RHEUMATOID ARTHRITIS

Osteoarthritis is joint pain, primarily due to the gradual loss of protective cartilage whereas Rheumatoid Arthritis is a severe type of inflammatory joint disease. It is an auto-immune disorder where the body's own immune system attacks its own tissues, damaging joints and the surrounding soft tissue. Painful, stiff and deformed joints of the hands, arms feet and legs are common.
Rheumatoid arthritis has its flare ups and remissions and you want to aim for longer remissions and shorter flare ups. This required long term treatment.

DIET

See the diet information enclosed. Diet is the most important part of the therapy. If you can't change to a healthy diet, you will not be able to correct the problem and have to resign yourself to taking drugs to control pain. Also look at the anti-inflammatory diet which will be very helpful, based on the healthy Mediterranean Diet.

DETOXIFICATION

The diet will help detox the body.
In addition, you must remove heavy metals such as mercury, arsenic, cadmium, lead, aluminum and correct any fungal imbalances.
If you have any constipation, this will have to be corrected or you will continue to recycle toxins.

SUPPLEMENTS (test to see which ones you need)

___ 1000 mg buffered Vit. C each meal
___ 100-150 mcg Selenium
___ 5 drops twice a day of Echinacea purp.
___ 400 IU Vit. E three times a day (1200 IU daily)
___ 200 mg Magnesium three times a day
___ 30 mg Zinc gluconate 1-2 times a day
___ Up to 10,000 IU Vit. D3
___ B Complex if doing vegan diet
___ 2-3 Wobenzyme enzymes with meals
___ ½ tsp baking soda in ½ – 1 cup water daily (ideally 10am -4pm) to keep pH alkaline
___ Fatty acids are really important. Most people are low in Omega 3 (EPA) - best is to take flaxoil every day. Take 3 tablespoons flaxseed oil daily.
___ CBD Oil daily
___ Extra virgin Olive oil use in salad dressings
___ Olive leaf extract
___ Probiotics daily
___ L Glutamine if intestinal weakness, crohns/colitis etc.
___ Wheat grass
___ Phosphatylcholine
___ Phosphatylserine for nerves if a problem
___ Optional: shitake or maitake mushrooms for immune health.

OTHER HELPERS:

- **pulse testing of food needed to determine sensitivities. Take pulse before eating. Eat one food, take pulse 30 minutes after eating. If pulse beat goes up more than 10 beats a minute, you are sensitive to that food. The greater the increase, the more sensitivity. Pulse should even out within 60 minutes and start to return to normal.**
- **Hydrochloric acid (Betaine HCl) and Proteolytic enzymes. Take digestive enzymes with meals.**
- **Excessive copper. Take L-cysteine or homeopathic Cuprum.**

- **Keep warm. Wear socks to bed if feet cold. Don't keep hands in cold water.**
- **Sweat baths (not if frail or weak)**
- **Poultices: Clay, Comfrey, Kelp/Cayenne**
- **Eat no acid forming foods (eg coffee, sugar, meat).**
- **Eat no nightshade plant foods (tomato, potato, paprika, eggplant, peppers)**
- **Apple Cider vinegar (1 Tbsp vinegar and 1 tsp honey in 2/3 cup water), 15 minutes before each meal. Skip this if you have an overacidic stomach.**

NATURAL MEDICATIONS

___ Boswellia serrata or arabica 2-3 tabs three times a day
___ Ceres Uritica diorea drops - 5 drops three times a day, alternating daily with Ceres Fraxinus excelsior drops - 5 drops three times a day
___ Arnica
___ Glucosamine sulfate and Chondroitin sulfate to protect cartilage

BOWELS

The bowels need to be free-flowing. Here are some things you can do to help:
Use enemas or bowel cleansers if you do not have 2-3 soft stool movements each day.
Note: high enema of slippery elm or white oak bark tea can be really helpful
Have colonics regularly.
Use a castor oil pack over the problem area to help release congestion.
Herbal bowel tonics (eg. Wildrose LBT3)

HERBAL HELP:

Salicylates: these are not exactly like aspirin because aspirin crosses the blood brain barrier, and these do not, but they do reduce inflammation and if the pain is caused by inflammation, the pain will be alleviated) work well on bony tissue, connective tissue, sports injuries etc. aspirin attacks mucous membranes and it causes gastritis and can cause bleeding out of the stomach. We have not had any reports of this happening with the herbs.
Meadowsweet - actually tastes nice and you can use it instead of aspirin
Willowbark - most common herb used for acute pain
Viburnums all have salicylates (crampbark is also a muscle relaxant)
All poplars have salicylates: eg. aspen

Essential Oils (in the context of the plant, not aromatherapy)

Chamomile Matricaria
Melissa
Lavender
These are anti-inflammatory useful for digestive inflammation, respiratory inflammation (eg. vaporization).. Formulations equivalent to tiger balm without camphor, can be applied to inside of nostrils (camphor will burn). Simplest way to apply the oils with vasolene or cocobutter.

