
Ginger-Green Tea
(steep ½ teaspoon grated ginger with 1 bag green tea)

Lunch

Presto Pesto Pita Pizza
Fresh raw sugar snap peas and carrot sticks

Dinner

Night to eat out or take-home
(Suggestions: Whole Grain Salad, Roasted Veggies, Lentil Burger, Fresh Salad)
Shop at a health foods grocery store if you decided to split your shopping up into 2 days

Snacks

Jicama Wedges Dipped in Guacamole
Laura's Lentil Walnut paté on Whole Grain Crackers (i.e. Tasty Little Crackers)

Head Start Hint

Thaw 1 container cashew cream and put in fridge.
Thaw 1 container of Magic Mineral Broth and put in fridge.
Thaw 1 container of bean spread and put in fridge.

Thursday

Breakfast

Hot Millet Breakfast Cereal*

(With toppings like ground flax seed, nuts, raisins, wheat germ, organic butter or non- trans fat margarine, Rice, Soy or Almond Milk, optional sweetener)

Veggie Breakfast Sausage

Fresh Fruit

**Head Start Hint:* Cook extra millet to be used in patties on Friday

Lunch

Baked Potato

Toppings: Cashew Cream “Cheese” Sauce, Steamed Brocciflower* florets, Chives

Salad tossed with Miso Citrus Dressing

TLC’s with Lentil-Walnut paté

**Substitution:* May use broccoli or cauliflower florets. This is often available already cut in bags.

**Head Start Hint:* Steam extra broccoli to use in pasta primavera on Friday

Dinner

Rice with Almond and Capers

Karrot Soup with a Kick

Bok Choy Sautéed with Garlic, Pine Nuts and Golden Raisins

Jam Good Cookie

Snacks

Salmon spread on endive or red pepper slices

Bean spread on sprouted grain tortilla or organic corn chips

Head Start Hint

If you don’t have a pressure cooker, pre-cook “Bob’s Red Mill Veggie Soup Mix” with Magic Mineral Broth (takes about 30 minutes). This will be used in the “Quick Bean and Veggie Soup” for Friday dinner

Friday

Breakfast

Boiled Egg*
Toasted Sprouted Grain Bagel with Sliced Avocado
Fresh Fruit

**Substitution:* Nut butter or bean spread on bagel

Lunch

Can-Do Pasta Primavera
Salad with Prepared Dressing

Dinner

Bean and Veggie Soup
Millet Croquettes with Mushroom Sauce*
Spinach Sautéed with Garlic and Ginger and topped with Sesame Seeds

**Time/Energy Saver Substitution:* Thaw the ½ pint container of black beans and use as sauce on the croquettes, instead of the mushroom sauce.

Snacks

½ cup raw unsalted cashews tossed in 1 teaspoon umami vinegar and toasted

Smoothie Gone Coco!
with Cardamom, Bananas, Lite Coconut Milk and Milk/Almond Milk

Here's a Little "Lagniappe"*

"Lagniappe is French for "a little something extra"

Quick Meal Substitution on a Low Energy Day

Pita filled with store-bought hummus, lettuce, tomato, sliced cucumber
Tahini Sauce
Banana Berry Sorbet

Recipes for the Simple Sample Menu

Note that the recipes are in the order in which they appear in the menu.

➤	Chef Laura's Luscious Lentil-Walnut Paté	(Recipes page	90)
➤	Chef Rebecca's Magic Mineral Broth	(Recipes page	92)
➤	Splendid Start Split Peas	(Recipes page	122)
➤	Spinach Miso Pesto	(Recipes page	120)
➤	Kidney Bean Spread	(Recipes page	88)
➤	Variations on a Cream, Cashew Cream recipes	(Recipes page	133)
➤	Jam Good Cookies	(Recipes page	84)
➤	Best Black Beans	(Recipes page	66)
➤	Quinoa Seasoned	(Recipes page	107)
➤	Baked Butternut Squash	(Recipes page	60)
➤	Sautéed Swiss Chard	(Recipes page	115)
➤	Tomato Basil Balsamic Dressing	(Recipes page	131)
➤	Baked Apples	(Recipes page	59)
➤	TLT's -Tempeh, Lettuce and Tomato	(Recipes page	127)
➤	Broccoli Slaw	(Recipes page	69)
➤	Curried Butternut Squash and Apple Soup	(Recipes page	77)
➤	Quinoa Queen Bean Quinoa Patties	(Recipes page	107)
➤	Simply Sensational Squash Sauté'	(Recipes page	116)
➤	Poached Salmon Over Salad Greens with Lemon-Dill Dressing	(Recipes page	104)
➤	Stuffed Corn Tortillas	(Recipes page	123)
➤	Wholly Guacamole	(Recipes page	138)
➤	Tri-Color Chili	(Recipes page	132)
➤	Whey Good Smoothies	(Recipes page	137)
➤	Fruit Compote	(Recipes page	79)
➤	Presto Pesto Pizza	(Recipes page	106)
➤	Jicama Wedges Dipped in Wholly Guacamole	(Recipes page	86)
➤	Hot Millet Breakfast Cereal	(Recipes page	95)
➤	Bodacious Baked Potatoes	(Recipes page	68)
➤	Miso Citrus Dressing	(Recipes page	97)
➤	Rice with Almonds and Capers	(Recipes page	111)
➤	Karrot Soup with a Kick	(Recipes page	87)
➤	Bok Choy Sautéed with Garlic, Pine Nuts and Golden Raisins	(Recipes page	58)
➤	Salmon Spread	(Recipes page	114)
➤	Can-Do Pasta Primavera	(Recipes page	70)
➤	Bean and Veggie Soup	(Recipes page	63)
➤	Baked Millet Patties	(Recipes page	96)
➤	Mushroom Sauce	(Recipes page	93)
➤	Spinach Sautéed with Garlic and Ginger and Topped with Sesame Seeds	(Recipes page	121)
➤	Smoothie Gone Coco!	(Recipes page	117)
➤	Tahini Sauce	(Recipes page	126)
➤	Banana Berry Sorbet	(Recipes page	61)

Shopping List Simple Sample Menu Get-Ahead Shopping

Note: Quantities of non-perishable dried, canned and bottled groceries will be used during the entire week of the Simple Sample Menu. Quantities for perishable items are just for the “Get-Ahead” Menu. Please remember to “shop” in your pantry and spice cabinet first, to see if you have any of these ingredients on hand. If you’re going to have to buy a lot of non-perishable pantry items, this grocery bill could add up. Just keep in mind, that you’ll be able to use ingredients such as herbs/spices, oils and vinegars for several weeks or months.

Produce	
<p>Magic Mineral Broth Ingredients (don’t buy, if you plan to use Veggie Broth in cartons)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Carrots with green tops—6 <input type="checkbox"/> Onions—2 medium yellow <input type="checkbox"/> Leek-1 <input type="checkbox"/> Celery with leaves—1 bunch <input type="checkbox"/> Garlic cloves—4 <input type="checkbox"/> Flat-leaf parsley—1 bunch <input type="checkbox"/> Red Potatoes—4 medium <input type="checkbox"/> Japanese or Hannah’s yams or sweet potatoes—2 <input type="checkbox"/> Garnet yam—1 	<p>Other produce:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Basil leaves, fresh—1 cup <input type="checkbox"/> Parsley, curly; 1 small bunch <input type="checkbox"/> Scallions—1 small bunch <input type="checkbox"/> Garlic cloves—4 heads <input type="checkbox"/> Onions, yellow—8 medium; 4 small <input type="checkbox"/> Red Potato—1 medium, if not making Magic Mineral Broth <input type="checkbox"/> Spinach, pre-washed—3/4 pounds <input type="checkbox"/> Lemons—1 <input type="checkbox"/> Bananas—7 ripe
Other Perishables	
Refrigerated Soy Products	Frozen
<ul style="list-style-type: none"> <input type="checkbox"/> 1 jar chickpea or white or mellow barley miso 	<ul style="list-style-type: none"> <input type="checkbox"/> Mixed berries, organic—1 bag <input type="checkbox"/> Organic apple juice concentrate—1 small can <input type="checkbox"/> Organic frozen orange juice concentrate — 1small can
Grains and Flours	Oils/Vinegars/Dressings
<ul style="list-style-type: none"> <input type="checkbox"/> Rolled oats—2 cups. <input type="checkbox"/> Steel Cut Oats or Irish Oatmeal—1 cup <input type="checkbox"/> Red Quinoa—1 box (can use regular Quinoa if you can’t find red) <input type="checkbox"/> Millet—3 cups 	<ul style="list-style-type: none"> <input type="checkbox"/> Extra virgin olive oil—1 quart <input type="checkbox"/> Olive oil spray—1 can <input type="checkbox"/> Canola oil, cold-pressed—1 small bottle <input type="checkbox"/> Sesame oil, cold-pressed-1 small bottle

Get Ahead Shopping List (continuation)

Grains and Flours (continued)	Oils/Vinegars/Dressings (continued)
<input type="checkbox"/> Brown Rice, Short Grain—1 cup <input type="checkbox"/> Whole spelt flour (as opposed to white)—2 cups <input type="checkbox"/> Toasted wheat germ—1 jar	<input type="checkbox"/> Apple cider vinegar—1 small bottle <input type="checkbox"/> Balsamic Vinegar, White or Golden —1 small bottle <input type="checkbox"/> Brown Rice Vinegar—1 small bottle <input type="checkbox"/> Umeboshi vinegar—1 small bottle <input type="checkbox"/> Prepared, low-fat organic salad dressing of your choice—1 small bottle
Nuts/Seeds	Canned/Carlton/Jars
<input type="checkbox"/> Almonds, whole—1 ½ cups <input type="checkbox"/> Almonds, slivered—1/4 cup <input type="checkbox"/> Brazil Nuts—1 cup <input type="checkbox"/> Cashews, shelled and unsalted—2 cups <input type="checkbox"/> Flax seeds, whole—1 cup (or, if you don't have a blender or coffee/spice grinder, buy smallest bag of ground flax seed). <input type="checkbox"/> Pine nuts—2 tablespoon <input type="checkbox"/> Sesame seeds, toasted—1/4 cup <input type="checkbox"/> Sunflower seeds, toasted—1 cup <input type="checkbox"/> Walnuts—2 ½ cups	<input type="checkbox"/> Organic peanut butter or almond butter—1 jar <input type="checkbox"/> Kidney beans- 1 can (15 oz) + 1 can (15 oz.) <input type="checkbox"/> Organic Black Beans—5 cans (if you decide not to use dried black beans) <input type="checkbox"/> Organic vegetable broth (if you don't make Magic Mineral Broth)—5 quarts <input type="checkbox"/> Organic Salsa or Pace Picante Sauce—16 ounce jar <input type="checkbox"/> Sweet pickle relish—1 jar <input type="checkbox"/> Organic stewed tomatoes—28 ounces
Dried Fruit	Teas
<input type="checkbox"/> Organic Raisins—1 ½ cup <input type="checkbox"/> Organic Golden Raisins—6 T (can use dark raisins if you can't find golden) <input type="checkbox"/> Prunes-1/2 cup <input type="checkbox"/> Unsulphured apricots or figs—1/2 cup	<input type="checkbox"/> Green tea (decaf or regular)—1 box <input type="checkbox"/> White tea (flavor of choice)—1 box
Beans/Peas	Miscellaneous
<input type="checkbox"/> 1 ½ cup split green peas <input type="checkbox"/> Red lentils—2 cups <input type="checkbox"/> Dried Organic Black Beans—2 cups (or can buy four 15-ounce cans, instead)	<input type="checkbox"/> Whey Protein Powder—1 can (can use soy protein powder, if you're not eating dairy products)

Get Ahead Shopping List (continuation)

<p style="text-align: center;">Herbs and Spices</p> <p>Note: Quantities here are intended for stocking your pantry—check to see if you already have these amounts on hand</p>	<p style="text-align: center;">Notes:</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Sea salt—16 ounces (about 2 cups) <input type="checkbox"/> Kombu—1 package (sometimes called Atlantic kelp)—in the Asian food or macrobiotic section <input type="checkbox"/> Arrowroot—1/4 cup <input type="checkbox"/> Bay leaves—20 leaves <input type="checkbox"/> Black peppercorns—1/4 cup <input type="checkbox"/> Allspice or juniper berries, dried—20 berries <input type="checkbox"/> Basil (dried)—1/4 cup or 1 bottle. <input type="checkbox"/> Cayenne pepper—1 small bottle <input type="checkbox"/> Chives (dried)—1/4 c. or 1 small bottle <input type="checkbox"/> Curry Powder (Madras, preferably)—1/4 cup or 1 small bottle <input type="checkbox"/> Cumin, ground—1/4 cup or 1 small bottle <input type="checkbox"/> Dill weed, dried—1/4 cup or 1 small bottle <input type="checkbox"/> Ginger, ground—1/4 cup or 1 small bottle <input type="checkbox"/> Garlic granules—1/2 cup <input type="checkbox"/> Onion granules or powder—1/4 cup <input type="checkbox"/> Rosemary leaves (dried)—1/4 cup or 1 small bottle <input type="checkbox"/> Thyme leaves (dried), 1/4 cup or 1 small bottle <input type="checkbox"/> Turmeric—1/4 cup or 1 small bottle <input type="checkbox"/> Ground cinnamon—1/4 cup or 1 small bottle <input type="checkbox"/> Cinnamon Sticks—20 sticks <input type="checkbox"/> Cardamom, ground—1/4 cup or 1 small bottle <input type="checkbox"/> Oregano leaves, dried—1/4 cup or 1 small bottle <input type="checkbox"/> Dried chipotle chili-1 small bag 	

Shopping List
Simple Sample Menu
Days 1-4

Produce	
Greens	Herbs
<input type="checkbox"/> Arugula, organic baby or Maché—1 box (these are optional salad greens, if you have room in your fridge) <input type="checkbox"/> Swiss Chard—5 bunches <input type="checkbox"/> Spring Salad Mix, organic—8 servings <input type="checkbox"/> Lettuce, green leaf, organic—1 large head	<input type="checkbox"/> Ginger— 3-inch piece <input type="checkbox"/> Basil, fresh—1 small bunch <input type="checkbox"/> Parsley, curly—2 T <input type="checkbox"/> Cilantro (optional as topping)—1 small – bunch <input type="checkbox"/> Dill, fresh—1 small bunch (or use dried)
Other vegetables	Fruit
<input type="checkbox"/> Broccoli slaw—2 cups <input type="checkbox"/> Broccoli florets—1 cup (or buy 1 small head broccoli) <input type="checkbox"/> Butternut squash—4 medium <input type="checkbox"/> Carrots, baby, organic—1 cup <input type="checkbox"/> Celery –1 bunch (celery hearts, preferably) <input type="checkbox"/> Jicama—1 small <input type="checkbox"/> Red bell pepper, organic—2 small <input type="checkbox"/> Sugar snap peas, fresh raw—1 cup <input type="checkbox"/> Squash, yellow summer—2 small <input type="checkbox"/> Tomatoes, slicing—5 ripe <input type="checkbox"/> Tomatoes, Grape, organic-1 small carton <input type="checkbox"/> Tomatoes, Roma—2 <input type="checkbox"/> Zucchini—1 small.	<input type="checkbox"/> Apples, organic Granny Smith—6 <input type="checkbox"/> Lemon—4 <input type="checkbox"/> Lime: 1 <input type="checkbox"/> Orange, organic—1 <input type="checkbox"/> Fresh Fruit in Season for breakfast and snacks—enough fruit for 2 breakfasts and 6 snacks/desserts <input type="checkbox"/> Apples or pears, organic for breakfast or snacking—enough for 1 breakfast and 1 snack <input type="checkbox"/> -Bananas, organic—enough for 2 breakfasts
Dairy and Non-Dairy Beverages	Other Dairy Products/Eggs
<input type="checkbox"/> Organic low-fat cow’s milk or Vita-Soy Enriched Plain or Vanilla Soy Milk (or Rice Dream or Plain Almond Milk) for breakfast cereal and smoothies—1 quart	<input type="checkbox"/> Low-fat organic plain yogurt—(cow, goat or soy)—1 qt. <input type="checkbox"/> Organic Dairy or soy sour cream—1 small container (optional topping—can use yogurt instead)

Simple Sample Menu Days 1-4 (continuation)

	<p>Other Dairy Products/Eggs (cont.)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Organic Eggs—12 (or organic egg substitute—1 carton + 6-pack of eggs) *If not eating eggs, buy Silken Tofu (see soy foods section) <input type="checkbox"/> Organic dairy or soy or rice cheddar cheese—8 ounces <input type="checkbox"/> Organic dairy, soy or rice mozzarella cheese—8 ounces <input type="checkbox"/> Organic butter; or margarine without trans-fats
Cookies/Crackers	Fish
<ul style="list-style-type: none"> <input type="checkbox"/> Brown Rice Crackers (in Asian foods section or macrobiotic section)—1 package <input type="checkbox"/> Whole grain crackers (i.e. Tasty Little —Crackers or Barbara’s Whole Grain Saltines)—1 box 	<ul style="list-style-type: none"> <input type="checkbox"/> Salmon filet—fresh wild-caught with pin-bones removed (or can use pre-cooked and packaged salmon)—1 ½ pounds (if not eating fish, buy marinated tofu—see “soy products)
Soy Products	Frozen
<ul style="list-style-type: none"> <input type="checkbox"/> Tempeh Bacon (or nitrite-free turkey bacon) —8 slices <input type="checkbox"/> Extra Firm Silken Tofu—1 carton (if not eating eggs) <input type="checkbox"/> Baked Marinated Tofu—Italian-style—1 pound (*if not using salmon) 	<ul style="list-style-type: none"> <input type="checkbox"/> Sprouted Grain Bread—1 loaf <input type="checkbox"/> Millet Bread—1 loaf (optional, if you have room in your freezer) <input type="checkbox"/> Organic whole grain pita bread—4 pieces <input type="checkbox"/> Organic Corn Tortillas—1 package of 12 <input type="checkbox"/> Organic yellow corn—1 small bag
Cereal	
<ul style="list-style-type: none"> <input type="checkbox"/> Ezekiel 4:9 Sprouted Grain Breakfast Cereal—1 box 	

Shopping List
Simple Sample Menu
Days 5-7

Be sure to “shop” in your pantry, fridge and freezer, first, to see if you already have enough of these ingredients on hand.

