

No Longer Asleep at the Meal

Easy, Wholesome Recipes to Help You Look Great,
Feel Fabulous, & Stay Energized All Day



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Ra • di • ant [rā-dē-ənt]

—adjective, from Latin *radiare* to shine

1. Filled with light; bright
2. Glowing; beaming

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Easy, Wholesome Recipes to Help You Look Great, Feel Fabulous, & Stay Energized All Day

Do you play with your food? As a culinary nutritionist I get to play in the kitchen all day. Sure, a large part of my practice is helping people get to the root of their energy issues or their health problems, but the fun begins when we start talking food.

Then comes the question, “What do YOU eat?” I smile patiently and say, “Well, that depends.”

“On what?” they ask.

“On the season, on my mood, on what’s ready to be picked from my garden, on the phase of the moon” (just kidding). I take the “body wisdom” approach to nutrition. Everyone has their own tastes, their own history, plus a unique body chemistry that’s theirs alone. Some call this bio individuality. I call it eating type.

I’ve always been a “foodie,” but my healing journey began when I was diagnosed with not one, but two mind-boggling, energy depleting maladies—osteoporosis and Hashimoto’s thyroid disorder. I remember thinking, “Who’s Hashimoto and what’s he doing in my body?!”

The bone thing really had me stymied. I was a fitness instructor. Wasn’t exercise supposed to build strong bones? The thyroid piece was equally disturbing, but at least I understood why I was falling asleep on the way home from work each day.

Thus began a tenacious study of food as medicine. The bones healed. Hashimoto is still there but without symptoms. And me? I feel more alive and more radiant in my 50s than I felt at 20!

So back to the question, what do I eat?

My motto is: beautiful food, intentionally eaten, pleasure intact.

Today, I follow a “reasonably raw,” exceptionally vibrant diet. No rules, just purpose. If my purpose in life is to be as radiant as I can be so that I can accomplish my goals and support others in their quest for radiant health, I know I have to eat the most nourishing foods on the planet.

The following pages will give you a glimpse of a day in the life of a reasonably raw, fit, radiant, and rockin’™ culinary nutritionist! Enjoy...



Greens. Greens are the star of the show in my book! Leafy green vegetables are the most ideal vegetable that humans can consume. They do not cause the digestive problems brought on by the cellulose and starch in many other vegetables. Nutritionally, greens are very high in calcium, magnesium, iron, potassium, phosphorus, zinc, and vitamins A, C, E, and K. They are crammed with fiber, folic acid, chlorophyll, and many other micronutrients and phytochemicals.

Hemp Seed. Hemp is a high-protein seed that, like flax, contains all nine of the essential amino acids. It's also high in essential fatty acids and fiber, as well as vitamin E and trace minerals. I use Nutiva brand hemp seed in my smoothies or sprinkled on a bowl of fruit. It has a very nutty, slightly sweet taste, almost like a pine nut but a little more mellow. I store it in the refrigerator or freezer to keep it from going rancid.

Coconut Milk. Coconut milk is a delicious dairy-free alternative for those who are lactose intolerant or allergic to animal milk. It contains many vitamins, minerals and electrolytes, including potassium, calcium, and chloride. The saturated fat in coconut is made up of short-chain and medium-chain fatty acids that the body quickly turns into energy instead of storing as fat. Therefore, even though it's high in saturated fat, coconut can aid in weight loss. Half the medium-chain fatty acids in coconut milk are composed of lauric acid, which is antiviral, antibacterial, antimicrobial and antifungal. Coconut milk can help boost the immune system.

Buckwheat. While many people think this is a cereal grain, buckwheat is actually a fruit seed that is related to rhubarb and sorrel. This makes it a great substitute for people who are sensitive to wheat or other grains that contain gluten. The protein in buckwheat contains eight essential amino acids and is also high in lysine. Buckwheat is rich in many B vitamins as well as phosphorus, magnesium, iron, zinc, copper, and manganese. Buckwheat is also a good source of alpha-linolenic acid, which is one of the two essential fatty acids we must have to be healthy. Unroasted buckwheat has a soft, subtle flavor, while roasted buckwheat has more of an earthy, nutty taste. Its color ranges from tannish-pink to brown. Buckwheat is often served as a rice alternative or as porridge.