Immune Support

This is an auto-immune disease so we can use herbs that will assist.

Saponins-Sterols

Sometimes called Steroid Precursors
Metabolic shortcuts for the body's adrenals to manufacture its own group of cortisol anti-inflammatories. Wild Yam is therefore exceptionally useful anti-inflammatory for Rheum. Arthritis. Some of the chinese herbs are also useful here like Bupleurum. Yucca, sarsaparilla, burdock, licorice are other herbs that can be used.

Resin Type Herbs

Very effective in extreme inflammation that has been going on a long time. They are difficult to use because they can cause gastritis. Guiacum (Tree of Life) from South America has a long history of use for Rheumatoid Arthritis. Devil's Claw (not Devil's Club), is another herb successfully used for arthritis.

Alteratives

They are called blood cleansers, but really, they just alter you for the better.
Anti-spasmodics can be used for relaxing the tissue around the area. The blood is the problem but you need energy flowing around the area. So don't use stimulating warming liniments, its like throwing gas on a fire.

Analgesics

We don't have any legal herbs are really great pain killers. We have to be more devious by focusing on the tissue causing the pain to help reduce the pain. Jamaican Dogwood is reasonable and Gelsemium Semperivens. Gelsemium can cause problems, but Jamaican Dogwood is reasonable and useful to help a person sleep because of pain.

Chinese Herbs

Licorice root is used in most Chinese formulas because it is a moist herb and arthritis is a dry condition, so if some of the other herbs are drying, it can help balance the formula.
Cinnamon, Ginger, Atractylodes and Peony are used for swollen, stiff joints.
Turmeric can be used for Rheum. Arthritis as an anti-inflammatory.
Tripterygium wilfordii Hook F (aka Thunder God Vine or Lei gong teng) is effective, but not commonly found here. Studies used dosage of 180mg extract a day, showing improvement within 4 weeks.
For joint soreness and pain when exposed to the wind for a long time, use Fang Feng and Ephedra.
For joint or muscle pain that is relieved by applying warmth, they use Aconite (Wu Tou) and Ephedra.
For pain of hot and red-swollen joints, relieved by applying cold, use Zhi Mu (anemarrhena) and Shi Gao (gypsum) and Gui Zhi (cinnamon).
There is usually fever, thirst, anxiety and may have aversion to wind.
For pain, swelling, with feeling of heaviness in limbs in a fixed location, which is aggravated by damp weather, use Yi Yi REn (coix) and Cang Zhu (lancea atractlyodes)

Ayurvedic Herbs

Ginger is also a Chinese Herb. Not recommended if you have a bleeding disorder, heart condition or diabetes. It may slow blood clotting when combined with other herbs and drugs that slow blood clotting, adding to the blood pressure lowering effects of drugs for high blood pressure and heart disease and adding to the blood sugar lowering effects of diabetes
Curcumin is usually well tolerated but stop if you have stomach problems, nausea, diarrhea. It could add to the effects of other herbs and drugs that slow blood clotting. It can cause gallbladder contractions and should not be used if you have gallbladder disease or gallstones.
Boswellia is a favorite for inflammation. Stop taking it if you have stomach pain or upset, nausea, diarrhea. It can interact with other drugs, supplements or diseases and conditions.

Other Herbs

Bogbean
Devil's Claw
Sarsaparilla
Burdock
These need to be take on a empty stomach, in between meals.

High amounts of omega 3's can also increase bleeding and should be avoided prior to surgery or if taking blood thinners.
Fish oil supplements interact with high blood pressure medicines and they might lower the blood pressure too much.

Glucosamine and Chondroitin

Glucosamine sulfate (glucosamine for short) and chondroitin sulfate (chondroitin) are popular dietary supplements for arthritis. They are sold separately, and in combination with each other, and in other combinations with different types of ingredients.

Glucosamine is a substance found in the fluid around the joints. It can also be obtained from the shells of shrimp, lobster, and crabs, or made in the laboratory.
The body uses glucosamine to make and repair cartilage, a firm but flexible tissue that covers the ends of bones, keeps them from rubbing against each other, and absorbs the force of impact.