Produce	
Greens	Fruit
<input type="checkbox"/> Bok Choy, Baby—1 pound (about 4-6 heads) <input type="checkbox"/> Leaf lettuce or spring salad mix—enough for salad for 3 meals (check quantity remaining in fridge and replenish if necessary) <input type="checkbox"/> Spinach—baby, pre-washed—2 bags	<input type="checkbox"/> Juice oranges—2 medium organic <input type="checkbox"/> Lemon—3 <input type="checkbox"/> Lime—1 <input type="checkbox"/> Seasonal fruit for breakfast and snacking—3 breakfasts and 4 snacks/desserts
Herbs	Fungi & Roots
<input type="checkbox"/> Parsley, curly-1 bunch <input type="checkbox"/> Green Onion (scallions) –1 large bunch	If you’re making the mushroom sauce for Friday dinner: <input type="checkbox"/> Button or cremini mushrooms—8 ounces <input type="checkbox"/> Shallot-1
Other Vegetables	
<input type="checkbox"/> Avocado—1 ripe for Friday <input type="checkbox"/> Garlic—check supply; need 1 head <input type="checkbox"/> Broccoflower—1 head (may use broccoli and/or cauliflower, if no broccoflower) <input type="checkbox"/> Cabbage—green; 1 small head <input type="checkbox"/> Carrots—17 medium organic <input type="checkbox"/> Cucumber—1 small	<input type="checkbox"/> Potatoes, baking—4 medium organic <input type="checkbox"/> Potatoes, new, red—4 small <input type="checkbox"/> Red or orange Bell Pepper—2 small <input type="checkbox"/> Shitake Mushrooms—8 ounces Tomato, slicing—1 large

Simple Sample Menu Days 5-7 (continuation)

Beans and Grains	Other Dairy Products/Eggs
<input type="checkbox"/> Bob's Red Mill Vegi Soup Mix—1 bag (usually in the soup or bean section of the natural foods section of the conventional grocery store)	<input type="checkbox"/> Dairy or soy grated parmesan cheese, organic—1 cup
Canned/Jars	Dairy and Non-Dairy Beverages
<input type="checkbox"/> Capers—a small bottle <input type="checkbox"/> Coconut milk, Lite—8 ounces <input type="checkbox"/> Salmon—one 6-ounce can, wild caught (if you don't have leftover cooked salmon) <input type="checkbox"/> Tomatoes—organic, crushed plum; one 14-oz. Can <input type="checkbox"/> Tomatoes—organic crushed with basil—one 28-ounce can	<input type="checkbox"/> Check quantity of your milk or non-dairy milk and see if you need more—will need 1 quart (2 quarts, if making smoothies for more than 2 people)
Pasta	Frozen
<input type="checkbox"/> Ezekiel 4:9 Sprouted Grain Penne Pasta—1 box	<input type="checkbox"/> Veggie breakfast sausage (i.e. Boca Breakfast links or patties)- 1 box <input type="checkbox"/> Sprouted grain tortillas—1 package, small diameter <input type="checkbox"/> Sprouted grain pita bread—4 small pockets <input type="checkbox"/> Sprouted grain bagels—1 bag (unless you're OK with using your sprouted grain loaf bread for breakfast) <input type="checkbox"/> Edamame Beans—1 small bag; without the shell <input type="checkbox"/> Berry of choice (if making sorbet)—1 bag
	Miscellaneous
	<input type="checkbox"/> Veggie Broth (or Magic Mineral Broth)—check supply; you'll need 10 cups for Thurs.-Sat. <input type="checkbox"/> Prepared hummus—4 servings <input type="checkbox"/> Hearty red wine (merlot, shiraz, cabernet)—1 small bottle (if making the mushroom sauce on Fri. night)

Section 3: Recipes

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Apple-Cherry Fillo Pinwheels

Makes: 18 servings

Ingredients:

Rome or McIntosh Apples—6, peeled and ¼ inch diced
Apple juice, organic —¼ cup + 2 tablespoons
Organic cherries—1 bag, frozen
Cinnamon—¼ teaspoon
Cloves—1 pinch

Salt—1 pinch
Arrowroot—1 tablespoon dissolved in 2 tablespoons Apple juice
Whole wheat fillo dough—1 box, thawed in fridge overnight
Super Canola spray
Parchment paper

Procedure:

1. Preheat oven to 400 degrees.
2. Line large baking sheet with parchment paper
3. Bring apples and ¼ c. apple juice to a boil, and then simmer until apples just become tender.
4. Add cherries, cinnamon, cloves and spices and bring to a simmer.
5. Stir in arrowroot/apple juice mixture and stir until mixture thickens.
6. Remove from heat and allow to cool.
7. Place 4 sheets of fillo dough over parchment paper on baking sheet. Slightly overlap each sheet with each other.
8. Spray this layer with Canola spray. Be sure to spray the outer edges of fillo well, to prevent it from drying out.
9. Continue making overlapping layers of fillo dough, spraying each layer with canola spray.
10. When all the fillo dough has been used up, spread the apple-cherry filling in a single line along the width of the fillo dough, about 4 inches from the edge closest to you. Leave about 2 inches on either side of the fillo without filling, so that you can fold in the edges.
11. Using the parchment paper underneath the fillo, roll the edge of the fillo dough over the filling.
12. Release the parchment paper and fold in the outer edge of the dough.
13. Now, completely roll up the fillo dough until it resembles a long tube.
14. Spray the fillo dough with Canola spray.
15. Cut 1-inch long slits about 3 inches apart, in the top of the roll with a serrated knife (this will keep roll from splitting and dough from oozing out).
16. Bake until fillo becomes golden brown (about 10-15 minutes).
17. Remove from oven and allow to cool.
18. Slice the roll with a serrated knife (make slices about 1 to 2 inches wide). Serve on plates.

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Asparagus with Mango Salsa

Makes: 6 servings

Ingredients:

Asparagus—about 30 stalks (hard ends trimmed off)

Mango—ripe but relatively firm, cut in small cubes

Scallions –4, thinly sliced

Rice vinegar – 3 tablespoons

Canola Oil – 4 tablespoons

Salt to taste

Procedure:

1. Steam asparagus until easily pierced with a fork
2. Shock asparagus in ice cold water
3. Mix vinegar, oil and salt in a small bowl
4. Add mango and scallions to dressing and mix
5. Arrange asparagus on platter and scatter mango salsa over top

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Baby Bok Choy Sautéed with Garlic, Pine Nuts and Golden Raisins

Makes: 4 servings

Bok Choy is one of those cruciferous vegetables—you know, the ones that are so good for us that there’s not a bad thing we can say about it, unless you run out of it before you’ve eaten your fill! Baby bok choy is easy to prepare and cooks in minutes. If you can’t find the baby, you can buy the “Mama” size—it’s just a little less tender, and a little more pungent.

Ingredients:

Baby Bok Choy—1 pound (4-6 heads), bases trimmed off, and rinsed well

Extra virgin olive oil—1 tablespoon

Garlic—2 cloves, minced

Pine nuts—1 tablespoon, soaked in hot water and drained

Golden raisins (can use dark raisins)—1 tablespoon

Procedure:

1. Separate the bok choy into individual leaves and cut crosswise into bite-size pieces. Keep the stems separate from the leaves.
2. Heat oil on medium high heat in a wok (if you don’t have a wok, a large skillet with a lid will do)
3. Add the bok choy stems, the garlic and the pine nuts and stir-fry for 30 seconds.
4. Add the leaves and the raisins and stir-fry for another 30 seconds, until the leaves are just wilted.
5. Serve hot and taste how good it is and how good it must be for you!

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Baked Apples

Makes: 6 servings

I believe dessert should be easy to make and surprisingly delicious. Mix “Mother Nature’s” perfect fruit, the apple, with a little heat and a splash of spice, and you’ve got the perfect simple dessert. Hold 2 servings aside to use in the Quick Curried Butternut Squash and Apple Soup.

Ingredients:

Granny Smith Apples—6
Apple juice concentrate—6 teaspoons, frozen organic
Grade B maple syrup—1 tablespoon
Powdered Cinnamon—½ teaspoon
Raisins—6 teaspoons

Procedure:

1. Preheat oven to 350 degrees.
2. Core apple with a melon “baller” leaving the very bottom intact, to create a little pocket for the fillings.
3. Use a knife to cut through the skin around the equator of the apple (so the apple will expand, but won’t burst)
4. Mix the apple juice concentrate, maple syrup and cinnamon together.
5. Stuff 1-teaspoon raisins and 1 teaspoon apple juice/syrup/cinnamon together into the “hole” of the apple.
6. Place apples in a roasting pan and bake until soft.
7. Save aside 2 apples to be used in soup.

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Baked Butternut Squash

Makes: 8 servings

One may try to copy Mother Nature, but no one can match the nutritional treasures She puts into Her food. Foods that are naturally deep in color are also naturally high in nutrition. Take the shapely butternut squash, for instance. The rich orange of its flesh says, “I’m high in beta carotene, vitamin C and E, folate, iron and magnesium. Sit down, eat me and be healed!”

Save aside 2 cooked squash for making “Quick Curried Butternut Squash and Apple Soup”.

Ingredients:

Butternut squash—4 medium sized, organic
Extra virgin olive oil—2 tablespoons
Grade B Maple syrup—2 teaspoons
Cinnamon—2 pinches
Salt—2 pinches

Procedure:

1. Preheat oven to 400 degrees.
2. Lightly spray or oil a large, flat-bottomed baking pan.
3. Slice each squash in half length-wise and remove the seeds. Slice each piece in half width-wise.
4. Mix the olive oil, maple syrup, cinnamon and salt and lightly brush on the cut side of each piece of squash.
5. Place squash cut side up, on baking pan.
6. Bake for 30 minutes, or until tender.
7. Serve warm.

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Banana Berry Sorbet

Makes: 4 servings

I always get a kick out of seeing the Retreat participants' faces when they taste this sorbet—their eyes look heavenward and their lips utter praises in ancient tongues to the kitchen deities! What's even more satisfying is seeing the flash of insight when they realize this is divinely easy to make!

Ingredients:

Bananas—2, ripe, cut into 1-inch chunks and frozen

Frozen berries—2 cups (strawberries, blueberries, blackberries, raspberries—any will do)

Vanilla Almond Milk or Rice Milk or Soy Milk—1/2 cup (+more if needed)

Agave nectar or honey to taste

Optional: Just about any frozen fruit will do. (When you have leftover fresh fruit, i.e. cantaloupe, pineapple, mango, etc., cut up in chunks and freeze so you have some on hand).

Procedure:

1. Mix ingredients about 45 minutes before serving, so it can set up in the freezer.
2. Remove frozen fruit from freezer, about 15 minutes before blending.
3. Put fruit in bowl of food processor or pitcher of a blender with about 1/2-cup milk and cover.
4. Begin to puree fruit, adding small amounts of milk until mixture is creamy like a thick milk shake. Taste. Add agave nectar if you want it sweeter.
5. Put into a metal mixing bowl and put in freezer for about 45 minutes.
6. Halfway through freezing, stir the mixture, scraping frozen sorbet off the inside edge of the bowl.
7. Stir once more just before serving.

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Banana-Walnut Bread

Makes: 8 servings

These vegan quick breads capture classic flavors without the use of eggs or dairy products. However, if you are inclined, any of these recipes will be even better if you reduce the liquid called for by ½ cup and replace it with 2 eggs.

This sweet vegan bread toasts very well and is ideal for breakfast.

Ingredients:

Walnuts or pecans—1 cup, roughly chopped
Whole-wheat pastry flour—1½ cups
White bread flour, unbleached all-purpose —1 1/2 cups
Baking powder—1 tablespoon
Cinnamon—1 1/2 teaspoons, ground
Sea salt—1-teaspoon
Bananas, ripe —2 cups, mashed
Water—1/2 cup
Corn oil or melted unsalted butter—1/2 cup, unrefined
Pure maple syrup or honey—1/2 cup
Vanilla extract—4 teaspoons

Procedure:

1. Preheat the oven to 350°F. Lightly oil 4 x 8 inch loaf pan or 8 inch-square baking dish.
2. Spread the walnuts or pecans on baking sheet and toast in the oven for 8 minutes. Transfer to a bowl to cool
3. In a bowl, whisk together the flours, baking powder, cinnamon, and salt.
4. In a separate bowl, whisk together the bananas, water, oil, maple syrup and vanilla.
5. Using a rubber spatula, fold the wet mixture into the dry mixture. Fold in the toasted nuts. Do not over mix, a few lumps won't matter, and you will wind up with lighter fluffier bread.
6. Pour in the batter into the prepared pan and bake it for 1 hour, or until a toothpick inserted into the middle of the loaf comes out clean.
7. Cool in the pan for 15 minutes before serving.

**Copyright: Peter Berley, The Modern Vegetarian Kitchen, Harper Collins Publishers; 2000;
BREADS 349**

Bean and Veggie Soup, Quick

Makes: 4 servings

Do not let the name of this soup fool you into thinking saving time will compromise taste. One damp, cool and dreary day I was working at home. Oops! It's time to eat and nobody thought about a lunch menu! My family wanted a hot bean and veggie soup. We had a bag of "Bob's Red Mill Vegi Soup Mix"—takes 40 minutes to cook—"too long", I said. So, I pulled out the pressure cooker, had the soup mix ready in 15 minutes, and cut up and sautéed a few extra veggies, added to the soup mix, and had lunch in 20 minutes! It tasted even better the next day. Note: The Vegi Soup Mix is not gluten-free.

Ingredients:

Organic Chicken, Veggie or Magic Mineral broth—1 quart
Bob's Red Mill Vegi Soup Mix—1 cup, cooked (30 minutes) or pressure cooked (10 minutes for chunkier soup -15 minutes for creamier soup)
Extra virgin olive oil—1 tablespoon
Onion—1 small, chopped
Garlic —3 cloves minced
Glen Muir Organic Crushed Tomatoes with Basil—1 28 oz can (stewed tomatoes, diced tomatoes, whole tomatoes, crushed, or tomato sauce will do)
Sea salt—2 teaspoons
Thyme—1 sprig fresh, or 1/2 tsp dried
Oregano—1 sprig fresh, or 1/2 tsp dried

Optional

Potatoes—4, diced
Carrot—1 medium, diced
Cabbage—1 cup of chopped (sliced)

Procedure:

1. Combine broth and Bob's Red Mill Vegi Soup Mix in 3 or 4-quart soup pot, bring to a boil, reduce heat and simmer, covered for about 30 minutes. (See instructions below, for pressure-cooking)³.
2. In a medium skillet or sauté pan, heat the olive oil on medium high heat, and sauté onions until translucent. Add the garlic and sauté for 30 seconds. Add the potatoes, carrots and cabbage (if you plan to use them) and sauté for a couple of minutes. Sprinkle with about ½ teaspoon salt while sautéing. Set aside.
3. After the Vegi Soup mix has cooked for about 30 minutes, add the sautéed vegetables, canned tomatoes, thyme, oregano and remaining salt (1 ½ teaspoon) to the Vegi Soup mix. Simmer for 15-30 more minutes, until vegetables and beans are tender.
4. Serve hot.

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³ Pressure cooking Vegi Soup Mix: Combine 1-quart broth with soup mix in a pressure cooker. Pressure cook according to manufacturer's instructions. Once it comes up to pressure, cook soup mix for 10 minutes (15 minutes if you want a creamier soup). Bring down pressure according to manufacturer's instructions, before removing lid

Beet and Watercress Salad

Makes: 6-8 servings

Ingredients:

Beets—3 lbs
Red wine or balsamic vinegar—4 tablespoons
Dijon mustard—1 ½ teaspoon
Extra Virgin Olive Oil—1/3 cup
Watercress*—2 to 3 bunches
Belgian endive—3 heads or a bunch of Arugula

(* if you don't have Watercress use Arugula or Spring Mix

Procedure:

1. Trim beets to within 1" of the root.
2. Place beets in pan, cover with water, bring to boil and cook until just tender when pierced with a sharp knife, 30-40 minutes.
3. Drain, cool and peel.
4. Cut beets into julienne strips.
5. Place beets in bowl, beat vinaigrette and toss together lightly. Marinate 10-15 minutes.
6. Rinse watercress and discard any tough stems
7. Make "bowl" with watercress and serve beets in the center.
8. Serve garnished with Belgian endive.

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Beet-Coriander Cakes with Saffron Cream

Makes: 6 servings

This recipe is an absolute favorite at the Retreats! It comes from a cookbook called The Artful Vegan (2003) by Eric Tucker of the famed Millennium Restaurant in San Francisco. If you're really into elegant vegan cooking, this book is a must for your collection.

Ingredients:

Saffron Cream

Saffron threads—1/4 teaspoon
Hot Water—1/4 cup
Extra Virgin Olive Oil—2 tablespoon
Garlic—2 cloves
Umeboshi vinegar—1 teaspoon
Dijon Mustard—2 teaspoons
Extra firm Silken Tofu—one 6-ounce package
Salt—1 teaspoon

Beet Coriander Cakes

Red beets—2 large, peeled and grated
Red onion—1 small, thinly sliced
Slivered almonds—1/2 cup
Garbanzo (chickpea) Flour—1 cup plus more as needed
Ground Coriander—1 teaspoon
Ground Cumin—1 teaspoon
Dried mint—1 teaspoon (can use mint from a mint tea bag)
Salt—1 1/2 teaspoon
Crushed Red Pepper Flakes—1/4 teaspoon
Cold pressed Canola Oil(preferably Super Canola)—1 cup for frying

Procedure:

To Make the Cream

1. Infuse saffron threads in the hot water for at least 30 minutes.
2. Heat the olive oil in a pan over medium heat. Add the garlic and sauté for 2 to 5 minutes, until golden brown. Let cool.
3. Combine the saffron, garlic, vinegar, mustard, tofu and salt in a blender and blend until smooth.

To Make the Beet Cakes

1. In mixing bowl, combine the beets, onion, almonds, garbanzo flour, coriander seeds, cumin seeds, mint, salt and pepper flakes.
2. Mix until the dough holds together in firm patties, adding more flour or a little oil if needed to aid in the binding process.
3. Form the beet mixture into 6 cakes about 3 inches across and 1/2 inch thick.
4. Heat a little canola oil in a skillet over medium-high heat.
5. One at a time, sauté the cakes for 3 minutes per side, or until browned and crisp.
6. Drain on paper towels and keep warm (Alternatively, for lower fat, preheat the broiler or the oven to 500 degrees F. Brush the cakes with soy milk, and broil or bake on a baking sheet for 20 minutes, or until browned and crisp)

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Best Black Beans

Makes: 8 servings

Thanks to Suzana and Carmen Muller for teaching me how to make authentic Brazilian black beans.

Ingredients:

Black beans—2 cups, soaked overnight (or quick soak); or 4 (15-ounce) cans of organic black beans, drained rinsed and mixed with a squeeze of fresh lemon or lime and a pinch of salt

Kombu—1-inch piece

Water —4-6 cups

Onions—2 large, chopped

Garlic—6 cloves, minced

Olive oil—2 tablespoons

Oregano—1 heaping teaspoon

Salt—1 ½- 2 teaspoons

Pepper to taste

Chipotle chili—1, dried, or 1 teaspoon chipotle chili sauce (optional)

Procedure:

Simplified Procedure:

1. Sauté onions and garlic in olive oil in a 6-quart pot.
2. Add the soaked, rinsed beans, the kombu, oregano and chipotle chili and enough water to cover.
3. Bring to a gentle boil and skim the foam off the top.
4. Reduce heat and simmer the beans, covered, for about 45 minutes to 1 hour, until just soft. Be prepared to add more water or stock to keep beans covered.
5. Remove chipotle chili. Stir in salt. . Turn off heat.
6. Puree ½-cup mixture in a blender.
7. Add pureed mixture back to pot of beans. Stir then season to taste.
8. If mixture is too thick, add a little more stock or water. If mixture is too thin, simmer uncovered to reduce liquid
9. Serve with cooked grain such as brown rice or quinoa.
10. Save one-cup leftovers in fridge for making bean patties. Store the remainder in cup-sized containers in the freezer

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Best Black Beans continued from previous page

The Authentic Brazilian Procedure:

1. Drain and rinse beans and place in pot with enough water to cover. Add kombu and oregano. If desired, can add 1 dried chipotle chili (this will make the mixture peppery).
2. Bring to a gentle boil and skim the foam off the top.
3. Reduce heat and simmer the beans, covered, for about 45 minutes to 1 hour, until just soft. Be prepared to add more water or stock to keep beans covered.
4. Remove chipotle chili. Stir in salt. Turn off heat.
5. Meanwhile, in a sauté pan or skillet, sauté onions until golden and soft.
6. Add garlic and sauté for 1 more minute,
7. Put onions and garlic in blender and add one ladle full of cooked beans and bean liquid. Leave blender lid slightly open and cover lid with a towel and puree mixture (this will keep hot beans from pushing off lid and sending beans all over your counter).
8. Put pureed mixture back into sauté pan and heat on medium until mixture begins to bubble—stir constantly for about 3 minutes.
9. Add pureed mixture back to pot of beans. Stir then season to taste.
10. If mixture is too thick, add a little more stock or water. If mixture is too thin, simmer uncovered to reduce liquid.