Turmeric. According to Ayurvedic principles, turmeric helps to regulate the female reproductive system. It is an excellent source of both iron and manganese. It is also a good source of vitamin B6, dietary fiber and potassium. Turmeric has a warm, mild flavor with a slightly bitter aftertaste. Not only is turmeric a delicious, colorful addition to a vegetable medley, this powerful antioxidant supports liver function.

Root Vegetables. Root vegetables (carrots, parsnips, sweet potatoes, beets, onions, etc.) are low in calories, high in fiber, and bursting with essential nutrients that we should be consuming on a daily basis. If you are feeling unfocused or you'd just like to feel more grounded in your life, try eating root vegetables. They provide heartier, more sustainable energy than most salad vegetables.

Sea Vegetables. Sea vegetables are a wonderful source of magnesium and may also help restore normal sleep patterns in women who are experiencing symptoms of menopause. The lignans in sea vegetables can act as very weak versions of estrogen, one of the hormones that decrease during menopause and perimenopause. The lignans in sea vegetables may also be just strong enough to ease the discomfort of symptoms like hot flashes.

Sea vegetables, especially kelp, are nature's richest sources of iodine, a component of the thyroid hormones thyroxine (T4) and triiodothyronine (T3). Because these thyroid hormones regulate metabolism in every cell of the body, an iodine deficiency can have a devastating impact on your health and well-being.

Flax Seeds. Flax is one of the premium sources of alpha-linolenic acid (omega-3) and linoleic acid (omega-6), essential fatty acids that can't be made by the body and must be obtained from diet. Fatty acids play a role in providing energy for the body.

Chia Seeds. Chia seeds boast a vast array of vitamins and minerals and an unusually good ratio of omega-3 oil to omega-6 oil. Rich in calcium and amylose (a slow-burning starch helpful for hypoglycemics), chia seeds are sometimes referred to as the new “wonder food.” I love to use them in my chocolate chia seed cRAWckers.™ They are also a good source of dietary fiber, calcium, phosphorus, and manganese.

Ginger. This root has a stellar reputation for controlling nausea. Studies have shown ginger to be especially effective in curbing motion sickness, morning sickness, and postoperative and chemotherapy-induced nausea. Ginger is an excellent digestive, aiding in food absorption and eliminating gas and bloating. Ginger stimulates circulation, so it's good for cold hands and feet. Components of ginger such as gingerol can inhibit the production of prostaglandins, making it a great anti-inflammatory compound.

Quinoa. Quinoa (KEEN-wah) is the tiny seed of the *Chenopodium quinoa*, a leafy plant that is a distant relative of spinach and beets. Quinoa's protein content (about 16 percent) is higher than that of any other grain. In addition, it contains more iron than most grains, is loaded with phytonutrients and minerals, and is a great source of both soluble and insoluble fiber. And it's gluten-free! I love the subtle nutty flavor. I also love that it only takes about 15 minutes to prepare!

The Menu

Breakfast Options

Minty Green Smoothie
Fresh Fruit Topped with Buckwheat Granola & Coconut Milk

Lunch

Chopped Salad with Creamy Lemon Vinaigrette
Vegetable Crudit  and Zucchini Humus

Dinner Options

Simple Salad with Marinated Onions and Champagne Vinaigrette
Ginger-Kissed Vegetable Medley
Grandma’s Frittata
Mushroom Frittata
Lemon and Garlic Quinoa
Moroccan Quinoa Pilaf
Quinoa, Apple, Sorrel, and Goat Cheese Salad
Magic Mineral Broth/Grandma’s Vegetable Soup
Roasted Salmon with Honey Mustard Sauce

Dessert

Banana Ice Cream
10-Minute Chocolate Truffles
Chocolate Brownies
Strawberries Topped with Cashew Cream or Raw Chocolate Sauce

Note: All recipes are meat-free and gluten-free. Occasionally I treat myself to fresh goat cheese or hard cheeses made from sheep’s milk. I actually find those easier to digest than nut cheeses. Please choose organic as much as possible. You can find ingredients at natural food stores and farmers markets, or from online retailers.