Chondroitin is a substance found in the cartilage around joints. As a supplement, it is obtained from sources such as sharks and cattle.

Both glucosamine and chondroitin have shown anti-inflammatory effects for osteoarthritis, but there is no evidence that glucosamine and chondroitin are helpful for RA.

THE DIET

(the most important part)

The following diet will help to detox the body, regulate metabolism, encourage healing, rebuild the immune system and restore health to your major organs. The diet alkalizes the body and de-acidifies the blood and internal organs. At the end of 3 weeks you should see significant improvement in your health issues.

Here are some do's and don'ts to make the diet better to follow:

- **No fruit should be eaten after 3pm in the afternoon. It ferments in the gut at night, stresses the liver and is very hard on any type of arthritis.**
- **Do not skip midmorning and afternoon snacks.**
- **They are necessary to maintain blood sugar levels and warding off hunger.**
- **At lunch you should have both raw and cooked vegetables, but at night, you should eat only cooked vegetables.**
- **You MUST drink at least 3 liters of herb tea and purified water a day (spring water is best).**
- **Begin your day with 1/2 tsp of Alkala or other alkalizing powder, such as bicarbonate of soda, dissolved in an 8 oz glass of warm water.**
- **Each morning begin with a cup of the Alkaline Soup (recipe follows).**
- **Stay away from decaf tea and coffee, restrict yourself to herbal teas and the alkaline broth for the first cleansing period.**
- **Table salt is absolutely prohibited, you can use modest amounts of naturally evaporated seasalt or himalayan salt.**
- **No coffee, caffeinated beverages, sugar, meat, wheat products, cow dairy products or alcohol are allowed.**
- **Best to have an alkalizing breakfast, a substantial lunch (largest meal of the day) and a light supper. Vegetables make up by far the bulk of the diet.**
- **Stock up on organic vegetables, lemons and grapefruits.**
- **Eat slowly, chew your food extremely well.**
- **You must eat everything, even if you think you are full. If you are still hungry, eat some extra steamed leafy greens. Hunger is rarely an issue.**
- **Best to have all fruits and vegetables fresh and organic.**
- **Grated raw vegetables are an important part of the program, you can use a food processer or the large holes on a box grater.**
- **If you do not have a stainless steel steamer for the vegetables, just a small amount of water in the pot, cover and let steam for a very short time.**
- **Absolutely not a scrap of sugar or dairy**
- **Once you have finished the initial clean out diet, you will be able to have goat cheese, fish and chicken (organic) in small amounts, but no red meat.**

It may seem like a lot of work and variety to this diet, but the purpose is to teach you to eat a healthy variety and not just eat the same breakfast and lunch every day which is a habit a lot of people fall into. Eating the same foods daily will also build up sensitivities and allergic reactions to that food.

If you need a plan for eating, here is the following you can use:

WEEK ONE

DAY 1
Breakfast:

- **Cup or small bowl of broth only (no vegetables) - see Alkaline Soup recipe**
- **4 oz (1/2 cup) fresh grapefruit juice, preferably Ruby Red; or 1/2 grapefruit**
- **1 Tbsp pure flaxseed oil**
- **1/4 cup steel cut oats, cooked in 1 cup water with 1 date until very soft, about 15 minutes; no**
- **other sweetener.**
- **1 small apple (diced is good and can be eaten with the oatmeal, or 1/2 avocado dressed with**
- **1 Tbsp freshly squeezed lemon juice and 1 tsp extra virgin olive oil.**
- **1 cup decaffeinated green tea or herb tea**

Midmorning Snack

- **1/2 apple or 1 small carrot**

Lunch

- **Salad Plate: your choice of shredded raw veggies dressed with lemon juice and extra virgin olive oil or 1/3 cup Shredded Beet and Carrot Salad; 1/3 cup shredded zucchini tossed with 1 1/2 tsp fresh lemon juice and 1 tsp extra virgin olive oil; 1/2 cup Asian Sesame Slaw (see recipes) Steamed vegetable plate: broccoli florets, sliced carrots, and 1 small Yukon gold potato, sliced, all slightly steamed; do not overcook.**

You may splash with 2 tsp each lemon juice or balsamic vinegar and extra virgin olive oil or sunflower oil. Sprinkle with 1 Tbsp sunflower seeds.