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Bodacious Baked Potatoes

Makes: 4 servings

The Retreat participants eat baked potatoes with gusto. They're a great tasting comfort food. Eaten in moderation and with nutrient-dense vegetables as toppings, they're nutritious as well. Feel free to come up with your own ideas for vegetable toppings. Or, for some added protein, top with Wholly Guacamole, or cooked beans or chili. Enjoy—this spud's for you!

Ingredients:

Baking potatoes—4 organic medium-sized, washed and brushed with olive oil.

Broccoflower (or 2 cups broccoli and cauliflower florets) —1 small head, steamed until just tender. Note, if you want to get ahead, double the amount and cook extra for pasta primavera

Chives—4 teaspoon

Cheesy Cashew Cream (see “Variations on a Cream” recipe) — $\frac{1}{2}$ -1 cup

Salt and pepper to taste

Procedure:

1. Preheat oven to 400 degrees Fahrenheit.
2. Prick each potato in the center with a fork and place on a baking sheet.
3. Bake for 45 minutes to 1 hour or until potatoes are tender.
4. Slice in half and add toppings and seasonings.

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Broccoli Slaw

Makes: 4 servings

I discovered the working girl's miracle—bagged broccoli slaw! Really, any kind of already bagged slaw will do—best if it's organic, however. I use it for its obvious, intended use of making slaw. I also use the bagged slaw in stir-fries and tossed with lettuce in a salad. That way, I get my cruciferous veggies in without my mother having to remind me!

Note: If you prefer a more traditional slaw taste, you can use canola or safflower mayo in place of the lemon juice and olive oil and salt.

Ingredients:

Broccoli slaw—2 cups

Lemon juice—1 tablespoon fresh

Extra virgin olive oil—2 tablespoons

Parsley—2 tablespoons, finely chopped

Salt—1/8 teaspoon

Optional: 2 tablespoons golden (or dark) raisins, soaked in warm water 'till plump, then drained.

Pine nuts, 2 tablespoons, toasted

Procedure:

1. Toss all the ingredients together.
2. Let "sit" for about 15 minutes, taste, and add salt if necessary.

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Can-Do Pasta Primavera

Makes: 4 servings

Pasta is such a great comfort food for many of us. And, yes, with the “Low Carb” diet fad, pasta has gotten a bad rep. But, that’s the pasta made from refined white flour, eaten in huge quantities, with very few veggies to go with it. You want pasta—have it this way, and you’ll be getting the nutrition that comes from whole grains and lots of great veggies. Thanks to my friend, Suzana Muller, for sharing her quick tomato sauce recipe.

Adding the tomato sauce increases your “dose” of lycopene, a plant nutrient that may help prevent cancer, or slow its growth. How’s that for some delicious good news?!

Ingredients:

Water—4 quarts
Salt—1/2 teaspoon
Ezekial 4:9 Sprouted Grain Penne Pasta—8 ounces (1/2 box)
Extra Virgin Olive Oil—2 tablespoons
Yellow onion—1 small, small dice
Garlic cloves—4, minced
Red or orange bell pepper—1/2, diced
Shitake mushroom caps—1/2 cup, sliced
Cremini mushrooms—1/2 cup, sliced
Crushed Plum Tomatoes—1 14 oz. can organic (I like Muir Glen brand)
Basil leaves—1 teaspoon dried or 2 tablespoons fresh, chopped basil leaves
Rosemary leaves or 1 spring fresh rosemary leaves-, chopped or-1/4 teaspoon dried
Salt—1/4 teaspoon
Edamame beans—1/2 cup frozen (shelled)
Broccoli florets (fresh or frozen) —1 cup organic, steamed
Optional Veggies: 1 ripe tomato, diced; 1 diced zucchini; 1/2 cup artichoke hearts, halved; 1/2 cup sliced Kalamata olives
Optional: 1/8- 1/4 cup grated Parmesan cheese (dairy or soy)

Procedure:

1. Bring 4 quarts of water to a boil over high heat. Add salt. Add the pasta and cook 4-5 minutes, being careful not to over cook. Rinse in cool water.
2. While pasta water is heating, heat olive oil on medium high heat in a large skillet or sauté pan.
3. Add onion and sauté until clear.

Continues on Next Page

Can-Do Pasta Primavera continued from previous page

4. Add garlic, bell pepper and shitake mushrooms and sauté until peppers just tender.
5. Add the cremini mushrooms and sauté until just tender. (If also using zucchini and fresh tomatoes, add those now)
6. Add the canned tomatoes, basil, rosemary and salt. Bring to a boil, and then reduce to a gentle simmer. Simmer, covered for 10 minutes.
7. Add the Edamame and simmer 5 minutes
8. Stir in the broccoli florets. (If using artichoke hearts and olives, add those now).
9. Add the pasta to the primavera sauce and very gently mix together.
10. Serve immediately in individual bowls or plates with a sprinkle of Parmesan, if desired.

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Cilantro Pistachio Pesto

Makes: about $\frac{3}{4}$ cup

This recipe was created by my culinary school class as part of our Friday Night Dinner menu. We served it on fried homemade Taro Chips. At the Cancer Retreats, we enjoy this spread equally well on brown rice crackers. If you can find the pistachios already shelled, that's a big time-saver. If not, shelling pistachios is great fun if done by good friends in the midst of good conversation! Just make sure you have extra pistachios for snacking!

Ingredients:

Cilantro—4 bunches
Pistachios—2 ounces, shelled
Garlic—3-4 cloves
Extra Virgin Olive Oil—1/4 cup
Miso—1-2 teaspoons
Salt to taste
Water as needed

Procedure:

1. Wash cilantro, cut off stems, and chop fine in food processor. Drop in cloves of garlic and pistachios while the machine is running
2. Drizzle olive oil into food processor
3. Add miso to get a creamy consistency.
4. Add salt to taste and water as needed so it does not get too thick.
5. Garnish with whole cilantro leaves and some whole pistachios.

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(Secret Ingredient) Coconut Pudding

Makes: 6-8 servings

Nancy Maurelli, “Queen of Unique Desserts” and former head chef at Smith Center, developed a fabulous tasting coconut pudding with a secret ingredient for thickening—shredded wheat! Here’s an adaptation on her recipe, to make it dairy, wheat and soy free.

Ingredients:

Cold-pressed Canola Oil—3 tablespoons
Crispy oat breakfast cereal (i.e. Nature’s Path Organic Oaty Bites—1 ¼ cup crushed
Rapadura or Sucanat—1/2 cup
Lite Coconut Milk—one 12 oz. can
Almond Milk, Plain—1 ¾ cup
Sea salt—pinch
Vanilla extract—1 ½ teaspoons
Shredded coconut, unsweetened—1/3 cup lightly toasted
Kudzu—1 tablespoon dissolved in 2/3 cup cold water
Shredded coconut, unsweetened—for garnish
Whole strawberries—4, washed and stemmed and halved

Procedure:

1. In large deep saucepan, heat canola oil over medium heat. Add crushed cereal and stir to coat. Cook for 2-3 minutes.
2. Add Rapadura or Sucanat and cook until lightly browned. Watch carefully so you don’t burn the sugar. Stir often.
3. When cereal is toasted, add coconut milk, almond milk and a pinch of sea salt. Cook until it’s almost ready to boil, mashing the cereal to dissolve it.
4. Add coconut, vanilla and kudzu. Bring to a boil, reduce heat to low and simmer, stirring constantly for about 5 minutes. Taste for sweetness and adjust if desired.
5. Ladle into individual serving cups and allow to cool for a few minutes. Cover with plastic wrap and place in fridge until chilled (at least a couple of hours).
6. Just before serving, garnish each cup with ½ strawberry and shredded coconut.

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Creamy Carob Mousse

Makes: 6 servings

Ingredients:

Mori-Nu Silken Tofu (firm)—one 12.3 oz. Package
Malt-sweetened carob chips—6 ounces
Vanilla Extract—1 teaspoon
Pure honey—to taste
Organic frozen raspberries—1 package, mostly thawed.
Honey or maple syrup to taste.

Procedure:

1. In heavy-duty blender or food processor, puree tofu with vanilla until completely smooth.
2. Melt carob chips in double boiler or microwave and immediately add to tofu. (If using microwave, do so for about 15-30 seconds at a time. Don't overheat, or else the chips will "seize up" and become grainy.)
3. Puree until combined.
4. Taste and add sweetener, if desired, blending well.
5. Chill at least 1 hour before serving. Serve small scoops in ice cream or compote cups.
6. Puree raspberries with sweetener. Strain out seeds if desired.
7. Spoon raspberry puree as a sauce underneath or on top of mousse.

Copyright: Mori-Nu, Inc., all rights reserved. Recipe appears in Nancy Maurelli's cookbook, Food Wise.

Creamy “Icebox” Lemon Pudding

Makes: about 5 cups (about 10 servings)

Nancy Maurelli, the original head chef for Smith Center Retreats, is the queen of desserts. She adapted a vegan lemon pudding from the Natural Gourmet Cookery School and turned into a simpler, and equally delicious version. In this recipe, I’ve added my own touches.

Ingredients:

Organic apple juice—4 cups
Agar-agar flakes—5 tablespoons
Lemon zest—1 teaspoon
Pure honey—2 tablespoons (add more to taste)
Sea salt—a pinch
Kudzu root—1/4 cup dissolved in ¼ cup cold juice
Pure lemon extract—1 tablespoon
Lemon juice—1/4 cup
Creamy almond butter—1/4-1/3 cup
Lemon Snaps (Midel Brand is a good brand)—10 cookies
Fresh blueberries or raspberries—3/4 cup, rinsed and drained

Procedure:

1. In large, heavy saucepan, heat apple juice with agar-agar flakes. Bring to a gentle boil, reduce heat and simmer, stirring frequently, for 10 minutes.
2. Add kudzu dissolved in juice and cook another 5 minutes (bring just to the boiling point).
3. Remove from heat and pour into a shallow glass or stainless steel pan (no aluminum). Allow to cool until firm (best to cool in fridge).
4. Puree in a food processor with lemon extract, lemon juice, honey and almond butter. Taste for sweetness and tartness, and add more lemon juice and/or honey if necessary.
5. Put back in fridge and chill for another hour.
6. Spoon into dessert cups and arrange a Lemon Snap on the side and berries on the top.
7. Extra pudding will keep for several days in the fridge. You can even freeze in small containers (i.e. ½ pint) and blend with yogurt to make creamy frozen dessert.

Copyright: Laura Pole; adapted from recipes by Nancy Maurelli and the Natural Gourmet Cookery School.

Fresh Cucumber Arame Pickle

Makes: 8 servings

Here's a fabulous pickled salad created by Nancy Maurelli, Smith Center's original head chef. It keeps for several days and can be eaten alone as a salad, or tossed with other salad greens.

Ingredients:

Pickling cucumbers⁴—about 8 cups, sliced
Sea salt—1/2 teaspoon
Arame—1/4 cup, soaked for 10 minutes in cold water
Water—2 cups
Dill—1 small bunch, fresh—chopped
Red Onion—1/2 small, peeled and sliced in thin wedges
Brown rice vinegar—1/4 cup
Ume plum vinegar—2 tablespoons

Procedure:

1. Trim cucumbers and slice into 1/4-inch thick pieces. Place in colander and toss with the salt. Allow to drain for 60 minutes to remove excess liquid.
2. Meanwhile, soak arame. Drain and place in small stainless saucepan. Add water and bring to a boil. Reduce heat; simmer for 15 minutes. Drain well.
3. In mixing bowl, combine cucumbers, cooled arame, onion, dill and vinegars. Toss to mix well.
4. Taste for saltiness and tartness, adjusting if desired.
5. Cover and refrigerate 6-12 hours before serving.

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⁴ If pickling cukes aren't available, use long cucumbers. Peel if waxed, cut in half and scoop out seeds.

Curried Butternut Squash and Apple Soup

Makes: 4-6 servings

I learned to make a version of this soup at the Natural Gourmet Cookery School. I couldn't believe such a luscious creamy deliciousness could be manifested without cream! "Mother Nature" and a blender replace the "Moo Juice". If you want to make your blended soups even creamier, throw in a couple of tablespoons of rolled oats while you're simmering the vegetables. The oats will get blended in and nobody will know they're in there!

By the way, just about any deep orange flesh winter squash, or even sweet potatoes will work in this soup. If you use organic squash, you can leave the peeling on and it'll get cooked then blended in when you puree the soup.

Ingredients:

Extra virgin olive oil—1 teaspoon

Onion—1 small onion, large dice, or 1 teaspoon onion powder

Madras curry powder⁵—1 tablespoon

Ginger—1 tablespoon, fresh grated, or 1 teaspoon ground ginger

Butternut squash—2 medium, peeled (if not organic), seeded, and cubed) (or use 2 leftover cooked squash)

Granny Smith Apples—2 firm, peeled (if not organic), cored and cubed (or use leftover baked apples, leaving out the raisins).

Magic Mineral Broth or organic vegetable broth—4 cups

Salt— $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon

Peanut butter or almond butter—1 tablespoon

Optional:

Mango Pickle, mild—1 teaspoon—Caution, this will spice it up! (I like Sukhi's brand)

Procedure:

1. Heat olive oil in a 3-quart saucepan over medium high heat.
2. Sauté onions until golden.
3. Add curry powder and ginger and stir with onions for about 30 seconds.
4. Add the squash and apple and toss until coated with oil and spices.
5. Add 3 cups of the broth and bring to a boil. Reduce heat.
6. Simmer until the squash and apples are tender.
7. Puree small batches in the blender until very smooth and creamy. Blend in nut butter and optional mango pickle in last batch.
8. Add all back to the pot. Add more broth, if soup is too thick. Reheat, taste and adjust seasonings.

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⁵ Caution: Some curry powders are very peppery—taste yours—if it tastes too peppery, cut down curry powder to 1-2 teaspoons). If you don't want it spicy at all, use $\frac{1}{2}$ teaspoon turmeric, $\frac{1}{2}$ teaspoon ground cumin, $\frac{1}{2}$ teaspoon ground coriander, $\frac{1}{4}$ teaspoon cinnamon instead of curry powder.

French Ragout

Makes: 8 13-oz servings

French Ragout is one of Moosewood Collective's most time-honored and well-loved stews. It's hearty, it's savory, and it's a meal with Whole Grain French bread and brie.

Equipment: 2 ½-gallon stockpot Preparation Time: 40 minutes Cooking Time: 45 minutes

Ingredients:

Vegetable oil—2 tablespoons	Green beans—1/2 pound, stemmed, snapped
Garlic—3 cloves minced or pressed	Zucchini—1/2 pound, cut in 1-in. chunks
Onions—1 medium	Mushrooms—8 ounces., halved or whole, if small
Bay leaves—3	Soy sauce—3oz.
Thyme—1/4 tsp dried	Tomato paste—1/3 cup
Basil—3 tablespoons fresh, chopped or dried (1 teaspoon)	Tarragon—1 tablespoon, fresh, chopped, or dried (1 teaspoon)
Celery—3 stalks, sliced	Dijon mustard—1 tablespoon
Carrots—3/4 pound, cut in 1-in. chunks	Vinegar—1/4 cup
Potatoes—1 pound, cut in 1-in. cubes	Molasses—1/4 cup
Red wine—3/4 cups, dry	Salt and black pepper to taste
Vegetable Stock or water—1 and 1/3 cups	

Procedure:

1. In a 2 ½-gallon stockpot, sauté the onions and garlic until the onions are translucent.
2. Add dried herbs, except for the tarragon. Reserve fresh herbs and tarragon.
3. Stir in the celery and carrots and sauté for an additional 5-10 minutes.
4. Add the potatoes, red wine, and stock or water. Bring the vegetables and herbs to a boil.
5. Reduce to a simmer, and cook, stirring often, for 10 minutes.
6. Add the green beans and continue to simmer for 5 minutes.
7. Add the zucchini, mushrooms, soy sauce, and tomato paste. Simmer until the vegetables are tender.
8. Stir in the fresh herbs, tarragon, and flavorings. Adjust for salt and black pepper.

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Fruit Compote

Makes: 4 servings

I grew up in the deep South of Louisiana. It never got really cold enough for us to think about cooking up some hot, steel cut oatmeal and topping it with hot fruit compote.

When I started cooking for the Cancer Retreats, Nancy Maurelli, Smith Center's original head chef, taught me to savor and appreciate the homey aromas and warming qualities of cooked dried fruits. The taste is marvelous and the fiber is a plus! No worries about "regularity" with this stuff!

Ingredients:

Dried fruit (prunes and/or figs and/or apricots) —1 cup of unsulphured, pitted

Orange—½ organic, washed and sliced into ¼ inch thick slices

Orange juice—2 T frozen organic concentrate

Water—1/3-1/2 cup

Cinnamon—1 stick

Salt—1 pinch

Procedure:

1. Put all ingredients in a 1-quart saucepan over medium-high heat and bring to a boil.
2. Reduce heat, cover and simmer until all the fruit is soft (about 20 minutes). Remove the cinnamon stick.
3. Serve with hot breakfast cereal. (Yes, you can eat the orange rind, if you like).

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Golden Spanish Rice (*)

Makes: 8 4.5-oz servings

Festively colored and seasoned, this rice dish. At Smith Center Retreats, we substitute quinoa for the rice. Rinse quinoa well before cooking. If you use quinoa, it will only take 15 minutes to cook, which will greatly reduce the cooking time of this recipe.

Equipment: 6-in deep half-size insert pan

Preparation Time: 20 minutes

Cooking Time: 15 minutes with cooked rice; 50 minutes with raw rice or cold cooked rice.

Ingredients:

Brown rice*—2 cups, raw—cooked in 4 cups salted water

Extra Virgin Olive Oil, 1 Tablespoon

Annatto seed—1/8 teaspoon (or can use 1/2 tsp. Annatto powder—available at Mexican grocery)

Corn—1 cup, frozen

Tomato—1, fresh, cubed

Scallions—4, green and white parts, chopped

Spanish olives—1/3 cup, chopped

Cilantro—1/4 cup, fresh, chopped

Salt and black pepper to taste

(*) You can also use Quinoa (Keen-wa) a delicious Latin-American grain substitute, instead.

Procedure:

1. If not using precooked rice, cook the 1 1/2 quarts. of raw rice first.
2. In a small skillet, heat the oil and the annatto seeds on medium heat for 4-5 minutes, until the oil turns a deep yellow-orange.
3. Strain the oil into a large skillet and discard the seeds.
4. Add the remaining ingredient, except for the rice, salt, and pepper and cook for about 5—10 minutes, until hot.
5. Combine the sauté with the rice. Season with salt and pepper. If the rice is hot, serve immediately. If cold cooked rice is used, transfer the rice and the sauté to a lightly oiled baking pan, cover tightly with foil and bake at 350°C for 45 minutes, or until heated through.

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Greens in Garlic Broth

Makes: 4 - 6 servings

Your body will thank you for this gorgeous tonic after the heavier foods of winter. To make the soup quickly, put the stock on to simmer while you prepare the greens. Once the stock is ready, the soup takes only 20 minutes. You can substitute any greens that you have on hand: mustard greens, spinach, frisee, and sorrel are all delicious. Add a can of white beans to the soup, serve some crusty bread, and you have a nourishing light meal.