Breakfast in a Glass

On my healing journey, I discovered the power of green juices and green smoothies. Not only do these marvelous beverages flood your body with phytonutrients and antioxidants, they also help you begin the day beautifully nourished, so that you don't find yourself grazing later. I'm a strong proponent of the three-meal-a-day plan, especially for people who have problematic eating behaviors. In the words of my good friend, Victoria Moran, "If you only start eating three times a day, you need only stop eating three times a day."



Minty Green Smoothie

Serves 1 to 2

1 ripe banana, peeled and broken into pieces (I like to freeze banana slices)

1 medium apple, cored and cut into chunks

1 ripe pear, cored and cut into chunks

1 lime or lemon, juiced

1 cup coconut water (or filtered water)

3 to 4 romaine lettuce leaves, rinsed

3 to 4 lacinato kale leaves, rinsed and torn

A handful of fresh basil leaves

2 to 4 tablespoons finely chopped fresh mint

1. Remove the tough stems from the kale and break the leaves into pieces. Place the banana pieces, apple chunks, pear chunks, lime juice, and coconut water into a blender. Blend on high, stopping as needed to push fruit down.

2. Add the lettuce, kale, basil, and mint leaves. Blend again until very smooth. Add more water if needed and blend until completely smooth and brilliant green.



Breakfast in a Bowl

On days when my mouth wants to chew breakfast, I prepare a big bowl of beautiful fresh fruit, topped with buckwheat crunchies, a tablespoon of hemp seed, and some delicious coconut milk.

For those of you who like the crunch of a bowl of cereal, this is the perfect upgrade. You get nourishment from the fruit, healthy fat and protein from the hemp and coconut milk, and that essential crunch from the buckwheat crunchies. If you're into speed, you can purchase those crunchies ready made (I like GoRaw Granola).



Crunchy Buckwheat Granola

This crunchy breakfast cereal provides a nice complement of vitamins and minerals and almost 9 grams of fiber per serving—so much healthier than the processed cereals we purchase in the grocery store.

- 1 cup pitted dates
- ½ cup purified water
- 2 ½ cups raw buckwheat groats, soaked and sprouted
- ¾ cup currants or small raisins
- ¼ cup flax seeds, soaked for 4 to 6 hours until gelatinous
- ¼ cup pumpkin seeds, soaked for 4 to 6 hours, rinsed and drained
- ¼ cup sesame seeds, soaked for 4 to 6 hours, rinsed and drained
- ¼ cup sunflower seeds, soaked for 4 to 6 hours, rinsed and drained
- 1 teaspoon ground cinnamon

1. Loosely separate the dates. If the dates are very hard and dry, soak them in warm, purified water for a few minutes to soften. Drain before using. Be sure to remove the pits.
2. Place the dates in a blender with the water and process into a smooth paste. Add more water as necessary to facilitate processing.
3. Combine the buckwheat groats, currants, flax, pumpkin, sesame, and sunflower seeds in a large bowl. Add the date paste and stir well or mix with your hands to make a batter.
4. Evenly spread 3 cups of the batter no more than ¼ inch thick onto a dehydrator tray lined with a nonstick sheet. Repeat until all of the batter is used.
5. Dehydrate for 8 hours at 105 degrees. Flip the granola onto a mesh dehydrator tray and continue dehydrating for 24 hours longer, until completely dry.
6. Break the granola apart or crumble it into chunks.
7. Stored in sealed glass jars in the refrigerator, Crunchy Buckwheat Granola will keep for up to 3 months.

(Source: Chef Cherie Soria, Living Light Culinary Institute)

If this recipe makes you want to crawl back into bed and pull the covers over your head, you can purchase ready-made healthy granola at www.goraw.com or www.galaxygranola.com.

Lunch—Big, Bold, Audacious Salads!