Midafternoon Snack

- **1/2 avocado, 6 cucumber sticks or 1/2 apple**

Supper

- **4 oz (1/2 cup) fresh carrot or other vegetable juice**
- **Bowl of Alkaline Soup including 1/2 cup diced vegetables from the soup.**
- **1/2 cup (after cooking) of Olive oil-steamed spinach**
- **1/2 cup steamed broccoli florets**
- **cup of herb tea (eg. peppermint)**

DAY 2
Breakfast - same as day one. Midmorning snack - same as day 1

Lunch

- **Salad Plate: your choice of shredded raw vegetables dressed with lemon juice and extra virgin olive oil or 1 cup shredded romaine lettuce, 1 medium carrot, shredded, 2 Tablespoons cooked chickpeas, and 2 Tablespoons very thinly sliced red bell pepper, tossed with 1 Tbsp each fresh lemon juice and extra virgin olive oil.**
- **Steamed Organic Vegetable Plate: Cauliflower florets, green beans add 1 small sweet potato, lightly steamed; do not overcook. May splash with 2 tsp each lemon juice or balsamic vinegarand extra virgin olive oil or sunflower oil. Sprinkle with 1 Tbsp pumpkin seeds.**

Midafternoon Snack - same as Day 1

Supper

- **4 oz (1/2 cup) fresh beet or other vegetable juice**
- **Bowl of Alkaline Soup including 1/2 cup diced vegetables from the soup**
- **1 cup steamed broccoli florets plus 1/2 cup steamed sliced potatoes, dressed with fresh**
- **lemon juice and extra virgin olive oil.**
- **Cup of herb tea**

DAY 3
Breakfast - same as day 1 Midmorning snack - same as day 1

Lunch
- **Salad Plate: your choice of shredded raw vegetables dressed with lemon juice and extra virgin olive oil or 1/2 cup Swiss Potato Salad made with no leek; 1/2 cup loosely packed alfalfa sprouts; 1/3 cup Shredded Beet and Carrot Salad.**
- **Steamed Organic Vegetable Plate: Swiss chard, zucchini slices, and sliced peeled kohlrabi or celery root lightly steamed; do not overcook. May splash with 2 tsp each lemon juice or balsamic vinegar and extra virgin oliveoil or sunflower oil. Serve with 2 Tbsp cooked or sprouted lentils.**

Midafternoon Snack - same as Day 1

Supper
- **4 oz (1/2 cup) fresh carrot or other vegetable juice**
- **Bowl of Alkaline Soup including 1/2 cup diced vegetables from the soup**
- **1/2 cup diced butternut squash and 1 cup loosely packed baby spinach leaves, steamed**
- **and tossed with balsamic vinegar and extra virgin olive oil.**
- **Cup of herb tea**

DAY 4
Breakfast - same as day 1 Midmorning snack - same as day 1

Lunch
- **Salad Plate: your choice of shredded raw vegetables dressed with lemon juice and extra virgin olive oil or 1 cup baby spinach leaves; 1 medium carrot, peeled and shredded; 1/2 cup bean sprouts; and 1/3 cup shredded cucumber tossed with 1 Tbsp each fresh lemon juice and extra virgin olive oil.**
- **Steamed Organic Vegetable Plate: Cut up asparagus or broccoli, carrot slices, and 1 small potato, sliced and lightly steamed; do not overcook. May splash with 2 tsp each lemon juice or balsamic vinegar and extra virgin olive oil or sunflower oil.**

Midafternoon Snack - same as Day 1

Supper
- **4 oz (1/2 cup) fresh beet or other vegetable juice**
- **Bowl of Alkaline Soup including 1/2 cup diced vegetables from the soup**
- **1 globe artichoke, steamed and served with fresh lemon juice blended with extra virgin olive**
- **oil and a pinch of seasalt for dipping.**
- **If you need it: 1 small sweet potato, baked and mashed with 1 tsp sunflower oil.**
- **Cup of herb tea**

DAY 5
Breakfast - same as day 1

Midmorning snack - same as day 1

Lunch

- **Salad Plate: your choice of shredded raw vegetables dressed with lemon juice and extra virgin olive oil or 1/2 cup raw or lightly steamed cauliflower florets, 1/4 cup shredded carrot, and 1/4 cup shredded zucchini or cucumber, and argula leaves tossed with 2 tsp fresh lemon juice (or balsamic vinegar) and 2 tsp. Extra virgin olive oil.**
- **Steamed Organic Vegetable Plate: Halved Brussels sprouts or shredded cabbage, 1/2 cup sliced garnet yam or sweet potato, Swiss chard lightly steamed; do not overcook. Also, 1/4 cup**
- **Spiced Steamed Chickpeas made with no salt.**