Ingredients:

Garlic broth:

Garlic—2 heads, cloves separated and peeled
Leek greens—2 cups, washed, sliced
Green or brown lentils—1/4 cup, sorted and rinsed
Sage leaves—10 fresh
Thyme—10 sprigs
Bay leaf—1
Cups water—10
Salt—1 teaspoon

Soup:

Extra-virgin olive oil—2 tablespoons
Leeks—2 cups, washed, sliced, white part only
Carrots—1 cup, small dices
Watercress—1 bunch, heavy stems removed, chopped into bite-size pieces (about 2 cups)
Arugula—1 bunch, heavy stems removed, chopped into bite-size pieces (about 2 cups),
Escarole—1 bunch, chopped into bite—size pieces (about 2 cups)
Swiss chard—1 bunch, stems removed, chopped into bite-size pieces (about 6 cups)
Salt
Umeboshi vinegar—1 teaspoon
Black pepper—freshly ground
Extra-virgin olive oil
Parmesan cheese—1/2 cup grated

Procedure:

1. Prepare the garlic broth: combine the garlic, leek greens, lentils, sage, thyme sprigs, bay leaf, and water in a soup pot and bring to a boil. Lower the heat and stir in the salt.
2. Simmer, partially covered, until the flavor is rich and garlicky, 30-45 minutes.
3. Remove the pot from the heat and strain the stock, pushing the solids against the strainer to get as much liquid as possible. Measure the broth: you should have 2 quarts. If you don't have that much, add water to measure 2 quarts.

Continues on Next Page

Greens in Garlic Broth continued from previous page

4. Warm the oil in a large saucepan over medium-low heat. Add the leeks and carrots, and cook until translucent, about 10 minutes.
5. Add the watercress, arugula, escarole, chard, and 1 tablespoon salt, and sauté until wilted, about 5 minutes.
6. Add the broth and bring to a boil. Then lower the heat and simmer, partially covered, for 10 minutes.
7. Stir in the umeboshi vinegar. Sprinkle with black pepper. Taste, and add salt as necessary.
8. Serve hot, topping each serving with a drizzle of olive oil and 1-2 tablespoons Parmesan cheese.

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Hummus

Makes: 2 cups (about 6-8 servings)

Ingredients:

Chickpeas—2 cups cooked
Tahini—4 tablespoons
Lemon juice —3 tablespoons
Garlic 1 clove, minced
Ground cumin— 1 teaspoon
Salt--3/4 - 1 teaspoon
Extra virgin olive oil— 2 tablespoons
Chickpea liquid— 1/2 cup
Paprika to taste
1 package sprouted grain or whole wheat pita bread

Procedure:

1. Combine first seven ingredients in food processor and blend until smooth.
2. Sprinkle with paprika.
3. Serve with pita triangles.

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Jam Good Cookies

Makes: about 20 cookies

I have people bribe, barter and “steal” these cookies, so make plenty of them! I learned the original recipe at the Natural Gourmet Cookery School. In this recipe I’ve substituted spelt flour for whole-wheat pastry flour, because many of my clients want to limit their wheat. In actuality, spelt is a type of wheat, but it is an ancient grain and fewer people have sensitivities to spelt than the more common red winter wheat. Spelt is a “wetter” flour and you need to add a little more to recipes when substituting for whole wheat flour

These cookies freeze well, so portion small amounts in little containers or bags for quick desserts. Just pop frozen cookies in the toaster over and toast a little bit, to bring back the crisp!

Ingredients:

Almonds—1 cup

Whole spelt flour—1 ¼ cup (whole spelt flour is brown-colored; white spelt flour is obviously white, and is refined; can use whole wheat pastry flour, if you don’t have spelt)

Sea salt—1 pinch

Rolled oats—1 cup

Cinnamon—¼ teaspoon

Cardamom—1 pinch

Cold-pressed Canola oil—½ cup

Grade B Maple syrup—½ cup

All fruit jam

Procedure:

1. Preheat oven to 350 degrees
2. Chop almonds into fine meal (use food processor or blender).
3. Grind oats to a fine flour (use food processor or blender).
4. Combine oats, flour, almonds, salt and cinnamon.
5. In another bowl, blend wet ingredients. Form a well in dry ingredients and add wet ingredients. Mix.
6. Roll into walnut-sized balls. Place on oiled cookie sheet. Press down in center with thumb.
7. Fill “thumbprint” with jam and bake 15-20 minutes. Cool on a cooling rack for crisper cookies.

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Jicama and Red Cabbage Salad with Mint and Cilantro Tossed with Sweet-and-Sour Asian Dressing

Makes: 6-8 servings

This incredible salad by Chef Rebecca Katz is one of my favs! This recipe comes from her great cookbook, One Bite at a Time.

Ingredients:

Nut topping

Sliced almonds—1/2 cup
Maple syrup—1 tablespoon
Pinch of cayenne

Dressing

Jalapeño—1/2 teaspoon, seeded and diced
Rice wine vinegar—3 tablespoons
Fresh lime juice—1 tablespoon
Tamari—1/4 cup
Maple syrup—3 tablespoons

Toasted sesame oil—1 teaspoon
Fresh ginger—1 tablespoon minced
Sea Salt—1 pinch

Salad

Red cabbage—1 pound (about 6 cups chopped)
Jicama—1/2 pound, peeled, small julienne (about 4 cups)
Fresh mint—2 tablespoons, finely chopped
Fresh cilantro or fresh basil—1/4 cup finely chopped

Procedure:

1. Preheat oven to 350 degrees F.
2. Toss the nuts in a bowl with the maple syrup and cayenne.
3. Spread on a sheet pan and bake 10 to 12 minutes, until golden and fragrant. Remove from the oven and cool to room temperature. Use a metal spatula to loosen the crispy nuts.
4. To make the dressing, whisk together the dressing ingredients and set aside.
5. To make the salad, cut the cabbage in half, remove the core, and shred with a sharp knife.
6. In large bowl, combine the cabbage, jicama, mint and cilantro. Toss with the dressing. Sprinkle the nuts on top just before serving.

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Jicama Wedges Dipped in Wholly Guacamole

Makes: 4 servings

The jicama (HEE-ka-mah) is an extremely versatile tuber vegetable that originated in Mexico. It is one of my favorites, because it has a crunchy, juicy flesh (the texture of water chestnuts) and a sweet, bland taste that suits it to all sorts of uses in fruit cups, salads, or even cooked and topped with full-flavored sauces. It's easy to prepare and comes in a range of sizes (1/2 pound to as big as 6 pounds). Jicama is low in sodium and calories.

At the Retreat, we served it grated in a tossed salad. We also served it in the Jicama and Red Cabbage Salad.

Select jicama that has fairly smooth, unblemished skin and roots (patchy roots are normal). Scratch the skin—it should be fairly thin and the cream-colored flesh should be juicy.

Store jicama unwrapped at either cool room temp or in the fridge, free of moisture. Uncut, it'll keep for 2-3 weeks if in good condition. Once cut, cover tightly with plastic (or store in an airtight container with lid) and use within the week.

Before preparing jicama for any use, it must be peeled. To do this, halve, quarter or cut the jicama in as many lengthwise chunks as you can conveniently handle for peeling. With a paring knife (not a peeler—it's a waste of time and doesn't do a good job), pull the skin from the sections, taking with it as much of the fibrous under layer (the same color as the skin) as will come off easily. Finish by paring off additional parts of the fibrous under layer as necessary⁶.

Ingredients:

Jicama (about 1 pound) —1 small, cut in quarters and peeled as described above
Wholly Guacamole—1 cup

Procedure:

1. Slice jicama into ¼ -inch thick wedges, so that they are somewhat triangular (i.e. the shape of a tortilla chip).
2. Dip into Wholly Guacamole and get ready for a delightful surprise.

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⁶ Source of description of jicama: Uncommon Fruits and Vegetables by Elizabeth Schneider. New York, Harper and Row, 1986, pp. 240-241.

Karrot Soup with a Kick

Makes: 4 servings

I discovered the peppery sweet taste of carrot ginger soup when I was studying at the Natural Gourmet Cookery School. Ginger is a great digestive aid and adds a nice spiciness to carrot soup. For those of you who want even more spice, add the mango pickle.

Where in the world did I get this idea? Jnani Chapman, one of the Retreat massage therapists, brought me a priceless gift from California—a jar of Sukhi’s Mango Pickle. The jar sat on my food prep table unopened for 4 days as I waited for inspiration. As I was preparing Chef Rebecca Katz’s Carrot Ginger Soup, the jar of mango pickle practically opened itself and added some of its contents to the blender—Oh My Gosh!

Ingredients:

Extra virgin olive oil—1 teaspoon

Onion—1 medium, diced

Ginger —1 tablespoon grated fresh (or steep 3 bags
Ginger Aid tea in broth)

Curry powder— $\frac{1}{4}$ teaspoon

Cumin powder— $\frac{1}{2}$ teaspoon

Cinnamon— $\frac{1}{8}$ teaspoon ground

Carrots—12 medium, sliced

Salt— $\frac{1}{2}$ teaspoon

Magic Mineral Broth or Organic Vegetable Broth—
5 cups

Almond butter—1 tablespoon (or may use cashew or
peanut butter)

Lime juice — $\frac{1}{2}$ -a lime

Optional: 1 tablespoon Mango Pickle; 2 cups fresh
raw baby spinach

Procedure:

1. Heat olive oil over medium high heat in a 3-quart soup pot.
2. Sauté onions until golden.
3. Add the ginger, curry powder, cumin powder and cinnamon and sauté for about 30 seconds.
4. Add the carrots and salt and stir carrots until coated with spices and oil.
5. Add the broth and bring to a boil.
6. Reduce heat, cover and simmer until carrots are tender.
7. In a blender, purée the soup in batches, adding the liquid first, then the carrots. Be sure to open the cap on the top of the blender a bit, and cover with a towel, so that the steam doesn’t “blow the lid” on the blender and spew the hot soup.
8. Add the nut butter and mango pickle to the last batch in the blender and puree thoroughly.
9. Return soup to the pot, reheat and add juice of $\frac{1}{2}$ lime. Taste for saltiness and tartness. Add more salt and lime juice if desired. Add ginger powder ($\frac{1}{8}$ teaspoon at a time) if you want a more gingery taste.
10. If desired, stir in the spinach at the last and allow it to wilt into a brilliant green on top of the soup.

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Kidney Bean Spread

Makes: 1-1/2cup

My first experience with vegetarian cooking was when my husband was prescribed the McDougall Program, which is a 12-day, vegan-eating plan. I learned a lot from this book about how to change to a vegan diet with simple menus, recipes and shopping lists.

The following recipe is a blend from Dr. McDougall's book and one I learned at the Natural Gourmet Cookery School. Leftovers can be stored in the fridge for about 3 days, or stored in the freezer.

Ingredients:

Kidney beans(or pinto beans)⁷ —1-½ cups cooked and drained or 1 15-16 ounce can low sodium, water packed beans, drained, rinsed and lightly tossed with a squeeze of fresh lemon and a pinch of salt.

Garlic—1 clove

Ground cumin—½ teaspoon

Extra virgin olive oil—1 tablespoon

Apple cider vinegar—1-½ tablespoons

Scallion—1, cut into 1-inch chunks

Water—2 tablespoons

Salt—2 pinches

Optional ingredients: 2 tablespoons fresh cilantro or parsley.

Procedure:

1. Place all ingredients in a food processor or blender and process until smooth.
2. Taste and, if necessary add salt by the pinch, until desired saltiness.

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⁷ See section on "Cooking Beans" for cooking instructions for kidney or pinto beans.

Kuzu Slurry with Apple Juice

Makes: 1-2 servings

Here's a recipe I learned from Annemarie Colbin, founder of the Natural Gourmet Cookery School. Kuzu is typically used as a thickener in sauces or pudding-like desserts. Here, Kuzu (sometimes spelled Kudzu) is used as a medicine of sorts. Annemarie says in this recipe, kuzu is a relaxer, and is good for insomnia, hyperactivity, post traumatic stress and panic attacks. This recipe is made into something of an apple juice pudding. I have helped many folks soothe their mucositis (sore mouth) using this recipe. It also makes a nice dessert.

Ingredients:

1. 1 cup apple juice
2. 2 1/2 tablespoons kuzu
3. 1 tsp. vanilla

Procedure:

1. Mix kuzu into cold apple juice, blending well.
2. Add vanilla, bring to a boil stirring all the time, until it thickens.
3. Serve hot or cold.

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Laura's Luscious Lentil Walnut Paté

Makes: One 4 ½" X 8 ½" X 2 ½" Loaf Pan (8 large servings or 16 small servings)

This recipe is an adaptation of one of my favorite elegant gourmet spreads from the Natural Gourmet Cookery School. It's a real hit as an hors d'ouvres. I've substituted some of the macrobiotic flavorings for more commonly recognizable ingredients. I've also changed the miso from soy miso to chickpea miso, since many of my clients with breast cancer are limiting their soy intake. It's fine to use soy miso, which is more readily available in conventional grocery stores.

Ingredients:

Red lentils—2 cups
Water—3-½ cups
Bay leaf—1
Onion—1 large, or 2 medium, thin sliced
Extra virgin olive oil—2 tablespoons
Dried basil, or thyme or sage—2 teaspoons
Garlic, minced—5 cloves
White or golden Balsamic vinegar—1/3-cup
Walnuts—1 cup, toasted
Chickpea miso—2-3 tablespoons
Cayenne pepper—1 pinch
Salt—¼ teaspoon (May add more salt after mixing in miso and tasting)

Procedure:

1. Cook lentils in water with bay leaf until lentils "melted".
2. Caramelize⁸ onion in olive oil. Add basil and garlic in the last few minutes of cooking.
3. Deglaze⁹ the pan by adding the vinegar, then reduce the vinegar to a syrup.
4. Put all ingredients in the food processor. Puree until all are combined.
5. Taste. Add salt and extra vinegar if necessary.
6. Pour into an oiled loaf pan, mould, or 1-cup storage containers and allow cooling to room temperature. Cover and refrigerate until set.
7. Remove from mould and serve. If you put in storage containers, you may store in refrigerator for 4 days or freeze immediately.

I take leftovers and spread on sprouted grain bread to make sandwiches. Add veggies of your choice such as leaf lettuce, sliced tomatoes, roasted veggies (i.e. zucchini, Portobello mushrooms, eggplant). Leftovers may also be frozen.

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⁸ Caramelize: Cook onions over low heat until they turn brown.

⁹ Deglaze: Adding a liquid to the brown residue in a pan left from searing, sautéing or caramelizing, and allowing this to bubble until a syrupy liquid is formed.

Lemon Lentil Soup

Makes: 6 servings

Ingredients:

2 teaspoons canola or corn oil
1 cup finely chopped onion
2 cloves garlic, peeled and minced
1 teaspoon ground cumin
½ teaspoon sea salt (to taste)
1 bay leaf
1-1/2 cup red lentils, picked over and rinsed
3 cups water
zest from one lemon
4-6 tablespoons lemon juice (to taste)

Procedure:

1. In heavy soup pot, heat oil over medium high heat.
2. Add onion and sauté until onion is translucent, about 3 minutes.
3. Add the garlic, cumin, salt and bay leaf and sauté another 1-2 minutes.
4. Add lentils, water and lemon zest to pot.
5. Cover and bring to a gentle boil.
6. Reduce the heat and simmer, stirring occasionally, until the lentils are tender, 20-25 minutes.
7. Stir in lemon juice. Taste for salt and lemon, adjusting as desired.
8. Remove bay leaf. Puree soup in blender or food processor.
9. Reheat over low heat if necessary.

This soup may be frozen.

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Magic Mineral Broth TM

Makes: 6-7 quarts

This delicious and restorative broth was created by Chef Rebecca Katz. You can find this recipe and others in her book One Bite at a Time. Chef Rebecca notes, “If you don’t have time to make this broth from scratch, substitute Pacific or Imagine brand vegetable stock, and an equal quantity of water, a piece of kombu and one potato. Boil for 20 minutes and strain. Magic Mineral Broth can be frozen up to 6 months in a variety of airtight container sizes for every use.” (p. 27)

For our purposes with the Simple Sample Menu, make sure you freeze 2 portions in quart-sized containers. The remainder of the broth can be stored in any other quantities you’d like.

Ingredients:

Carrots—6 unpeeled with half the green tops, cut into thirds
Yellow onions—2 unpeeled medium, cut into chunks
Leek—1, both white and green parts, cut into thirds
Celery—1 bunch with leaves, including the heart, cut into thirds
Garlic—4 unpeeled cloves, halved
Flat-leaf parsley—½ bunch fresh
Red potatoes—4 medium with skins on, quartered
Japanese or Hannah’s yams or sweet potatoes—2, with skins on, quartered
Garnet yam—1, with skin on, quartered
Sea salt—1 tablespoon
Kombu—1 (6 by 1-inch) strip
Bay leaves—2
Black peppercorns—12
Allspice or juniper berries—4 whole

Procedure:

1. In a 12-quart or larger stockpot, combine all the ingredients. Fill the pot to 2 inches below the rim with water, cover, and bring to a boil.
2. Remove the lid, decrease the heat to low, and simmer a minimum of 2 hours. As the stock simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Simmer until the full richness of the vegetables can be tasted.
3. Strain the stock using a large coarse-mesh strainer (remember to use a heat-resistant container underneath). Bring to room temperature before refrigerating or freezing.

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Marvelous Mushroom Sauce

Makes: about 1 cup sauce

Ingredients:

1 shallot thinly sliced
6 ounces button or cremini mushrooms, sliced
½ tbsp. olive oil
¼ cup hearty red wine (i.e. Merlot, Shiraz, Cabernet)
¾ cup veggie stock or Magic Mineral Broth
1 ½ tbsp. arrowroot
Salt and pepper to taste

Procedure:

1. Sauté shallots in olive oil in a skillet until lightly browned.
2. Add mushrooms and sauté until mushrooms “give up” their juices.
3. Add wine and simmer for about a minute.
4. Add ½-cup stock and bring to a simmer.
5. Dissolve the arrowroot in ¼-cup stock. Add to sauce and simmer, stirring until mixture thickens to a sauce consistency. Add more dissolved arrowroot for thicker consistency.
6. Add salt and pepper to taste. (Increase saltiness if sauce is going over a less salted food such as millet croquettes).

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Millennium Ginger Cake with Apples

Makes: 16 servings

Ingredients:

Wheat or Spelt Flour—3 1/2 cups
Sucanat—2 cups
Baking soda—2 teaspoons
Baking powder—2 teaspoons
Salt—1/4 teaspoon
Ginger powder—2 heaping teaspoons
Cinnamon—2 heaping teaspoons
Dry mustard—1/2 heaping teaspoon
Cloves— pinch
Soy or Almond milk—1 1/3 cup
Cold pressed Canola Oil—1 cup
Lemon juice—2 teaspoons
Brewed coffee (coffee substitute o.k.)— 1/2 cup (use 1 tablespoon Roma to 1/2 cup of water)
Vanilla extract—2 teaspoons
Ginger—1 cup, fresh, sliced
Maple syrup—1/2 cup
Water —1 cup
Apple—1, peeled, small diced

Procedure:

1. Line 2, 10” round baking tins with parchment.
2. In saucepan, boil the ginger slices, maple syrup and water for about 10 minutes. Then blend in a blender and strain into other wet ingredients.
3. Whisk wet ingredients—the soymilk, cooking oil, lemon juice, coffee (coffee substitute) and vanilla extract.
4. Sift dry ingredients— the flour, sucanat, baking soda, baking powder, salt, ginger, cinnamon, mustard and cloves.
5. Whisk all with apples.
6. Pour into baking tins and bake 30-40 minutes at 350 degrees F

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Millet Breakfast Cereal

Makes: 4 large servings or 6 small servings for breakfast (*)

If you think millet seed is just for the birds, this nutty-tasting hot breakfast cereal will convince you otherwise. In this recipe, I have you making extra, so you can make millet patties with the leftover millet.

Here's a great tip I paid big bucks to learn at culinary school—if you want a grain to come out sticky and creamy (like for breakfast cereal or patties), you start the grain out in cold water, then turn up the heat. If you want a fluffy, light grain (like for grain salads, or for Indian cooking), you boil the water first, then add the grain.