I'm a big fan of the "Cook Once Eat Twice" concept. I always prepare some kind of yummy salad to accompany my dinner. To save some time, I'll cut up extra veggies and place them in a bowl for tomorrow's lunch. Then, all I have to do the next day is cut up the greens. Romaine lettuce, arugula, baby bok choy, and baby spinach are my favorite salad greens. Sometimes I'll cut some lacinato kale or Swiss chard into small pieces and massage them with a twirl of olive oil, a splash of fresh lemon juice, and a sprinkle of Himalayan salt. Then I'll add some chopped red onion, chopped red bell peppers, and a few raisins or currants. The kale will break down quickly and take on a "cooked" appearance. This can be served immediately or stored in a covered container in the refrigerator for up to 24 hours. It's delicious with sprouted quinoa!

I also love any and all "chopped" salads. Here's one of my favorites, inspired by the chopped salad at my favorite local restaurant, Bazins on Church in Vienna, Virginia.



Chopped Salad

Several romaine leaves, chopped (I like romaine hearts for chopped salads)
½ cup raw organic pistachios
½ cup chickpeas (I like to use fresh chickpeas but canned will do in a pinch)
1 cup cherry tomatoes, halved
¼ cup kalamata olives, sliced
Feta cheese (or nut cheese if you're dairy-free)

1. Assemble salad
2. Top with creamy lemon vinaigrette

Creamy Lemon Vinaigrette

Makes about ¼ cup
2 tablespoons fresh lemon juice
2 tablespoons olive oil
¼ teaspoon Himalayan salt, or to personal taste
1 teaspoon white balsamic vinegar
1 teaspoon mayo (Spectrum has an organic olive oil mayonnaise)
½ teaspoon high-quality agave or pure maple syrup
1 garlic clove, crushed

1. Combine all ingredients in medium bowl.
2. Whisk together until mayo blends into vinaigrette with no lumps.



Sensational Salad Ingredients

Greens

Lettuce
Kale
Swiss chard
Arugula
Broccoli greens
Bok choy

Crunchies

Carrots
Yellow squash ribbons
Shredded beets
Celery
Jicama
Snap peas
Cabbage (red or green)
Onion (red or green)
Bell pepper (any color)
Cucumber

Yummies

Nuts
Seeds
Raisins
Gogi berries
Cranberries
Dates
Olives
Apple slices
Pear slices



Lunch on the run or when I'm writing. . .

I'm not a big proponent of eating on the run or at a computer. Every time we eat on the run or without attention, we rob our bodies of digestive power. Truly! There is actually a science behind this. It's called the cephalic phase digestive response. That's a very complex way to say something very simple. In order to help our bodies digest and assimilate the foods we eat, we must experience the taste, pleasure, aroma, and visual impact of that food.

But what about those days when we just can't take the time to prepare (or pack) a beautiful salad? Again, I use my time wisely. If I know I'm going to be eating on the run or during a short break from my computer, I make sure I begin my day with an amazing green smoothie or vegetable juice, nuts, and seeds. While I'm preparing my smoothie I'm cutting up vegetables (carrots, radishes, celery, and jicama) for lunch. Homemade zucchini hummus is a perfect accompaniment. So is almond butter. When honey crisp apples are in season, I throw one of those into the mix. I love the combination of raw carrots and honey crisp apples.



Zucchini Hummus

I especially love this hummus because it has a zucchini base, which is much easier on my digestive system than chickpeas. It's also lighter and fresher tasting than traditional hummus. I like to throw in a little cayenne pepper for an added kick!

1 cup peeled, chopped zucchini
3 ½ tablespoons fresh lemon juice
1 tablespoon flax oil or cold-pressed olive oil
4 cloves garlic
1 teaspoon paprika
½ teaspoon Himalayan sea salt (finely ground, start with ½ teaspoon, add more if needed)
¼ teaspoon ground cumin (optional)
Pinch of cayenne
½ cup raw tahini or raw cashini butter (Artisana) if you like a sweeter flavor

1. Combine the zucchini, lemon juice, oil, garlic, paprika, salt, optional cumin, and cayenne in a blender and process until smooth.
2. Add the tahini and process until completely smooth and creamy.
3. Stored in a sealed glass jar in the refrigerator, zucchini hummus will keep for up to 4 days.

Note: This recipe is best made in a high-speed blender or food processor. If you are using a standard blender, process in two batches. Enjoy!