If you don't want leftover grain for making patties, then cut down on the amount of millet in this recipe. A rule of thumb is 1 cup of dried grains cooks up to about 4 very large servings or 6 smaller servings.

(*)Plus 3 more cups for making patties

Ingredients:

Millet—3 cups

Water—6 and $\frac{3}{4}$ cups

Salt— $\frac{1}{4}$ teaspoon

Procedure:

1. In a 3-quart saucepan, over medium high heat, toast the millet, stirring frequently until it begins to release a nutty aroma. Remove from heat and allow pan to cool for a few seconds.
2. Add water and salt, return to high heat and bring to a boil.
3. Reduce heat to a simmer, cover and cook until liquid is absorbed (about 20-30 minutes).
4. Remove 4 cups of the cooked millet and put in a mixing bowl to cool.
5. To the remaining millet, stir in enough water to make it creamy and the consistency you like to eat hot cereal. Heat until hot and serve.
6. Serving suggestions: Top with any or all of the following: raisins, butter or vegan margarine, grade B maple syrup, nuts, ground flax seed, wheat germ, almond/soy/rice milk, cinnamon, warmed fruit compote, or whatever else you like to eat in your hot cereal.

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Millet Patties, Baked

Makes: about 12 patties

These millet patties became one of my favorite new foods after I learned how to make them at the Natural Gourmet Cookery School. By combining the millet with the sunflower seeds, we've created a complete protein. They're delicious as is or you can top with a black bean sauce or a mushroom sauce.

Millet is a staple food in Africa and pre-dated rice as the primary grain in ancient India and China. It has high-quality protein, is a good source of iron and has good amounts of potassium, calcium and other minerals, and a good range of B-complex vitamins. It's a highly digestible food, which makes it an excellent whole grain choice for folks with digestive challenges.

Ingredients:

Millet—2 cups uncooked, or 4 cups cooked
Water (if starting with uncooked millet) —4 ½ cups
Salt (if starting with uncooked millet) —1 teaspoon
Sunflower seeds, toasted—1 cup
Scallions—¾ bunch
Parsley—1 bunch
Carrot—1 large
Tamari (soy sauce) or to taste—2-4 tablespoons
Olive oil for greasing cooking sheet and basting croquettes

Procedure:

1. Preheat oven to 350 degrees F.
2. If using already-cooked millet, allow to come to room temperature and skip to step 6.
3. Dry roast millet over high heat, stirring constantly for about 10 minutes or until millet smells like popcorn.
4. Add water and salt to millet and stir. Bring water to a boil then reduce heat, cover millet and simmer for 30 minutes.
5. Cool millet in a large bowl.
6. Grind sunflower seeds in food processor and add to millet.
7. Mince scallions, parsley and carrots in food processor and add to millet.
8. Add tamari sauce to taste and squeeze mixture together with hands until soft and sticky.
9. Form into patties and place on greased cookie sheet. Brush tops of croquettes with olive oil.
10. Bake until golden brown (about 30 minutes) and serve hot.
11. Allow extra patties to come to room temperature and store in the fridge and eat within 3 days, or store in the freezer.

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Miso-Citrus Dressing

Makes: about 1 ½ cups

Now here's a tasty salad dressing that you can make in a minute or so.

Ingredients:

Orange juice—½ cup, fresh
Chickpea miso—½ cup (may use white or yellow soy miso)
Vegetable stock or water—1/4 cup
Orange peel—½ teaspoon, grated
Brown Rice Vinegar (optional) —1 tablespoon

Procedure:

Whisk all ingredients in a small bowl until creamy.

Adapted by Laura Pole from the Natural Gourmet Cookery School, 6/2006.

Miso Soup

Makes: 6 servings

Ingredients:

Water, filtered—5-7 cups

Kombu—1 strip, 5" X 7" or giant kelp

Bonito flakes (optional)—1 ounce, dried

Shiitake mushrooms—6 fresh sliced; or 3 dried, soaked for 30 minutes, and sliced

Wakame—1-2 strips

Tofu, firm—1/2 lb., in small cubes

Miso, mellow yellow or chickpea—4-5 tablespoons, or to taste

Scallions—1/4 bunch, thin diagonal or thin rounds, or cilantro, or parsley

Procedure:

1. Bring the water and Kombu to a boil. Simmer for 20 minutes. Add bonito flakes. Turn off heat immediately, cover the pot and let the stock sit until bonito flakes have fallen to the bottom. Strain immediately.
2. Add shiitake and Wakame to the stock and bring to a boil. Lower the flame and simmer covered for 5-10 minutes. Add tofu and simmer two more minutes.
3. Turn off the flame and add miso mashing through a strainer. Cover and let sit 2-3 minutes before serving. Just before serving, add the scallions as garnish.

Variation: You can sauté 1 onion first in 1-teaspoon sesame oil before adding shiitake and wakame.

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Mom's Apple Crisp

Makes: 6 or more servings

Mom's choice for dessert because it's easier than apple pie. Sweet crunchy apple crisp and its variants, pear, blueberry-apple or peach crisp, are desserts we never resist.

Time: 1hr

Equipment: baking dish or pie pan

Ingredients:

Filling:

Apples—1 ½ to 2 lbs. Sliced
Sea salt—a pinch
Cinnamon—a pinch
Apple juice or apple cider—1/2 cup

Crisp:

Rolled Oats—2 cups
Whole wheat pastry flour—1/2 cup
Cooking Oil—1/4 cup
Maple syrup—2 tablespoons
Sea salt—a pinch
Cinnamon—a pinch

Procedure:

1. Rinse apples (peeling is optional). Quarter them; remove seeds and slice across.
2. Place apples in baking dish. Sprinkle with sea salt and cinnamon and pour juice over fruit. Apples should come to the top of the baking dish or above it.
3. Mix crisp ingredients and crumble over apples evenly.
4. Press down gently; bake at 350°F, for 30 to 45 minutes, until crust is crunchy and golden, and apples are soft.

Variations

- Pear Crisp: mix pears and apples together.
- Peach or Blueberry Crisp: mix with apples or pears.
- Oat-Nut Crisp: add ½ to 1 cup chopped nuts.
- Omit pastry flour; add oatmeal flour.
- Reduce sweetener or try your own favorite.

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Mushroom Paté

Makes: about 2 cups

Unlike meat pates or cheeses, this spread is very lean. It's perfect for holiday parties; set it on the buffet with crusty bread or hearty crackers. It tastes best if you can make it a day or two before serving. Plan for "leftovers;" it's excellent spread on toasted bagels or the base for sandwiches. Don't be afraid of the long list of ingredients. Most of them are seasonings.

This recipe was adapted by Nancy Maurelli from Brother Ron Pickarski's wonderful book, FRIENDLY FOODS.

Ingredients:

Extra Virgin Olive oil—2 tablespoons
Butter or soy/corn oil margarine—1 tablespoon
Onion—1 cup finely diced
Carrot—1/2 cup finely diced
Mushrooms—2 rounded cups, finely diced
Garlic—1 clove peeled, minced
Walnuts—1/2 cup finely chopped (lightly roasting the nuts for 6-8 minutes makes them more flavorful)
Basil—1-1/2 teaspoons
Thyme and marjoram—1/2 teaspoon
Shoyu (natural soy sauce) —2 tablespoons (or Tamari Sauce, 1 tablespoon)
Sherry (Livingston Cellars) —3 tablespoons, very dry
Barley malt—2 tablespoons, dissolved in 2 tablespoons water
Old-fashioned oatmeal —1/4 cup, ground in blender
Black pepper, paprika, salt—1/8 teaspoon EACH
Nutmeg, allspice, ginger—1 pinch EACH

Procedure:

1. Heat oil and butter together in large non-stick or cast iron skillet.
2. Add onion and carrot and sauté until onion is translucent, about 3 minutes.
3. Add mushrooms, garlic and walnuts and continue cooking until mushrooms begin to give up their liquid.
4. Stir in basil, thyme, marjoram, shoyu and sherry.
5. Cook until mixture is dry, stirring frequently to prevent sticking or scorching.
6. Add barley, salt and cook 2 minutes.

Continues next page

Mushroom paté continued from previous page

7. Add ground oatmeal and cook until thick and dry, another 4—5 minutes.
8. Add black pepper, paprika, salt, nutmeg, allspice and ginger.
9. Puree mixture in food processor or in small batches in blender.
10. Taste and adjust seasoning if desired.
11. Pack into serving crock/bowl and refrigerate until serving time.
12. Garnish with fresh sage or chives or thyme or a few chopped walnuts.

Pate' will keep about a week in a covered dish in the fridge. It also freezes well.

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Pears Milanese

Makes: 4 servings

Ingredients:

Pears—2, peeled
Lemon juice
Mirin—1/2 cup
Water—1/2 cup
Almonds—4 tablespoons
Mirin—1 tablespoon
Raisins—4 tablespoons
Vanilla extract—1 teaspoon

Procedure:

1. Preheat oven to 400 degrees
2. Using a melon baller, core and halve pears and rub with lemon juice.
3. Pour mirin and water over pears and bake, covered, until soft
4. Process remaining ingredients in food processor and stuff into pears.
5. Bake, uncovered, 15 minutes longer
6. Drizzle some of the mirin/water mixture from the bottom of the pan over the pears and serve.

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Pineapple Salad

Makes: 8 servings

This salad comes from my growing up days in southwest Louisiana where we needed a food with a fresh sweet-tart taste to complement all the heavy dishes we ate. I still see this plate of beautiful salad next to a bowl of red beans and rice or gumbo.

Ingredients:

Green or Red Leaf Lettuce—8 leaves washed and drained

Fresh Pineapple—8 rings (slices)

Canola mayonnaise—about $\frac{1}{4}$ cup

Cheddar Cheese (dairy or soy)—about $\frac{1}{4}$ cup, grated

Procedure:

1. Arrange a leaf of lettuce on each salad plate.
2. Arrange a slice of pineapple on top of each leaf of lettuce.
3. Place a dollop of mayo in the hole of each pineapple.
4. Sprinkle a tablespoon of cheddar cheese on top of each pineapple.

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Poached Salmon Over Salad Greens with Lemon-Dill Dressing

Makes: 4 servings of salad (includes additional ½ lb. cooked salmon for spread)

Salmon is in the limelight these days because, in addition to being a complete protein and high in Vitamin E, it contains omega 3 essential fatty acids—one of those “good fats” we’ve been hearing about. But, it’s not just any old Salmon that is high in the desirable fatty acid—it’s Salmon from the deep cold ocean (not salmon grown in fish farms). The deep ocean salmon is often labeled “Wild” or “Wild Caught”—that’s what you want.

Farm-raised fish is not high in the Omega 3 fatty acids (because it eats corn instead of plankton), and tends to have high levels of undesirable chemicals (like PCB’s and PBDE’s). Those of you who are vegetarian, or are concerned about us over-fishing our salmon, will be delighted to learn that the food industry is figuring out how to produce the omega 3 fatty acids from a renewable source, plankton!

Dr. Keith Block recommends to many of his cancer patients to eat 1 serving (3-4 ounces) of salmon or other cold water fish every other day, unless otherwise advised by their health care provider.

Ingredients:

Wild-caught salmon filets—1 ½ pound, pin bones removed; cut into 6 slices and sprinkle with salt and garlic granules (you can leave the skin on the salmon, and wait and peel off after it’s poached)

Lemon-Dill Dressing:

Lemon juice—1 tablespoon, fresh
Balsamic vinegar, white or golden —1 tablespoon
Extra virgin olive oil—4 tablespoons
Agave nectar or honey—1 teaspoon
Garlic granules —2 pinches
Dill—½ teaspoon, chopped fresh or 1/8 teaspoon dried dill.
Salt—¼ teaspoon

Poaching Liquid

Water—1 quart
Lemon—1, cut into rounds
Bay leaves—3
Dill—3 springs, fresh or ½ teaspoon dried
Parsley—2 sprigs
Salt—½ teaspoon

Salad Greens:

Romaine Lettuce—8 leaves, washed, dried and torn into bite-sized pieces
Pre-Washed Baby Arugula —½ cup
Pre-washed Mache—½ cup
Leftover Broccoli Slaw—½ cup (optional)

Procedure:

Lemon Dill Dressing:

1. Whisk all ingredients in a medium-sized mixing bowl.

Continues next page

Poached Salmon Over Salad Greens with Lemon-Dill Dressing continued from previous page

Poached Salmon

1. Put ingredients for poaching liquid in a straight-sided sauté pan or pot with a lid. (Pan or pot should be just big enough for fish to fit on bottom in a single layer).
2. Bring poaching liquid to a boil, then reduce to a gentle simmer (barely any rolling bubbles), cover and simmer for 10 minutes.
3. Place fish (skin side up) in the poaching liquid, cover and cook (about 7-9 minutes), until tender.
4. Remove fish from poaching liquid and drain.
5. Peel off skin and place pieces of salmon on a plate and spoon 1-teaspoon lemon-dill dressing over each piece of fish. Leave the rest of the dressing in mixing bowl.
6. Allow fish to cool to room temperature, or chill in the fridge.
7. Put aside 2 cooked slices of salmon for making salmon spread. Use other 4 slices for salad.

Salad

1. Place salad ingredients in bowl with dressing and toss until fully coated with dressing.
2. Divide salad onto 4 plates and place a piece of salmon over each mound of salad.
3. Here's to the omega 3's!

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Presto Pesto Pita Pizza

Makes: 4 servings

Here's a simplified version of the homemade pizza we serve at the Cancer Retreats.¹⁰ It's deliciously simple. In this version, you're going to use whole grain pita bread for your crust. Chef Cathy Vogt's Spinach Miso Pesto is the magic ingredient that transforms this pizza from tasty to delicious. You can vary your toppings and have a different pizza in a few days!

Ingredients:

Sprouted grain or whole wheat pita bread—4 round pieces
Spinach Miso Pesto—8 tablespoons (1/2 cup)
Cremini mushrooms, sliced
Broccoli florets—1 cup, lightly steamed and “shocked” in cold water¹¹
Red or orange bell pepper—½ cup, sliced
Yellow onion—¼ cup, thin sliced
Tomato—1, sliced
Salt
Garlic granules
Dried oregano
Dried basil
Olive oil spray
Mozzarella, dairy or soy —grated, or crumbled feta cheese

Other topping ideas:
Baby arugula, watercress, sliced summer squash, bits of cooked salmon.

Procedure:

1. Preheat oven to 400 degrees F.
2. Spread 2 tablespoons of pesto on each piece of pita bread.
3. Place pita bread on baking trays.
4. Arrange toppings on pita and sprinkle salt, garlic granules, oregano and basil on top of veggies. Spray veggies with olive oil.
5. If desired, add “cheesy” toppings.
6. Bake for 8-10 minutes or until veggies are just tender.
7. Slice each pita into 4 slices and serve hot.

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¹⁰ If you want to make your crust from scratch, see the Spelt Pizza Crust recipe in the Retreat Recipes section of this book.

¹¹ “Shocking” the broccoli in cold water keeps it from over cooking and sets the bright green color.

Quinoa “Queen Bean” Patties

Makes: 4 Patties

Treat yourself like the Queen Bee, by fixing these really simple and delicious black bean and quinoa patties. What is even more royally wonderful about this recipe is that it pretty much works with any savory-cooked leftover beans and grains you might have. My family crowns me Mardi Gras Queen, when I make these patties from leftover red beans and rice!

Ingredients:

Black beans—1 cup leftover, drained, or one 14 oz. can of organic black beans, rinsed in warm water and lightly tossed with a squeeze of fresh lemon and a pinch of salt
Onions—4 tablespoons finely chopped, or 1 teaspoon onion powder
Scallion—1, finely chopped
Garlic—1 clove, minced, or ¼ teaspoon garlic powder
Quinoa—1 cup of leftover cooked (allow to come to room temperature or warm briefly in microwave—this will make it stickier)
Salt—1/8 teaspoon, about 2-3 pinches
Extra virgin olive oil—1 tablespoon
Optional toppings: Chipotle chili hot sauce; salsa; chopped cilantro; soy or dairy sour cream or plain yogurt

Procedure:

1. Mix all the ingredients together in a bowl, then mash with your hands or with a potato masher, until ingredients begin to stick together. Form into 4 patties.
2. If you have the time, let the patties “rest” and set up by placing them in the fridge for 30 minutes or more.
3. Heat olive oil over medium high heat in a medium skillet.
4. Place patties in skillet and cook until each side is golden brown¹².
5. Serve hot, with optional toppings.
6. Leftover patties can be stored in the fridge for a couple of days or in the freezer. Be sure to allow to come to room temperature before storing, to prevent condensation from forming, and then freezing into ice on the frozen patty.

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¹² Follow the “golden rule” when cooking foods—that is cook until golden brown, not dark brown. Cooking high carbohydrate foods until dark brown increases the amount of natural acrylamide in the food, and acrylamide has been linked with cancer in animal studies.

Quinoa Seasoned

Makes: 8 servings

My friend from Brazil, Suzana Muller, passed on to me a way of cooking savory grains that was passed on to her by her mother, Carmen. I now pass this on to you. In this recipe, we are using quinoa (pronounced “keen-wa”). Quinoa is a complete protein grain, tastes great and best of all, cooks in 15 minutes! There are 2 kinds of quinoa now available— the tan-colored quinoa and the red quinoa. I prefer the red quinoa, as it has a nuttier flavor and texture.

You must rinse quinoa very well before cooking—it amazingly makes its own natural pesticide, which tastes very bitter. Put your quinoa in a small mesh strainer and rinse with running water for about 30 seconds.

Ingredients:

Extra virgin olive oil—1 teaspoon

Yellow onion—½, diced

Garlic—1 clove, minced

Red quinoa—2 cups, rinsed and drained (may use the tan-colored quinoa if the red is not available)

Water—4 cups

Salt—½ teaspoon

Procedure:

1. Gently heat olive oil in a 1 ½-quart saucepan.
2. Sauté onion; add garlic and sauté onion and garlic for about 30 seconds.
3. Add quinoa and, sauté for about 30 seconds.
4. Add water and salt and bring to a boil.
5. Reduce heat to a simmer, cover and cook until all water is absorbed (about 15 minutes)

Note: Save 2 cups of cooked quinoa for making black bean patties.

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Red Beans and Rice, Vegan Style

Makes: 10 servings

Here's one of the great dishes of my home state, Louisiana, minus the sausage. No matter—I make up for the flavor of the sausage by throwing in a Chipotle chili and a little Liquid Smoke. Now, we're cooking!

Ingredients:

Long grain brown rice—2 ½ cups cooked according to package instructions.
Dried kidney beans—2 cups, soaked overnight, rinsed and drained
Water or vegetable stock (enough to cover the beans 1-2 inches)
Chipotle chili (optional)— 1 dried (May substitute 1 canned Chipotle chili or ½ teaspoon Chipotle Chili Hot Sauce)
Extra Virgin Olive Oil—1 tablespoon
1 large yellow onion, diced
Green bell pepper—1, diced
Celery—2 stalks, diced
Garlic—2 cloves, minced
Button or Cremini Mushrooms—8 oz., sliced
Bay leaf—1
Dried basil—1/2 teaspoon
Dried oregano—1/2 teaspoon
Liquid Smoke—1 tablespoon
Salt, pepper and Tabasco to taste (or may use Toney's Cajun Seasoning instead of salt and pepper)
Garnish: Chopped parsley and sliced scallions

Procedure:

1. Place beans, water and chipotle chili in a saucepan or soup pot and bring water to a boil. Skim off the foam that floats to the top. Lower temperature and simmer beans 1-2 hours until soft and skins begin to split.
2. Sauté onions in olive oil until browned. Add bell pepper, celery and garlic and sauté until soft.
3. Add sautéed vegetables to beans, along with bay leaf, basil, oregano, salt and pepper. Continue simmering for 30 min.-1 hour.
4. Sear mushrooms in olive oil over medium high heat.
5. Add mushrooms to the bean mixture and simmer for 30 minutes more.
6. Add Liquid Smoke. Adjust seasonings. The bean liquid should be thick like gravy. If not thick after cooking for the recommended time, you may puree a cupful of the beans in a blender, and then add back to the pot.
7. Serve beans over rice. Garnish with parsley and scallions.