What's for Dinner?

I attended a conference in Portland, Maine several years ago. There was so much information swirling around in my head by the time I returned to my hotel room that making a decision on where to eat dinner (usually the highlight of my day) seemed enormous. Fortunately, I found a wonderful little restaurant right around the corner with the freshest salads and simple, elegant entrees. I was in heaven. I just showed up every evening and ordered the same thing. It was that good!



Simple Salad

Butter lettuce (one head)

Marinated red onions (recipe below, prepare 24 hours in advance)

Goat cheese to taste (freshest you can find)

Pecans

Marinated Onions

1 large red onion (about the size of a baseball) sliced thinly

¼ cup red wine or apple cider vinegar

4 tablespoons best quality raw agave nectar or real maple syrup

1. Slice red onion thinly and place onion slices in a glass jar
2. Whisk together vinegar and agave
3. Pour vinegar mixture on top of onions
4. Place lid on jar tightly and turn gently to coat onions
5. Refrigerate onions for 24 hours

Don't worry if the onions are not submerged. They will soften over time. It helps to turn the jar gently whenever you open the refrigerator.

Next day:

1. Wash and spin butter lettuce
2. Arrange on plate with pecans and goat cheese
3. Top with some marinated onions and drizzle with champagne vinaigrette

Champagne Vinaigrette

Makes about ¾ cup

¼ cup extra virgin olive oil

¼ cup champagne vinegar

2 tablespoons Dijon mustard

2 teaspoons honey

¾ teaspoon salt

¼ teaspoon freshly ground pepper

Whisk together all ingredients. Cover and chill at least 30 minutes or up to 3 days.

My dinners are pretty simple. I love lightly steamed vegetables in the spring and summer. Bok choy is my all-time favorite. For a super-fast, ultra-simple meal I prepare a pot of quinoa. Then I wash a head of baby bok choy and place the leaves in a steamer basket for just a few minutes. When the bok choy turns bright green but is still crunchy, I place it on a bed of quinoa, spray it with Bragg's Liquid Aminos, and sprinkle with my favorite nuts and seeds. Cashews are especially good with bok choy.



This past week, in the midst of a raging thunderstorm, the kitchen grew very dark and it just didn't feel like a summer salad kind of day. I cut up a bunch of beautiful vegetables from my garden (supplemented by my amazing CSA) and threw everything into a pot. I was reaching for a jar of kalamata olives and heading out to the garden for some fresh oregano when thunder clapped and lightning flashed menacingly.

That's when the ginger caught my eye. Back into the fridge went the olives. Out came the ginger grinder. Yes, I have a small electric device that grinds fresh ginger. What ensued was a brand new recipe. My husband even tasted this one—small miracle!

Ginger-Kissed Vegetable Medley

2 or 3 Japanese eggplants (long, skinny, and purple)

1 patty pan squash (looks like a flying saucer)

1 yellow squash

1 small zucchini

Several garden-fresh tomatoes

1 large sweet white onion

½ cup water or vegetable broth

2 tablespoons fresh ginger, grated

2 garlic cloves, crushed

½ cup currants (or more)

1 teaspoon Himalayan salt

¼ teaspoon ground turmeric

Freshly ground black pepper

1. Cut Japanese eggplants, patty pan squash, yellow squash, zucchini, tomatoes, and onion into bite-size pieces.
2. Put vegetables in a cast iron pot and place on a burner at very low heat.
3. Grind a cube of ginger and mash 2 garlic cloves (everything tastes better with garlic). Add that to the pot with the veggies. Add currants, a teaspoon of Himalayan salt, and a little freshly ground black pepper and continue to simmer at a VERY low heat. Heavenly!

Note: This tastes great the next day for lunch—cold. (Remember: cook once, eat twice!)

A frittata is a baked omelet, but easier because you don't have to flip it. Frittatas appeared on the Saturnia, a fashionable Italian cruise ship in the post-WWII years. The dish was an elegant lunch on transatlantic crossings and became a U.S. craze when The New York Times ran the first English-language recipe in 1952. When I'm in a hurry I skip the oven step altogether and just put a cover on the skillet. It cooks beautifully that way as long as you lift the edges of the frittata occasionally to allow the uncooked egg to flow underneath. Be sure your skillet has an oven-proof handle.