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Rice Stick and Vegetable Salad

Makes: 4 servings

Nancy Maurelli created a delicious dressing for spring vegetables. Here we're tossing the veggies and dressing with the very fine Asian noodles called "rice sticks". It makes a very delicious and unique tasting pasta salad.

Ingredients:

Water—4 quarts
Rice Sticks (or thin rice noodles)—1/4 pound
Salt—1/2 tsp.
Arame—1/4 cup (dry), soaked in cold water for 20 minutes
Snow peas—1 cup (tips and strings removed)
Carrots—1 cup, cut into matchsticks or diagonal slices
Cauliflower florets—2 cups
Lemon—1, juiced
Tamari sauce—2-4 tablespoons
Toasted Sesame Oil—1/2 tsp.
Black sesame seeds—1 teaspoon

Procedure:

1. Bring 4 quarts water and 1/2-teaspoon salt to a boil.
2. Blanch each vegetable separately in salted boiling water. Blanch carrots for 2-3 minutes; snow peas for 2-3 minutes; cauliflower for 3 minutes. Lift vegetables out with a strainer or slotted spoon and immerse in cold water to stop the cooking process. Drain well. Set aside.
3. Bring water back to a boil. Add rice noodles and cook for about a minute or two or until al dente. Drain and rinse with cold water. Set aside.
4. Put soaked Arame in fresh water to cover. Bring to a boil, reduce heat and simmer 10 minutes. Drain and set aside.
5. Combine lemon juice, 2 tablespoons tamari and sesame oil. Toss with vegetables, noodles and arame until coated.
6. Taste and add more lemon juice or tamari as needed.
7. Sprinkle black sesame seeds on top.
8. Serve on salad plates and provide gomasio condiment on the side.¹³

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¹³ Gomasio is a salty condiment used often with Macrobiotic foods. Traditionally, it's a blend of ground toasted sesame seeds, salt and toasted dulse flakes. I like to add some toasted and roughly ground sunflower seeds. You can buy a bottle of it already prepared. Look in the Macrobiotic foods section of your natural foods store (where the seaweed is shelved as well).

Rice with Almond and Capers

Makes: 4 servings

Penny Block is a registered nurse who works in Dr. Keith Block's medical center, which provides comprehensive integrative cancer care. She has created a lovely cookbook called A Banquet of Health. This delicious recipe, with a great adaptation by Lucia Effros (a Retreat alumna), is from Penny Block's book.

Ingredients:

Mustard Vinaigrette Dressing:

Extra virgin olive oil—3 tablespoons
Lime—1 tablespoon fresh OR lemon juice
Brown rice vinegar—1 ½ teaspoon
Yellow mustard—1 teaspoon prepared
Garlic—1 clove, crushed
Sea salt—¼ teaspoon
Optional: ¼-teaspoon Japanese-style citrus hot sauce.

Penny Block's Rice with Almond and Capers

Mustard Vinaigrette Dressing
Short grain brown rice—1 cup
Magic Mineral Broth or Organic Vegetable Broth—2 cups
Bay leaf—1
Sea salt—2 pinches
Almonds—2 tablespoons dry roasted slivered
Capers—1 tablespoon
Green onion—1, finely chopped
Oregano—½ teaspoon, dried

Procedure:

1. Prepare Mustard Vinaigrette Dressing. Combine all ingredients in jar with tight-fitting lid; cover and shake vigorously; set aside
2. In a 2-quart pot, bring vegetable stock, bay leaves and salt to a boil.
3. Add the rice, bring back to a boil, reduce heat, cover and simmer for 40 minutes.
4. Carefully remove bay leaf and discard.
5. Drain off any excess liquid.
6. Scoop rice into medium serving bowl and gently separate grains.
7. Lightly toss rice with almonds, capers, green onion, oregano and desired amount of dressing. Serve warm. Or chill and serve as a grain salad on a bed of leaf lettuce.

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Roasted Vegetable Sandwiches

Makes: 6 Servings

It's picnic time at the Retreat and we're taking orders! Here's a recipe for what may be the best grilled veggie sandwiches you'll ever eat.

Ingredients:

Zucchini—1, cut in half, then slice each half into thin slices
Red Bell Pepper, organic—1, cut in inch-wide slices
Portobello Mushrooms—2 large-cut in ¼ inch thick slices
Eggplant—1, peeled and sliced into ¼ inch rounds
Extra Virgin Olive Oil-1/4 cup
Balsamic vinegar—2 tablespoons
Salt—1/4 teaspoon
Oregano, dried—1/4 teaspoon
Organic Leaf lettuce—6 leaves, separated and washed and drained
Avocado—1, peeled and sliced
Italian Seasoned Tofu—1 package, thin-sliced and/or
Fresh Mozzarella—1 package, thin sliced
Sliced whole grain bread (something like panini or ciabatta, if possible)—12 slices
Canola Mayonnaise
Dijon Mustard

Procedure:

1. Preheat oven to 400 degrees F.
2. Whisk olive oil, balsamic vinegar and salt together.
3. Toss zucchini, red bell pepper, Portobello mushrooms and eggplant with dressing.
4. Arrange these veggies on a baking sheet and roast until tender. Allow to cool.
5. Spread mustard and mayo on bread.
6. Make sandwiches with veggies, lettuce, avocado and your diners' choice of tofu and/or mozzarella.

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Saffron Basmati Rice Pilaf

Makes: 6 servings

This pilaf finds many uses at Millennium Restaurant. It is turned into salads, shaped into patties and sautéed for an appetizer, and served in our version of paella. Brown basmati rice is available at any natural foods store and some supermarkets.

Ingredients:

Yellow onion—1, finely diced
Garlic—2 cloves, minced
Olive oil—2 teaspoons
Cumin—1 1/2 teaspoons, ground
Fennel seed—1 teaspoon
Pepper—1/4 teaspoon, ground
Sea Salt—1 teaspoon
Brown basmati rice—2 cups
Saffron—1/2 teaspoon, steeped in 1/4 cup warm water
Water or light vegetable stock—3 1/2 cups

Procedure:

1. In a medium, heavy saucepan, sauté the onion and garlic in the oil over medium heat until just softened.
2. Add the cumin, fennel seed, pepper, and salt. Sauté for 1 minute.
3. Add the rice and stir constantly for about 2 minutes, or until the rice smells fragrant.
4. Add the saffron and water, bring to boil, and cover.
5. Reduce the heat to medium-low and simmer for 20 to 25 minutes, or until the liquid is absorbed.
6. Remove from heat and let sit for 10 minutes before serving.

Copyright: Eric Tucker, *The Artful Vegan*, 2003.

Salmon Spread

Makes: about 1 cup

Now here's a way to prepare and enjoy a delicious, nutritious, high-protein snack in minutes. And the leftovers are good for about 3 days, if you store it in the fridge.

Ingredients:

Wild caught salmon*—1 cup, poached (about 6-8 ounces cooked fish) or 6 ounces of canned wild caught salmon

Red onion or scallions—2 tablespoons, minced (or ½ teaspoon onion powder)

Canola Mayonnaise—¼ cup

Lemon juice—1 teaspoon, fresh

Dill— 1 tablespoon fresh, finely chopped—¼ teaspoon, dried

Sweet pickle relish—1 tablespoon

Salt to taste (start with 1/8 teaspoon)

Optional ingredients: ¼ finely diced firm apple such as Fuji; ½ cup diced celery

(* If you prepared the poached salmon for the Poached Salmon Salad, use the leftover salmon from this

Procedure:

1. Flake the fish with a fork into a medium bowl.
2. Add the remaining ingredients and stir together well.*
3. Taste and adjust seasonings if necessary.
4. Chill and serve on whole grain crackers or whole grain bagels or on raw vegetables such as red pepper slices, celery or endive.

*Note: If you want the spread to be more like a paté, put the salmon, onions, mayo, lemon juice, dill and salt into a food processor and pulse briefly until just combined. Then, add the sweet pickle relish and apple and celery.

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Sautéed Swiss Chard

Makes: 6 servings

Thank goodness for Popeye, or else we'd have probably never eaten that canned spinach heated up for us when we were kids! Now, with such beautiful, tender, tasty fresh greens available (many of them pre-washed and ready to cook or eat), who needs Popeye? Swiss Chard is one of my favorites, because it cooks up quickly and comes in 3 fun colors—green, red and yellow (like the stoplight).

Chard and other dark leafy greens are what we call “nutrient dense”—not many calories but lots of minerals that can replenish the ones you tend to lose during cancer treatment, like magnesium and potassium. It's also high in anti-oxidants like beta-carotene, and vitamins C and E to help your normal cells heal.

In this recipe, I have you making 2 extra servings, to be refrigerated and used for Tuesday breakfast with scrambled eggs. See Chef Rebecca Katz's [One Bite at a Time](#) for other great recipes with greens.

Ingredients:

Swiss chard—5 bunches (may use pre-washed baby spinach or Mache as energy/time saver)
Extra virgin olive oil—1 tablespoon
Garlic—3 cloves, minced
Orange zest—1 teaspoon
Salt—¼ teaspoon
Fresh orange juice—a squeeze

Procedure:

1. Wash the chard and shake off excess water. Either cut or tear the chard away from the stems. Chop the greens into bite-sized pieces. Thinly slice the stems if you'd like to toss them in for extra fiber, nutrition and a crunchier texture.
2. Heat the olive oil over medium-high heat in a medium sauté pan.
3. Add the garlic and sauté for 30 seconds.
4. If using the stems, add them now and sauté for 1 minute
5. Add the orange zest, greens and salt, and sauté' until the greens turn a deep rich green.
6. If necessary, add just a splash of water and cover the greens to cook until just tender.
7. Sprinkle the orange juice and toss with greens. Taste and add salt if necessary.
8. Serve immediately.
9. Save aside ½ cup for Tuesday breakfast egg scramble.

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Simply Sensational Squash and Tomato Sauté

Makes: 6 servings

I love summer squash. Whenever there's some nice looking organic squash available, I buy extra and keep some on hand for a quick side vegetable (or grated and sautéed for an omelet). The leftovers can be served to mix with an omelet or mixed in with cooked rice and made into a patty for pan-frying.

Ingredients:

Extra virgin olive oil—1 teaspoon

Yellow onion—½, sliced (or ¼ teaspoon onion granules)

Garlic—1 clove, minced (or 1/8 teaspoon garlic granules)

Cumin—¼ teaspoon, ground

Zucchini—4, or yellow summer squash (or 2 of each), cut in half then sliced into ¼-inch thick half-moons

Roma tomatoes—2, diced

Basil—2 tablespoons, fresh chopped (or ½ teaspoon dried)

Oregano¹⁴—1 pinch, dried

Sea salt—2 pinches

Procedure:

1. Heat olive oil over medium high heat in a sauté pan or skillet.
2. Sauté onion until golden.
3. Add garlic and cumin and sauté for 30 seconds more
4. Add squash and sauté until just tender.
5. Stir in tomato, basil, oregano and salt, and cook until tomato just begins to release its juice.
6. Taste, adjust seasoning and serve hot.
7. Save 1 cup to use in tortillas on menu for the next day.

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¹⁴ I like to “reactivate” my dried herbs by rubbing them between 2 fingers or in my palms, before adding to the food.

Smoothie Gone Coco!

Makes: 2 six-ounce servings

I love it when my friend from Brazil, Suzana Muller, shares a bit of her food culture with me. On hot summer days in southern Brazil, folks make a sort of frappe from coconut milk for a refreshing lift. Here, I'm borrowing the tradition and adding some extra protein to make it a restorative drink.

Ingredients:

Banana—1 frozen, cut in 1-inch chunks

Milk— $\frac{3}{4}$ cup low-fat cow's or plain almond milk

Light coconut milk¹⁵— $\frac{1}{4}$ cup

Cardamom powder— $\frac{1}{4}$ teaspoon

Salt—1 pinch

Fresh lemon juice— $\frac{1}{8}$ teaspoon

Whey protein powder— $\frac{1}{2}$ scoop, or 1 tablespoon of almond butter

Ice cubes—3

Optional:

A splash of Rose Water; frozen berries; 1 teaspoon Agave Nectar, Grade B Maple Syrup or Brown Rice Syrup

Procedure:

Put all ingredients in a blender and blend until creamy.

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¹⁵ Be sure to use Lite coconut milk, as the regular coconut milk is very fatty and can sometimes give you a tummy ache.

Spanish Quinoa

Makes: 8 4.5-oz servings

Festively colored and seasoned, this was originally created as a rice dish. At Smith Center Retreat, we substitute quinoa for the rice. Rinse quinoa well before cooking. If you use quinoa, it will only take 15 minutes to cook, which will greatly reduce the cooking time of this recipe.

Preparation Time: 20 minutes

Cooking Time: 15 minutes with cooked rice; 50 minutes with raw rice or cold cooked rice.

Ingredients:

Quinoa*—2 cups, raw—cooked in 4 cups salted water

Extra Virgin Olive Oil, 1 Tablespoon

Annatto seed—1/8 teaspoon (or can use 1/2 teaspoon Annatto powder—available at Mexican grocery)

Corn—1 cup, frozen

Tomato—1, fresh, cubed

Scallions—4, green and white parts, chopped

Spanish olives—1/3 cup, chopped

Cilantro—1/4 cup, fresh, chopped

Salt and black pepper to taste

*Can use brown rice, instead (note, it will take longer to cook—40 minutes)

Procedure:

1. Cook quinoa.
2. In a small skillet, heat the oil and the annatto seeds on medium heat for 4-5 minutes, until the oil turns a deep yellow-orange.
3. Strain the oil into a large skillet and discard the seeds.
4. Add the remaining ingredients, except for the quinoa, salt, and pepper and cook for about 5-10 minutes, until hot.
5. Combine the sauté with the quinoa. Season with salt and pepper. If the quinoa is hot, serve immediately. If cold cooked quinoa is used, transfer the quinoa and the sauté to a lightly oiled baking pan, cover tightly with foil and bake at 350°C for 20-30 minutes, or until heated through.

Copyright: Adapted from The Moosewood Collective, Moosewood Restaurant Cooks for a Crowd, 1997

Spelt Pizza Crust

Makes: 1 large pizza crust

Susan Baldassano is a beloved teacher at the Natural Gourmet Cookery School. Her family is from Sicily, so it's no surprise that she could teach us to make the best darn pizza crusts ever! Here's one of the recipes from her class "Mi Amore Pizza!"

Ingredients:

Sponge:

dry yeast —1 tablespoon
warm water —2 1/3 c
rice syrup or honey—1 tablespoon
spelt flour —2 cups

Add:

warm water —1/2 cup
salt— 1 tablespoon
Extra Virgin Olive Oil—2 tablespoons
spelt flour—3 cups

Procedure:

Dough Procedure

1. Make the sponge by mixing the first four ingredients together.
2. Cover with plastic wrap and let rise for 20 - 30 minutes.
3. Add remaining ingredients and mix together with wooden spoon.
4. Remove from bowl, form dough into a ball and knead on a floured board. Dough should be soft and a little sticky. Knead for about 10 minutes.
5. Place dough in an oiled bowl, cover with plastic film and a towel and place in warm spot until doubled in size—about 1 hour. Punch down, shape dough and bake.

Baking Procedure

1. Preheat oven to 475 degrees.
2. Place pizza stone in the oven to heat up.
3. Place pizza on stone.
4. Bake on middle rack for 15-20 minutes. If oven can't maintain 475 degrees, it may take longer.

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Spinach-Miso Pesto

Makes: about 1 ½ cups

Chef Cathy Vogt joins the Smith Center Retreat staff for the summer retreat every year, where she brilliantly eases in as Head Chef so Chef Laura can enjoy her mentoring and good company! One of the priceless recipes she shares with Smith Center is this fabulous pesto—rich in flavor, and high in vitamins, minerals and healthy fatty acids.

Ingredients:

Spinach—¾ pounds, fresh, large stems removed
Basil leaves—1 cup, fresh
Garlic—2 cloves, peeled
Lemon juice—2 Tablespoon, fresh, strained
Extra Virgin Olive oil—1/3-1/2cup
Chickpea miso, white miso or mellow barley miso—2-3 Tablespoons,
Walnuts-toasted—¾ Cup
Sea salt to taste

Procedure:

1. Thoroughly wash and spin dry spinach leaves and basil leaves
2. In a food processor fitted with a metal blade, add cleaned spinach, basil, garlic, and process until blended, stopping to scrape down sides with spatula.
3. Add lemon juice, extra virgin olive oil, miso and walnuts. Process to desired consistency, taste and season.
4. Pesto can be stored in a sealed container for about 1 week or frozen for a few months.

Copyright: Cathy Vogt, all rights reserved.

Spinach Sautéed with Garlic and Ginger and topped with Sesame Seeds

Makes: 4 servings

Spinach—what a great, dark leafy green; and it's so versatile! I keep some in the fridge for making salads or pesto or a side dish or a soup topping or a filling for omelets. Here, it's cooked with an Asian flair. Go ahead—see how fun and delicious it is to get your medicine from your food!

Ingredients:

Sesame oil—1 tablespoon
Garlic—2 cloves, minced
Ginger—1 tablespoon, fresh, minced
Baby spinach—2 bags pre-washed
Water—2 tablespoons
Sesame seeds—1 tablespoon toasted

Procedure:

1. In a large skillet or sauté pan, heat sesame oil over medium high heat.
2. Add the garlic and ginger and sauté them for about 10 seconds, careful not to over-brown.
3. Add the spinach and sauté until coated with oil.
4. Add the water, cover, and steam until spinach just wilts and color turns brilliant green.
5. Uncover, sprinkle with sesame seeds and serve hot.

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Splendid Start Split Peas

Makes: 2 cups

It's nice to have cooked split peas on-hand in the freezer for making "Wholly Guacamole" in the warm months or a warming split pea soup in the winter. It can be used as a protein booster in vegetarian casseroles (such as Nancy Maurelli's "Good Shepherd's Pie")¹⁶. When the cooked peas come to room temperature, freeze in 1-cup sized containers.

Ingredients:

Green split peas—1 ½ cup
Water—2 cups
Kombu—½ piece
Bay leaf—1
Salt—¼ teaspoon

Procedure:

1. Rinse split peas.
2. Mix all ingredients in a 1-quart pot and bring to a boil, uncovered.
3. Reduce heat and simmer until peas are soft (about 20 minutes). If necessary, add more water during cooking, to keep peas just covered with water.
4. Remove bay leaf and allow it to cool to room temperature before placing in storage containers.

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¹⁶ Maurelli, Nancy. Food Wise: Bright Ideas for Eating Well, 2000.

Stuffed Corn Tortillas—Your Way

Makes: 8 small tortillas

At Smith Center Cancer Retreats, “Tortilla Bar” is a favorite among the participants. Lots of choices to have it your way. If you keep some corn tortillas in your freezer, some fresh veggies in your fridge, some beans and salsa in your pantry, you’ve got easy fixings for this meal. It’s bailed me out on those days when I’m too busy or tired to plan ahead or spend much time preparing.