Mushroom, Basil, Tomato Frittata

Serves 2

½ medium onion, minced
3 medium cloves garlic, pressed
1 or 2 tablespoons vegetable broth
1 cup thinly sliced crimini mushrooms
½ medium tomato, seeded and diced
3 large eggs
3 tablespoons chopped fresh basil
Himalayan salt and black pepper to taste

1. Mince onions and press garlic and let sit for 5 minutes to bring out their hidden health benefits.
2. Heat 1 tablespoon broth in a 10-inch stainless steel skillet. Saute onion over medium low heat for 3 minutes, stirring frequently.
3. Add garlic and mushrooms and saute for another 2 minutes.
4. Add remaining tablespoon of broth, tomato, salt, and pepper and cook for another minute. Stir well, gently scraping the pan with a wooden spoon to remove any slight burning.
5. Beat eggs well and season with salt and pepper. Mix in chopped basil. Pour eggs over vegetables evenly and turn heat to low. Cover and cook for about 5 minutes, or until firm. Cut into wedges and serve.

Grandma's Frittata

8 eggs

2 tablespoons finely chopped fresh oregano

½ teaspoon salt

¼ teaspoon freshly ground pepper

2 tablespoons high-quality grapeseed oil or coconut oil (these oils withstand high heat)

1 cup sliced red bell pepper

1 bunch scallions, sliced or ¼ cup chopped red onion

1 zucchini, sliced

1. Position rack in upper third of oven; preheat broiler.
2. Whisk eggs, oregano, salt, and pepper in a medium bowl.
3. Heat oil in a large, ovenproof, nonstick skillet over medium heat.
4. Add bell pepper and scallions or red onion and cook, stirring constantly, until the scallions are just wilted, 30 seconds to 1 minute.
5. Pour the egg mixture over the vegetables and cook, lifting the edges of the frittata to allow the uncooked egg to flow underneath, until the bottom is light golden, 2 to 3 minutes.
6. Transfer the pan to the oven and broil until puffy and lightly golden on top, 2 to 3 minutes.
7. Let rest for about 3 minutes before serving. Serve hot or cold.

Make Ahead Tip: Let cool, cover, and refrigerate for up to 1 day; serve cold.



Quick Lemon and Garlic Quinoa Salad

1 cup dry quinoa
½ teaspoon sea salt
1 ¾ cups water
1/3 cup fresh parsley, minced
3 to 4 cloves garlic, minced
¼ cup freshly squeezed lemon juice
¼ cup extra virgin olive oil
1 to 2 tablespoon Nama Shoyu or soy sauce
Sliced apple and mint for garnish



1. Rinse quinoa and drain. Place rinsed quinoa, salt, and water in a 2-quart pot. Bring to a boil, reduce heat to low, cover and let simmer for 15 to 20 minutes until all the water is absorbed. Let stand for 5 to 10 minutes, uncovered, then fluff with a fork.
2. Place cooked quinoa in a large bowl. Add parsley and mix thoroughly. Combine garlic, lemon juice, olive oil, and Nama Shoyu. Pour over quinoa and toss well. Serve at room temperature or chilled.
3. Garnish with sliced apple and mint.

Moroccan Quinoa Pilaf

You will need 2 cups of uncooked quinoa for this recipe. Be sure to rinse the quinoa before you cook it. It works best if your quinoa is completely cooled before using it in this recipe.

Prep time: 15 minutes. Cook time: 30 minutes. Serves: six.

2 to 4 tablespoons extra virgin olive oil
1 medium onion, diced
1 sweet potato, cubed
1 cup raw almonds, chopped
½ cup currants
1 ½ to 2 teaspoons mild curry powder
½ teaspoon turmeric
4 cups chopped kale or spinach
4 to 5 cups cooked and cooled quinoa
1 small lemon, juiced

1. Heat a large 11- or 12-inch skillet or wide pot over low-medium heat. Add olive oil, then the chopped onions, and sauté 4 to 5 minutes.
2. Add the sweet potatoes and sauté for about 10 minutes more. Keep the heat at a low-medium temp to allow the onions to cook but not brown. Adjust temperature accordingly.
3. Add the almonds, currants, spices, and salt, and sauté 5 minutes more. Add the kale. Note: It is best if your kale is still dripping wet from rinsing when adding it to the pot. The extra water will help it to cook.
4. Sauté about 5 minutes, or until kale is tender.
5. Then add cooked quinoa and stir together over low heat. Add a few tablespoons of water if the pilaf seems dry. An extra tablespoon of oil will also help prevent the quinoa from sticking to the pan.
6. Remove from heat and add the lemon juice. Stir together, taste, and adjust salt and seasonings if needed. Freshly ground black pepper is the perfect finishing touch.

Quinoa, Apple, Sorrel, and Goat Cheese Salad



No set recipe here. This is where I'd like you to “play” with your food. Rinse quinoa and follow package directions to prepare. Then, take your favorite green (sorrel leaves have a delightfully sour lemon flavor) and chiffonade (stack leaves, rolling them tightly, then cut across the rolled leaves with a sharp knife to produce fine ribbons). Add champagne vinaigrette to taste and top with goat cheese and currants. Yum!

Red quinoa
Tart apple
Goat cheese (finest fresh quality)
Sorrel or other green
Fresh chives
Champagne vinaigrette
½ cup currants



In the winter months I'm a big soup fan. Sometimes I'll prepare a raw soup in the Vitamix and throw in some cayenne to give it "heat." Other times I'm seeking deeper nourishment, a return to my grandmother's kitchen. That's when I'll grab a container of magic mineral broth from my freezer. I prepare a huge batch of that when the leaves start falling from the trees so that I have lots on hand when soup strikes my fancy. Here's the beauty of soup in the winter: there's something very therapeutic about cutting the vegetables and then smelling the aroma of soup cooking on your stovetop as you go about your day. Throw in the greens when you're ready to ladle the soup into bowls, to maintain their nutrient value. Remember, I'm a "cook once, eat twice" kind of gal. If I prepare a beautiful garden vegetable soup on Sunday, I have that soup again for lunch on Monday and then, when no one is looking, I puree that soup on Monday night, stir in a little pear coulis or cashew cream, and I have a whole new soup to serve with dinner. I keep several containers of the magic mineral broth (that follows) in my freezer so I am always "stocked" (no pun intended).



Magic Mineral Broth

Makes 6 to 7 quarts

6 unpeeled carrots with half the green tops, cut into thirds
2 unpeeled medium yellow onions, cut into chunks
1 leek, both white and green parts, cut into thirds
1 bunch celery, including the heart, cut into thirds
4 unpeeled cloves of garlic, halved
½ bunch flat leaf parsley
4 medium red potatoes with skins on, quartered
2 yams or sweet potatoes with skins on, quartered
1 garnet yam with skin on, quartered
1 tablespoon sea salt
A 6 x 1-inch strip of kombu
2 bay leaves
12 black peppercorns
4 whole allspice or juniper berries

1. In a 12-quart or larger stockpot, combine all 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.

Source: One Bite at a Time, by Rebecca Katz (my all-time favorite cookbook). This broth is the perfect base for Grandma's soup, but you can use any vegetable stock!

Grandma's Vegetable Soup

6 servings

1 quart magic mineral broth (or water, but you're missing a lot!)

1 cup sliced carrots

½ cup chopped celery

1 medium onion, chopped

1 teaspoon Himalayan salt (Grandma didn't use Himalayan salt, but I do)

1 medium bunch broccoli

1 can (1 lb.) tomatoes or 3 to 4 fresh tomatoes, chopped

1 cup of any other vegetables desired or in season. I love adding leaks to my soup.

1. Combine all ingredients in a saucepan and heat to boiling.
2. Cover and simmer 20 minutes or until carrots are tender.