Ingredients:

Organic Corn tortillas—8, wrapped in a towel and thawed
Cheddar cheese’ low-fat organic dairy or soy cheese—1 cup, grated
Salsa
Wholly Guacamole —1 cup (2 tablespoons per tortilla)
Lettuce—2 cups, shredded
Tomatoes—1 cup, diced
Scallions—3, sliced
Lime or lemon—1, cut into 8 wedges

Other Optional stuffing ideas (mix and match):

Summer squash—2 cups, sautéed (can use leftover squash sauté)
Spinach—1 cup, sautéed
Leftover chili or bean spread, heated
Dairy or soy sour cream
Hot sauce

Procedure:

1. Assemble and prepare all the ingredients you’d like to stuff into your tortilla. Arrange them on a table or buffet where everyone can “get at them” to stuff their tortillas.
2. Rustle up an appetite!
3. Heat a griddle or large skillet to medium high heat.
4. Heat as many tortillas as will fit on the griddle, until one side starts browning.
5. Turn the toasted side up, place 2 tablespoons cheese on this side, fold it in half, and continue browning each side of the folded tortilla until cheese melts.
6. Place warm tortillas in a warming oven or on a plate covered to keep warm until all the cheese-filled tortillas have been heated.
7. Load your tortilla with lettuce, tomato, scallions, guacamole, salsa, a squeeze of lime or lemon, and whatever other stuffings you have decided to prepare.
8. Have plenty of napkins, and have a fork handy to eat the extra stuffings that fell out of the tortilla!

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Tabouli

Makes: 6-8 servings

Ingredients:

Plum tomatoes—2
Parsley—1 bunch
Scallions—3 - 4
Celery—2 ribs
Mint—1/2 bunch
Bulgur or other grain, such as red quinoa—1 cup, cooked
Lemon juice—1/2 cup
Extra virgin olive oil—1/4 cup
Sea salt—1/2 to 3/4 teaspoons

Procedure:

1. Chop tomatoes coarsely.
2. Mince parsley and thinly slice scallions.
3. Mince celery and mint finely.
4. Toss vegetables with warm bulgur. Add remaining ingredients and let sit at least 30 minutes.

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Tahini - Lemon Dressing

Makes: 4 servings

To make lower fat salad dressings, you can use a small amount of cooked oatmeal blended in with dressing. You can then use less fat (i.e. less nut butter, less oil, etc).

Ingredients:

Roasted Sesame Tahini – 4 tablespoons
Lemon juice – 4 tablespoons (about 1 lemon)
Water – 4 tablespoons
Salt – ¼ teaspoon
Celery – 1 stalk
Shallot – 1

Procedure:

1. Combine all ingredients in a blender and blend until smooth.
2. If too thick, add more water. If too thin, add more Tahini
3. Taste and adjust flavors. This dressing should taste slightly lemony and salty.

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Tahini Sauce

Makes: 1 cup

Do you ever find that standing in front of an opened refrigerator causes sudden and profound memory loss? It never fails, when I'm most hungry and needing a quick lunch, I stand in front of all these ingredients and my mind goes blank. Eventually, my eye catches a glimpse of hummus, a few leaves of lettuce, some cucumber and pita bread, and I think "hummus sandwich . . . wouldn't a little Tahini sauce be nice with that?" Here's a quick way to bring me back to my culinary senses with this easy to make sauce.

Ingredients:

Tahini— $\frac{1}{2}$ cup
Water— $\frac{1}{3}$ cup
Lemon juice—1 tablespoon, fresh
Salt— $\frac{1}{4}$ teaspoon
Garlic— $\frac{1}{4}$ teaspoon, granules
Onion powder— $\frac{1}{4}$ teaspoon

Procedure:

1. Place Tahini in a bowl.
2. Add the water, 2 tablespoons at a time, blending thoroughly with a whisk or fork, after each addition of water.
3. Mix in lemon juice, salt, garlic granules and onion powder and serve.

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Tempeh Bacon, Lettuce and Tomato Sandwich

“TLT’s”

Makes: 4 servings

When I started eating less fatty foods, and cut down on foods cured with nitrates, I thought I’d never again have the great taste of a BLT. Then I found Tempeh bacon. I prefer this to other types of soy-based bacon, because Tempeh is made from the whole soybean and not from highly processed soy.

If you do not eat soy, then you can make yourself a “CLT”, Cheese, Lettuce and Tomato Sandwich. If you eat a little poultry from time to time, there is now very nice turkey bacon available, that doesn’t have any nitrites in it (I use Applegate Farms brand). Because this bacon is uncured, you need to use it within a few days, or wrap individual slices in wax paper and freeze in freezer storage bags.

Ingredients:

Tempeh bacon—8 slices
Sprouted grain bread—8 slices, lightly toasted
Tomatoes—2, fresh, sliced into 8 slices
Leaf lettuce—4 leaves, rinsed and dried
Canola mayo
Dijon Mustard

Procedure:

1. Cook bacon in skillet until just crispy. Break or cut each piece in half
2. Spread mayo and mustard on each slice of bread.
3. Put 4 pieces of bacon, 2 slices tomato and 1 leaf of lettuce on each sandwich.
4. Eat and “Go back in time” but with a lot less fat, and no nitrites!

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Tempeh Kebabs

Makes: 4 Servings

This recipe is a hit at the Natural Gourmet Cookery School, and often prepared by chef students for their discerning patrons at the Friday Night Dinners.

Ingredients:

Tempeh—1 package
Extra Virgin Olive Oil—2 tablespoons

Tempeh Marinade
Tamari sauce—1/4 cup (or 1/2 cup soy sauce)
Apple Juice—1 cup
Orange Juice—1/2 cup
Garlic—4 cloves
Mustard—4 teaspoons
Fresh rosemary—1 teaspoon

Vegetables
Mushrooms—16, cut into halves
Zucchini—2, cut into 1/4 inch rounds, blanched until just tender.
Red Onions—2, cut into medium chunks
Large Firm Cherry Tomatoes—16
Extra Virgin Olive Oil

Veggie Marinade
Extra Virgin Olive Oil—1/2 cup
Lemon Juice—2 teaspoons
Tamari or soy sauce—1/4 tsp.
Parsley—2 teaspoons
Pinch of pepper

Procedure:

1. Cut tempeh into 16 cubes. Coat with 2 tablespoons olive oil and bake at 350 degrees until golden
2. Place tempeh into Tempeh Marinade for 30 minutes, then bake 20 minutes until marinade is absorbed. Let tempeh cool.
3. Marinate all veggies in Veggie Marinade for 30 minutes.
4. Prepare 8 kebabs, alternating veggies with tempeh.
5. Grill 5 minutes on each side.

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Tempeh Salad

Makes: 4 cups—About 8 servings

Nancy Maurelli, the original chef for the Smith Center Retreat introduced me to a version of this salad that she called “Move Over Chicken Tempeh Salad”. I’ve morphed it into a sort of tempeh Waldorf Salad. This one is Chef Howard’s favorite of all the Retreat dishes.

Ingredients:

Tempeh (preferably Garden Veggie style)—two 8-oz. Packages diced in ½-inch cubes
Extra Virgin Olive Oil—1 tablespoon
Red Bell Pepper—1/2 cup diced
Red Onion—1/4 cup finely diced
Celery—1/2 cup diced
Crisp red apple (such as Fuji)—1/2 cup diced
Red Grapes—1/2 cup diced
Walnut pieces—1/4 cup, toasted
Sweet Pickle Relish—1/4 cup
Sea salt, Turmeric, Mustard—1 teaspoon each
Fresh dill or parsley—2 tablespoons, chopped
Vegan Canola Mayonnaise—1/2-3/4 cup, to taste
Garnishes—leaf lettuce, sliced tomato

Procedure:

1. Preheat oven to 400 degrees.
2. Toss tempeh with olive oil, spread on a baking sheet and bake for about 20 minutes or until golden brown. Allow to cool.
3. Place all ingredients (except garnishes) into a mixing bowl and mix well until all ingredients are coated with mayonnaise.
4. Serve on bed of lettuce and garnish with tomato, or serve in a pita pocket.

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Tempting Tamale Casserole

Makes: 10 servings

If you ask me what my favorite dish is at the Retreat, I'll tell you this tamale casserole is the 'Chef's Favorite'. I developed it for a friend who wanted a vegan, gluten-free entrée for her birthday party. It was a hit!

Ingredients:

Onions: 1 ½ medium diced
Red Pepper: 1 diced
Garlic: 3 cloves minced
Diced Tomatoes (and their juices): 14 oz. can
Tomato Sauce: 1 cup
Frozen or Fresh Corn Niblets: 1 pound
Sliced Black Olives: 1 ½ cups
Soy Milk or Plain Almond Milk: 2-2 ½ cups
Yellow Corn Grits: 2 ½ cups
Chili Powder: 2-3 tablespoons (depending on how spicy it is)
Salt to taste

Procedure:

1. Sauté onion, pepper and garlic in oil until onion is clear.
2. Add diced tomatoes, tomato sauce, corn, ¾ of the olives, and soy (or almond) milk. Stir well, heat through, then add cornmeal, chili powder and salt. Pour into three well-greased 9 X 13" shallow casseroles or pans. Decorate top with remaining olives.
3. Bake, covered, in preheated 350 degree oven for 30-45 minutes. Uncover and bake 20 minutes more. Remove from oven and allow to set for a few minutes before serving.

Serving Suggestions:

Serve with toppings of shredded cheddar cheese (soy or dairy), sliced scallions, black bean sauce, sour cream (soy or dairy), chopped cilantro and hot sauce (Chipotle sauce is very nice with this).

What about those leftovers?

Take leftover squares and place on a tray and put in freezer until frozen solid. Place frozen squares in freezer storage containers and re-heat later for a quick lunch. Freeze leftover bean sauce in individual servings, re-heat and serve over reheated tamale squares.

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Tomato-Basil Dressing

Makes: 1 ½ cups

This dressing came as an inspiration, when I wanted to transform and extend a half-bottle of Newman's Own Balsamic Vinaigrette. Here's the version that's come through a few evolutionary cycles at the Cancer Retreats!

Nancy Maurelli, the first chef for the Cancer Retreats, taught me to use a little bit of cooked oatmeal blended into the dressing, to thicken things up a bit without using as much oil.

Ingredients:

1 large ripe tomato, diced
½ cup fresh basil
2-3 tablespoons Balsamic vinegar
¼ cup extra virgin olive oil
1 clove garlic
½ teaspoon Salt
1 teaspoon honey
2-3 Tablespoons cooked oatmeal (suggestion—cook oatmeal for breakfast on the day you prepare this dinner)

Procedure:

1. Blend all ingredients in blender. Be sure to blend in the oatmeal well.
2. Taste and adjust seasonings.¹⁷
3. Refrigerate.

Check out consistency before serving. Blend with a little more oatmeal if it needs thickening.

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¹⁷ Salad dressings are a blend of fat, acid, salty and sweet (Chef Rebecca calls this "FASS"). If you taste the dressing, and it seems bland, first add salt, a pinch at a time, until you taste all the flavors. If it tastes good, stop there. If it tastes salty enough, but doesn't "jump off your tongue", decide if it needs a little more sour or sweet, and add those flavors a little bit at a time.

Tri-Color Chili

Makes: 8 cups

This black, red and yellow chili could win the tri-color ribbon for being unbelievably delicious and deceptively simple. I tend to tone down the “hot spiciness” when cooking for others, and let folks decide if they want to “kick it up a notch”. There’s plenty of flavor in this chili. You’re welcome to stimulate your “endorphins” with some extra hot sauce!

Ingredients:

1 teaspoon extra virgin olive oil
1 medium yellow onion, diced
2 cloves garlic, minced
2 teaspoon ground cumin
2 teaspoon ground coriander
1 small red pepper, diced
¾ cup mild salsa (i.e. Green Mountain Gringo brand or Pace Picante)
28 ounces of organic stewed tomatoes with juice
2 tablespoons raisins
1 cup cooked black beans (you can use leftover “Best Black Beans), drained.
(Or one 14-ounce can organic black beans, drained, rinsed and spritzed with lemon juice.
1 cup cooked red kidney beans, drained (or one 14 ounce can of organic kidney beans, drained, rinsed, and spritzed with lemon juice.)
1 cup frozen organic corn kernels
Salt to taste (start with ¼ teaspoon)
Optional: Tabasco or Chipotle Chile Sauce, or other hot sauce to taste. 2 small squares of dark chocolate (about ½ ounce). ¼ cup chopped cilantro

Procedure:

1. In a 3-quart pan or soup pot, heat oil on medium-high heat, add onions and sauté until golden.
2. Add the garlic, cumin and coriander and sauté 30 seconds.
3. Add the red peppers and salsa, bring to a simmer, lower heat, cover and simmer for 5 minutes. Stir occasionally.
4. Add the tomatoes, raisins, black beans and kidney beans, salt (and chocolate, if you want to use it). Simmer, covered for 10 minutes, stirring occasionally.
5. Add the corn and continue to cook for 10 minutes.
6. This chili should be thick but also be a little bit juicy. Add water, a little at a time to increase juiciness, if desired.
7. Taste and adjust seasonings.
8. Serve hot. Provide hot sauce and chopped cilantro for those who want to add this.

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Variations on a Cream: Cashew Cream and Sauce Recipes

Makes: 6 servings

My neighbor asked me to teach her to prepare more health supportive foods. She wanted a creamy sauce without dairy, to smother over chicken. That night we invented a delicious “Green Chicken”, by making a brilliant green cream sauce with basic cashew cream and spinach. Here are several variations on a cream, which start with the “Basic Cashew Cream” recipe. For the “Simple Sample Menu”, you will be using the “Cashew Cheese Topping” recipe for your baked potatoes. Put your sauce in ½-cup storage containers and freeze.

Ingredients:

Basic Cashew Cream Ingredients:

Raw, unsalted cashews—1 cup
Magic Mineral Broth or organic vegetable broth—½
- 1 cup
Sea salt—½ teaspoon

Cashew Cheese Topping Ingredients:

Basic Cashew Cream recipe above
Garlic granules or powder—1/2 teaspoon
Onion granules or powder—1/2 teaspoon
Turmeric— 1/2 teaspoon (add small amounts to
make sauce more yellow, if desired)

Green Cream Ingredients

Basic Cashew Cream Recipe above
Garlic powder —½ teaspoon
Onion powder —½ teaspoon
Baby spinach —4 cups, rinsed and drained

Cream Alfredo Ingredients

Raw, unsalted cashews —1 cup
Dry white wine (or veggie broth)—½-1 cup
Salt—½ teaspoon
Oregano ½ teaspoon
Black pepper—pinch
Garlic —1 clove

Procedure:

Basic Cashew Cream:

1. Put ingredients in a blender and blend together until creamy. Add more or less broth until sauce is desired consistency.
2. If serving with a hot dish, put sauce in a saucepan, bring to a simmer, and heat slowly, stirring constantly.

Serving suggestions: Stir into non-dairy soups, to make creamy and increase fat and protein. Spoon over rice or pasta.

Cashew Cheese Topping:

1. Blend all ingredients and heat as described above.
2. Heat until consistency is that of a cheese sauce.

Serving suggestions: Serve over baked potatoes, or steamed vegetables such as cauliflower or broccoli. Use in casseroles in place of cheese sauces.

Continues on the next page

Variations on a Cream: Cashew Cream and Sauce Recipes continued from previous page

Green Cream

1. Blend cashew cream, garlic powder and onion powder.
2. Heat ½ of the cream as described above.
3. Steam spinach until just wilted. Place in blender with remaining half of cashew cream.
4. Just before serving, add the spinach cream to the heated cream and heat briefly uncovered until just warmed. It's important not to cook the spinach, or it will turn an olive green and lose its emerald green brilliance.

Serving suggestions: Serve over seasoned chicken or turkey, as a non-dairy alternative to a spinach sauce (in this case, you can blend cashews with organic chicken broth instead of veggie broth). Toss with whole grain pasta. Serve over a spinach risotto. Serve as a Florentine sauce over poached eggs. Spoon over a baked potato. Simmer seasoned tofu in the Basic Cashew Cream, and then add the Spinach cream as a topping. Stir into a Florentine soup.

Cream Alfredo

1. Put ingredients in a blender and blend together until creamy. Add more or less broth until sauce is desired consistency.
2. Put sauce in a saucepan, bring to a simmer, and heat slowly, stirring constantly.

Serving Suggestions: Serve over pasta primavera made with whole grain pasta and your favorite fresh, stir-fried organic veggies (i.e. red peppers, onions, broccoli, carrots, mushrooms, zucchini).

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Vegetarian Red Beans and Rice

Makes: 10 servings

Ingredients:

Kidney beans—2 cups, dried, soaked overnight, rinsed and drained
Water or vegetable stock (enough to cover the beans 1-2 inches)
Chipotle chili—1 dried (optional). May substitute 1 canned chipotle chili or ½ teaspoon Chipotle Chili Hot Sauce
Olive oil—1 tablespoon
Yellow onion—1 large, diced
Bell pepper—1 green, diced
Celery—2 stalks, diced
Garlic—2 cloves, minced
Button or Cremini Mushrooms—8 oz., sliced
Bay leaf—1
Basil—1 teaspoon, dried
Oregano—½ teaspoon dried
Salt, pepper and Tabasco to taste (or may use Toney's Cajun Seasoning instead of salt and pepper)
Long grain brown rice—2 ½ cups, cooked according to package instructions.

Procedure:

1. Place beans, water and chipotle chili in a saucepan or soup pot and bring water to a boil. Skim off the foam that floats to the top. Lower temperature and simmer beans 1-2 hours until soft and skins begin to split.
2. Sauté' onions in olive oil until browned. Add bell pepper, celery and garlic. Sauté' until soft.
3. Add sautéed vegetables to beans, along with bay leaf, basil, oregano, salt and pepper. Continue simmering for 30 min.-1 hour.
4. Sear mushrooms in olive oil over medium high heat.
5. Add mushrooms to the bean mixture and simmer for 30 minutes more.
6. Adjust seasonings. The bean liquid should be thick like gravy. If not thick after cooking for the recommended time, you may puree a cupful of the beans in a blender, then add back to the pot.
7. Serve beans over rice.

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Velvet Pea & Zucchini soup

Makes: 20 servings

Ingredients:

Olive oil—½ cup
Leeks—3, white part, minced
Onion—1, minced
Garlic—5 cloves, minced
Zucchini—3, diced
Water or stock—2-1/2 quarts (chicken or vegetable)
Fresh thyme—5 teaspoons, minced
Frozen peas—3, slightly ground in food processor.
Chives, fresh for garnish
Sea salt & fresh ground pepper to taste

Procedure:

1. Heat oil in a large stockpot; add leeks and onions. Sauté onions until they start to soften, add garlic and zucchini, continue to sauté 3-4 minutes.
2. Add fresh thyme and sea salt.
3. Add stock to sautéing vegetables. Bring soup to a boil; turn down to simmer and cook just until zucchini is almost done.
4. A few minutes before serving add peas and cook 4 minutes just until done and still bright green. Puree soup in blender or with immersion blender until smooth. Taste and season as necessary.
5. Garnish each bowl with fresh minced chives.

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Whey Good Smoothies

Makes: about 20 ounces

Whey is the clear liquid that separates from milk when you make yogurt cream or cheese. This liquid can be dried into a powder that is a concentrated source of protein (16 grams per serving). If you need extra protein in your diet, this is a way to add some. If you don't eat dairy products, you can substitute whey powder with a tablespoon of nut butter, or a scoop of soy protein powder. Another amazing protein-boosting trick is tossing a hard-boiled egg into the blender with the other smoothie ingredients. (If you're limiting your fat intake, then only use the cooked egg whites.) The egg will blend in and you won't know it's there!

Ingredients:

1 scoop of whey powder (or other concentrated protein source—see suggestions above)
1 frozen banana cut into 1-inch chunks
½ cup of frozen berries or other frozen fruit such as mango, cantaloupe, pineapple
10 ounces of chilled almond milk, soy milk or rice milk¹⁸
1 teaspoon of ground flax seeds
Pinch of salt
Optional: 1 teaspoon of natural sweetener such as Agave Nectar, Grade B Maple Syrup or brown rice syrup.
6 ice cubes (if you want the thickness of a milkshake)

Procedure:

Put all ingredients in a blender and blend until “smoothie”. Drink a glass now. Put the rest in the freezer and you've got a frozen dessert!