Roasted Salmon with Honey Mustard Sauce

6 tablespoons prepared Honeycup mustard (supermarket mustard shelf)

1 tablespoon balsamic vinegar

1 ½ tablespoon soy sauce

1 ½ teaspoon finely chopped fresh ginger

1 medium garlic clove, finely chopped

Four 7-ounce salmon fillets, each 1 ¼ inch at the thickest part

Salt and freshly ground black or white pepper to taste

2 cups edamame, shelled (fresh or frozen) and steamed

Optional: fresh pea shoots, green and white parts of slivered scallions, or other fresh herbs

1. Preheat oven to 425 degrees.
2. Place the mustard in a small mixing bowl and whisk in the vinegar, soy sauce, ginger, and garlic. Set the sauce aside, or cover and refrigerate it for up to a month (Yes, really!)
3. Lightly oil the bottom of a baking pan large enough to hold all the fillets comfortably. (This helps to prevent any dripping sauce from burning onto the bottom of the pan.)
4. Place the fillets on the pan and season them lightly with salt and more heavily with pepper.
5. Spoon a tablespoon of sauce over the top of each fillet.
6. Roast the fillets until their sides are slightly springy when pressed (10 to 12 minutes). They will be slightly underdone at this point. Or, roast another minute or 2 for well-done fillets.
7. Serve with edamame. Top with pea shoots or fresh herbs.

My good friend Brian Seaward wrote a wonderful book titled, Stressed is Desserts Spelled Backwards. My feeling is that if we deprive ourselves of the sweet things in life, we work against our bodies. On my raw food journey, I discovered simple, delicious, whole-food desserts. For a really quick and easy dessert, throw a few bananas in the freezer before you sit down to dinner and then place them in a high-speed blender after you clear the table. Banana ice cream at its finest. Sprinkle a little cinnamon on top and you've got a yummy 2-minute dessert.



10-Minute Chocolate Truffles

½ cup pitted prunes

¼ cup pitted dates

3 tablespoons almond butter

1 tablespoon high-quality maple syrup

3 tablespoons raw cocoa powder

½ cup finely grated unsweetened coconut

1. Drop the prunes and dates one by one through the feedhole of a food processor. Scrape the processor bowl and run until the prune and date mixture is smooth.
2. Add remaining ingredients and run until smooth, scraping the bowl as needed.
3. Roll the mixture into little balls. Refrigerate for at least 1 hour.

Chocolate Brownies

4 cups walnuts

1 cup pitted soft dates, chopped

2 tablespoons coconut oil, warmed to liquid

1 cup cocoa powder

2 teaspoons vanilla

¼ teaspoon cinnamon

¼ teaspoon cayenne pepper, or to taste

½ cup walnuts, chopped

Place 4 cups of walnuts in a food processor and pulse until they are the consistency of meal. Add the remaining ingredients, except the chopped walnuts, and continue processing until well mixed and sticky. Put the mixture into a bowl and mix in the remaining chopped walnuts. Press the mixture into a brownie pan, chill and slice.

Strawberries Topped with Cashew Cream or Raw Chocolate Sauce

Cashew Cream (Vanilla)

Yields 1 cup

1 cup raw cashews, soaked for 8 hours
(1 $\frac{1}{4}$ cup after soaking), drained and rinsed

$\frac{1}{4}$ cup plus 2 tablespoons water

$\frac{1}{4}$ cup light agave syrup or maple syrup

Seeds of 1 vanilla bean, or 2 tablespoons vanilla extract

Place the cashews, water, and agave syrup in a blender and process until very smooth. Stop occasionally to scrape down the sides of blender. Add the vanilla bean seeds (or extract) and process until well combined. Chill in the refrigerator for at least one hour before serving. Keeps up to approximately 5 days.

(Source: Raw for Dessert by Jennifer Cornbleet)

Raw Chocolate Sauce

Makes 2 cups

$\frac{3}{4}$ cup almond milk

$\frac{1}{2}$ cup cacao nibs

1 $\frac{1}{2}$ ounces cacao powder

$\frac{1}{2}$ cup agave nectar

5 Medjool dates, pitted and soaked

4 tablespoons vanilla extract

2 tablespoons extra virgin coconut oil



¼ teaspoon salt

Blend all ingredients (except coconut oil) until smooth, about 3 to 5 minutes. Add coconut oil and blend again for a rich, raw chocolate sauce