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¹⁸ If you want more of a slush, substitute “milk” with 10 ounces of organic fruit juice.

Wholly Guacamole

Makes: about 2 cups

In 1998, I went with one of my culinary instructors, Susan Baldassano, on a fabulous cooking tour in Oaxaca, Mexico. While there, I became the recipient of a miracle, not from prayers at the shrine of the Blessed Mother, but from the hands of a true culinary healing artist. Her name was Emilia Cabrera Arroyo . Two days before going to Emilia’s cooking classes, I was overcome by a violent gastrointestinal plague! I couldn’t eat anything; much less endure smelling any cooking aromas. I arrived at her class, as pale and limp as a flour tortilla. She pulled me aside, poured me up a small cup of simmering homemade chicken broth, threw in a few leaves of an herb called “chepil”, and motioned me to “drink” (no, she didn’t speak English—she just exuded “Momma” wisdom).

By the next morning, I hadn’t a single GI related discomfort. She rubbed me down in fresh aloe, placed me in a warm sauna with fresh wet herbs steaming on the hot clay hearth, then gave me the massage from heaven. I emerged into the sunlight 1 ½ hours later, reenergized with fresh squeezed fruit juice, and taught how to prepare guacamole, Emilia’s way.

This guacamole is my way, filled with extra protein and flavor, and inspired by and infused with the memory of Emilia, “My Lady of Culinary Miracles”!

Ingredients:

¼ yellow onion, small chop
1 cup cooked split peas
3-5 tablespoons lemon or lime juice
1 teaspoon ground cumin
1/2 teaspoon ground coriander
¼ teaspoon garlic granules or 1 clove fresh garlic
½ bunch parsley
1/4 teaspoon sea salt
2 large ripe Haas avocados
¾ cup chopped tomatoes
Optional: 1 jalapeno chili, finely chopped or ¼ teaspoon red hot sauce; 1 tsp extra virgin olive oil

Procedure:

1. Put onions, split peas, lemon juice, cumin, coriander, garlic, parsley, jalapeño (optional) and salt into the bowl of a food processor and process until well blended and smooth.
2. Cut avocados in halves, remove pits and scoop out flesh into a medium sized mixing bowl.
3. Mash avocados and mix in ingredients from food processor.
4. Stir in tomatoes, taste, and adjust seasoning. Chill and serve.

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Yogi Tea

Makes: about 8 cups

This sweet, spicy brew is perfect to perk you up on chilly mornings or to cap a satisfying meal. Ginger is an excellent digestive aid; this makes a great, fat—free, low—calorie alternative to dessert or sweet snacks.

Ingredients:

Ginger root— 1/3 cup, sliced fresh
Spring water— 2 quarts
Whole coriander seeds—3 tablespoon
Cardamom pods—1-1/2 tablespoon
Cinnamon — 4 sticks (3-4” long)
Cloves—3-5, whole
Soymilk, vanilla flavor, reduced-fat or Rice Dream—1-1/2 cups
Vanilla extract, pure—1 teaspoon
Pure Grade B maple syrup — 2-4 tablespoon (or use less to let the natural sweetness of the spices shine through)

Procedure:

1. In a large pot, bring ginger and water to a boil, reduce heat, and simmer for 60 minutes.
2. Add the coriander seeds, cardamom pods, cinnamon sticks and cloves.
3. Let spices simmer with ginger water another 30-40 minutes.
4. Strain off liquid into another large pot, saving the ginger/spices.
5. This liquid is the yogi tea base and will keep up to two weeks in the refrigerator.
6. Just before serving, reheat and add the soy or rice milk, vanilla extract and maple syrup.
7. Heat through but do not boil.
8. Sweetener and milk may be adjusted to taste.
9. Store leftover spice mixture in refrigerator up to 4-5 days; it can be reused to make a smaller batch of tea by adding a few tablespoons of fresh ginger root and 6 cups of water. Simmer 60 minutes, strain, and enjoy!

Copyright: Shanti Soule, Commonweal Cancer Help program.

Section 4: Appendices

Resource and Reference List

Culinary Translation in Cancer Care
Laura Pole's and Ruth Fehr's Resource List¹⁹

Cancer, Food and Nutrition

- Smith Center for Healing and the Arts: <http://www.smithcenter.org/>; (202) 483-8600
 - Cancer Retreats: Smith Center offers two retreat options for adults living with cancer and their caregivers: Three Day Cancer Retreats and Living Well with Cancer One-Day Retreats. Both retreats are modeled after the internationally recognized Commonwealth Cancer Help Program. The retreats are designed for adults and caregivers who are seeking physical, mental, emotional, and spiritual healing as they live with cancer and other serious illness. Cancer Retreats are daylong and three-day retreats held throughout the year at our Washington, DC Center.
 - Smith Center also offers a variety of other health, nutrition, and creativity programs including: support groups; book clubs; gallery events; art and writing workshops; cooking and yoga classes; resource library; and workshops for medical professionals at our City Center as well as Artists-in-Residence Programs at local hospitals.
- What to Eat if You Have Cancer by Maureen Keane and Daniella Chace. Chicago: Contemporary Books, 1996.
 - This book is a guide to adding nutritional therapy to your cancer treatment plan. It has good explanations of the body, cancer and nutrition, how to use food to manage the nutritional side effects of treatment, and diet plans.
- The Cancer Fighting Kitchen by Rebecca Katz. Berkeley: Celestial Arts.
 - This book is a must for your cookbook library. Though primarily a book of recipes of great dishes, it is loaded with tips and resources about cooking and nutrition for people with cancer. The recipes are delicious and are likely to appeal to the whole family.
- Choices in Healing, by Michael Lerner, MIT Press, 1994.
 - This book has great information on conventional and non-conventional nutritional therapies. Some of the non-conventional cancer diets he explores include the Gerson Diet, Macrobiotic Diet and Dr. Keith Block's Integrative Cancer Therapies program.
- The Block Center for Integrative Cancer Care. www.blockmd.com; (847) 492-3040
 - Dr. Keith Block's program includes nutrition as a key component in his integrative therapies model. Diet and nutritional supplementation are a mainstay of the program.
- The Center for Mind-Body Medicine: www.cmbm.org; (202) 966-7338
 - This center trains health care professionals to use food as medicine as well as to become cancer guides. Contact them if you'd like information about health care providers in your area who have attended these trainings and are consulting with patients.

Books on Food and Nutrition

- Anti Cancer a New Way of Life by David Servan-Schreiber, MD, PhD. Penguin Group, 2008
 - A book about adopting a healthy lifestyle habits, including food, in order to reduce risk of cancer.
- Beating Cancer with Nutrition by Patrick Quillin.

¹⁹ Used with permission by NGI.

- This book is great for people who want to take an active role in their fight against cancer. Great recipes and easy to follow.
- Eating Well for Optimum Health, Andrew Weil, MD. Random House, 2000.
 - Easy read with practical information on how to adopt healthy way of eating.
- Food and Healing by Annemarie Colbin, (New York, Ballantine Books, 1996).
 - This book remains one of my favorites. It is a great guide to understanding the concept of using food as medicine
- Life Over Cancer by Keith I. Block, MD. Bantam Books, 2009.
 - A book about healthy lifestyle plans, including nutrition, fitness and mind-body wellness
- Nature's Cancer fighting Foods by Verne Varona.
 - This book offer simple approaches to fighting cancer food as one of the weapon.
- Nourishing Wisdom by Marc David.
 - A practical and compassionate approach to the psychology of eating.
- The Swift Diet by Kathie Swift.
 - A health and diet plan which shows women how to fix their digestive problems and lose weight permanently, by changing the way they eat and altering their gut bacteria.
- What to Eat If You Have Cancer: Healing Foods that Boost Your Immune System, 2nd Ed. by Daniella Chace and Maureen Keane, MS.

Health Supportive Cooking Classes

- Smith Center for Healing and the Arts: Call or visit website for class information; (202) 483-8600; <http://www.smithcenter.org/>
- Eating for a Lifetime: Laura Pole provides private and group instruction in health supportive food preparation. Call (540) 890-7289 or email Lpchef@earthlink.net
- A Natural Chef: Cathy Vogt's consultation business; holistic health counseling and whole foods cooking. See website below, call 845-258-0136, or email cathy@anaturalchef.com
- The Natural Gourmet Institute for Food and Health: Provides classes to the public in health supportive cooking and food and healing. Call (212) 645-5170 for a class catalog.

Cookbooks

Cookbooks: (F=Flexitarian recipes—include fish and chicken; Veg=Vegetarian; V=Vegan)

- Cancer Fighting Kitchen by Rebecca Katz with Mat Edelson
- Soul Savory Cookbook - Smith Center, Edited by Laura Pole
- What to Eat If You Have Cancer: Healing Foods that Boost Your Immune System by Daniella Chace and Maureen Keane, MS
- One Bite at a Time by Rebecca Katz
- Nourishing Meals Cookbook by Alissa Segersten and Tom Malterre, MS, CN
- The Whole Life Nutrition Cookbook by Alissa Segersten and Tom Malterre, MS, CN
- The China Study: Startling Implications for Diet, Weight Loss, and Long-Term Health by Dr. T. Colin Campbell, PhD, with Thomas M. Campbell
- Try Magic Mineral Broth - a recipe from the Cancer Fighting Kitchen
- The Healthy Hedonist: More Than 200 Delectable Flexitarian Recipes for Relaxed Daily Feasts by Myra Kornfeld
- The Longevity Kitchen by Rebecca Katz.
- The Pink Ribbon Diet: A Revolutionary New Weight Loss Plan to Lower Your Breast Cancer Risk, by Mary Flynn and Nancy Verde Barr, 2010.

- True Food: Seasonal, Sustainable, Simple, Pure, by Andrew Weil, M.D., Sam Fox and Michael Stebner
- Vegetable Soups by Deborah Madison, Broadway Books, 2006. Not a cancer cookbook, but soups are most nourishing foods, and this book offers great ones.
- What to Eat if You Have Cancer cookbook by Daniella Chace and Maureen Keane
- A Banquet of Health, by Penny Block.
 - This cookbook is an outgrowth of the integrative cancer care program at the Block Center.
- A Spoonful of Ginger by Nina Simonds.
 - An Asian cooking cookbook based on the Asian philosophy of food as health giving. The emphasis is on what's good for you, not bad for you.
- Eating Well for Optimum Health by Andrew Weil, M.D.
- Feeding the Whole Family by Cynthia Lair
- Maya's Secrets, from the American Cancer Society.
 - Available in English and Spanish (Los Secretos de Maya) from the American Cancer Society. The cookbook offers more than 100 healthy, easy-to-prepare recipes that capture flavors from Mexico and Central and South America.
- Nourishing Meals Cookbook, by Alissa Sergensten and Tom Malterre
- Nuestra Cocina Saludable: Recipes from Our Community Kitchen from the Institute for Health Promotion Research at the UT Health Science Center at San Antonio.
 - Can serve as a guide on how to eat to help protect yourself and your family from cancer. Recipes are primarily Mexican-inspired.
- Recipes for Health by Martha Rose Shulman, Rosedale Books, 2010.
 - Recipes incorporate wholefoods as their main ingredients.
- Soul Savory– Smith Center, Ed. Laura Pole (order from Smith Center; www.smithcenter.org)
- The Cancer Fighting Kitchen, by Rebecca Katz. Crown Publishing. 2009.
 - A cooking book for cancer patients and caregivers.
- The Essential Eating Well Cookbook, edited by Patsy Jamieson.
- The Healthy Kitchen - Recipes for a Better Body, Life, and Spirit, by Andrew Weil, M.D and Rosie Daley

Other Books Related to Cooking, Cancer and Healing

- Cooked by Michael Pollan.
- Healing Outside the Margins: The Survivor's Guide to Integrative Cancer Care, by Carole O'Toole. 2002
- Life on the Line by Grant Achatz. About award winning Chef, Grant Achatz's experience with over-coming advanced tongue cancer
- Radical Remission by Kelly Turner. Harper Collins, 2014.
 - A scientist's report of interviews with cancer patients who "beat the odds" and summation of common elements that may have contributed to their remission.
- The Definitive Guide to Cancer by Lise Alschuyler and Karolyn Gazella
- The Definitive Guide to Thriving After Cancer by Lise Alschuyler and Karolyn Gazella

Magazines With Vegetarian Recipes

- Vegetarian Times; call 877-717-8923 or visit <http://www.vegetariantimes.com/> for a subscription
- Eating Well: Call 800-337-0402 or visit <http://www.eatingwell.com/> for subscriptions.

Websites and Organizations Related to Health Supportive Eating

- AICR Nutrition Hotline - 800.843.8114
 - American Institute for Cancer Research (AICR)/ World Cancer Research Fund (WCRF)
 - Recommendations to Reduce Cancer Risk
 - <http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/>
 - AICR'S Guidelines For Cancer Survivors
 - <http://www.aicr.org/patients-survivors/aicrs-guidelines-for-cancer.html>
- Eating Well, The Magazine of Food and Health.
 - www.eatingwell.com
- Environmental Working Group
 - Publishes the "Dirty Dozen" list of top foods to buy organic each year. They also have tips on eating healthy foods on a budget.
 - www.ewg.org
- Five to Thrive
 - A multi-media educational initiative that educates people about lifestyle-based, integrative and scientifically-sound health promotion strategies.
 - www.fivetothriveplan.com
- My Food My Health
 - A subscription based website which provides recipes and meal plans for people who have multiple allergies and health conditions, including cancer.
 - www.myfoodmyhealth.com
- Nutritional Solutions
 - Provides personal nutritional consulting and information about treatment-related side effects. See resource page for handouts on meal planning and maximizing fruit and vegetable intake.
 - <http://www.nutritional-solutions.net/index.php/client-resources>
- Oldways PT
 - Promotes healthy eating based upon regional diet pyramids.
 - <http://oldwayspt.org/>
- Physicians Committee for Responsible Medicine
 - Health & nutrition resource for medical professionals, with new research and information about the role of nutrition in health and fighting disease.
 - Weblink to Cancer Resources: <http://pcrm.org/health/cancer-resources/>
- The Center for Mind-Body Medicine
 - The Center teaches scientifically-validated mind-body medicine techniques that enhance each person's capacity for self-awareness and self-care to health professionals around the world, offers an annual "Food as Medicine Training" for health care professionals.
 - www.cmbm.org
- [The Center for Mindful Eating](http://www.thecenterformindfuleating.org/)
 - An international not-for-profit forum for professionals across all disciplines interested in developing, deepening and understanding the value and importance of mindful eating.
 - <http://www.thecenterformindfuleating.org/>
- The Worlds Healthiest Foods
 - Provides scientifically backed information for convenient healthy eating.
 - <http://www.whfoods.com/>
- USDA
 - Farmers Market Nutrition Program (FMNP)
 - SNAP Benefits at Farmers Markets
 - <http://www.fns.usda.gov/eat/learn-about-snap-benefits-farmers-markets>

- Vegetarian Times
 - <http://www.vegetariantimes.com/>

Food Sources Links

Besides your local super market, farmer's markets are also a great source for in-season, organic, local produce. Here are many other resources for purchasing your food:

- Eat Well Guide (www.eatwellguide.com)
 - A comprehensive listing to find local, sustainable, and organic food in your area.
- EatWild.com (www.eatwild.com)
 - Provides information about the benefits of choosing meat, eggs, and dairy products from pastured animal.
- Local Harvest (www.slocalharvest.org):
 - Provides listings on farmer's markets and community supported agriculture (CSA) programs in your area
- Maine Coast Sea Vegetables (www.seaveg.com)
 - A great source for sea vegetables
- Omega Nutrition (www.omeganutrition.com)
 - A great resource for healthy oils, including coconut oil
- Organic Kitchen (www.organickitchen.com):
 - A website listing many nationwide supermarkets offering organic products
- Spectrum Naturals (www.spectrumnaturals.com)
 - Offers information on healthy cooking oils and other organic products
- Sustainable Table (www.sustainabletable.com)
 - Educates consumers about food-related issues and works to build community through food.
- Vitacost: (www.vitacost.com)
 - In addition to reduced prices on supplements and vitamins, this company stocks a large variety of non-perishable natural foods, herbs and spices. Items are shipped quickly, and very inexpensively, and often, shipping is free.
- Vital Choice (www.vitalchoice.com)
 - Great website for wild fish (alaskan salmon black cod, halibut) and other organic products

Websites On Nutrition, Diet, Menu Planning And Personal Chefs

<http://www.eatingforalifetime.com>

Laura Pole's website for her education and consultation business "Eating for a Lifetime"

<http://www.anaturalchef.com/>

Cathy Vogt's website for her business, "A Natural Chef"

<http://www.personalchef.com>

American Personal Chef Association

<http://www.hireachef.com>

Hire a Chef service to find personal chef

<http://www.choosemyplate.gov/>

The USDA's website helping you use MyPlate to design you diet

www.aicr.org

The American Institute for Cancer Research. Cancer and nutrition info.

<http://www.eatright.org>

Academy of Nutrition and Dietetics website

Websites on Food Storage, Safety, and Other Food Handouts

<http://www.eatright.org>

Academy of Nutrition and Dietetics

<http://www.whfoods.com/>

Whole Foods World's Healthiest Foods website

<http://www.foodnews.org>

Environmental Working Group's Food News webpage

<http://www.foodsafety.gov>

USDA Food Safety Facts website

Other References

David, Marc. Nourishing Wisdom. New York: Bell Tower, 1991.

Environmental Working Group: Food News: Report Card: Pesticides in Produce.
<http://www.foodnews.org/reportcard.php>

Willett, W. et al. Eat, Drink and be Healthy. Simon and Schuster, 2001.

About The Author



Laura Pole is an Oncology Clinical Nurse Specialist and Cancer Guide with over 30 years experience in caring for people with serious illness. She is also a professional musician, Certified Health Supportive Chef and Nia body-mind dance instructor. She says all these careers make her a “Chefnurcian”!

Laura graduated from the Natural Gourmet Cookery School Chef Training Program in 1997. That same year she joined the staff for the Smith Center for Healing and the Arts Cancer Help Program retreats, where she serves as head chef, nurse consultant, and program presenter. Laura is Director of Nourishment Education Programs at the Smith Center. She also coordinates Smith Center’s Media Watch Cancer Listserv.

Laura travels throughout the country presenting informances that blend her teaching, musical and culinary talents. She and her musical trio “Trifolkal” also have the pleasure of performing music across the United States and into Mexico.

Laura is founder of her consulting/education business, “Eating for a Lifetime”. Through this business she teaches individuals and professionals about health supportive eating and food preparation. Laura is delighted to have come to a point in her life where she can integrate the healing facets of food, nursing, music and fitness into her own self-care and the care of others.

About Smith Center for Healing and the Arts

Founded in 1996, Smith Center for Healing and the Arts is a nonprofit health, arts and education organization with a mission to develop and promote healing practices that explore physical, emotional, and mental resources that lead to life-affirming changes for people living with cancer. We offer comprehensive support, educational resources, and a social support network to individuals with cancer, their caregivers, health care providers, and the general public. Smith Center is the only independent cancer support organization serving the entire Washington, DC community.

Smith Center advocates the use of complementary therapies alongside the best conventional medical treatments to fully support individuals facing cancer and improve their health. Our work is based on a single profound idea: we each have the innate ability to heal, even in the face of life's most serious challenges.



For adults living with cancer, their caregivers and the healthcare professionals who support them
Retreats | Workshops | Health Nutrition | Creativity Support | Groups | Artist-in-Residence | Gallery
1632 U Street, NW Washington, DC 20009 www.smithcenter.org .202.483.8600 Fax: .202.483.8601