Midafternoon Snack - same as Day 1

Supper

- **4 oz (1/2 cup) fresh beet or other vegetable juice**
- **Bowl of Alkaline Soup including 1/2 cup diced vegetables from the soup**
- **1 cup steamed broccoli florets plus 1 small potato, dressed with fresh lemon juice and extra virgin olive oil.**
- **Cup of herb tea**

DAY 6
Breakfast - same as day 1 Midmorning snack - same as day 1

Lunch - repeat any day (except Day 5)

Midafternoon Snack - same as Day 1

Supper - Same as Day 1, 3 or 4

DAY 7
Breakfast - same as day 1

Midmorning snack - same as day 1

Lunch - repeat any day (except Day 6)

Midafternoon Snack - same as Day 1

Supper - Same as Day 1, 3 or 4

WEEK TWO

Continues to maintain alkalinity and restrict food allergens but gradually incorporates small amounts of whole grains and goat or sheep dairy. Whenever you have salad you can sprinkle it lightly with sunflower seeds, pumpkin seeds or flaxseeds. Continue to drink 3 litres of purified water, unsweetened herb tea and the alkalizing broth.
Begin each day with a glass of warm water and ½ measuring spoon of Alkala or other alkalizing powder such as bicarbonate of soda and be sure to take 1 Tbsp pure flaxseed oil every morning with breakfast.

DAY 1
Breakfast -

- **Cup or small bowl of broth only (no vegetables) from the Alkaline Soup.**
- **4 oz (1/2 cup) fresh grapefruit juice, preferably Ruby Red**
- **1 Tbsp pure flaxseed oil**
- **1/4 cup steel cut oats cooked in 1 cup water with 1 date until very soft, about 15 minutes, no other sweetener**

- **1 slice spelt bread, toasted with 1/2 tsp butter and 2 tsp your choice of naturally sweetened fruit jam or preserves.**
- **1 cup green tea or herb tea**

Midmorning snack - 1/2 avocado with a squeeze of lemon juice

Lunch

- **Salad Plate: your choice of shredded raw vegetables dressed with lemon juice and extra virgin olive oil or 1 cup shredded Beet and Carrot Salad; 1/3 cup shredded zucchini tossed with 1 1/2 tsp fresh lemon juice and 1 tsp extra virgin olive oil; 1/2 cup Asian Sesame Slaw.**
- **2 rye crisps**
- **Steamed Organic Vegetable Plate: Broccoli florets, sliced carrots, and 1 small Yukon gold potato, sliced, all lightly steamed; do not overcook. May splash with 2 tsp each lemon juice or balsamic vinegar and extra virgin olive oil or sunflower oil. Sprinkle with 1 tsp sunflower seeds.**
- **1/2 cup Creamy fruit salad (see recipe).**

Midafternoon Snack - Small container (8oz) goat or sheep yogurt

Supper

- **4 oz (1/2 cup) fresh beet or other vegetable juice**
- **Bowl of Alkaline Soup including 1/2 cup diced vegetables from the soup**
- **1/2 cup olive oil steamed spinach (see recipe)**
- **Twice baked potatoes with blue cheese or goat cheese and broccoli (see recipe).**
- **Cup of herb tea**

DAY 2

Breakfast -

- **Same as day 1, but instead of the butter and preserves with your toast, have 1/2 oz of your favourite sheep or goat cheese. Instead of the banana, have a small pear or peach.**

Midmorning snack -

- **1 small apple or a medium carrot**

Lunch

- **Salad Plate: your choice of shredded raw vegetables dressed with lemon juice and extra virgin olive oil or 1 cup shredded Romaine lettuce, 1 medium carrot shredded, 1/4 cup sliced cucumber, 1/4 cup cooked chickpeas, tossed with 1 Tbsp each fresh lemon juice and extra virgin olive oil. Sprinkle 1 Tbsp feta cheese on top.**
- **Steamed Organic Vegetable Plate: Cauliflower florets, green beans, and 1 small sweet potato, lightly steamed; do not overcook. May splash with 2 tsp each lemon juice or balsamic vinegar and extra virgin olive oil or sunflower oil. Sprinkle with 1 tsp pumpkin seeds.**

Midafternoon Snack -

- **with a cup of herb tea, enjoy 1 rye crisp with 1 1/2 Tbsp Sweet Potato-Pine Nut Spread (see recipe)**

Supper

- **4 oz (1/2 cup) beet or other vegetable juice**
- **Bowl of Alkaline Soup including 1/2 cup diced vegetables from the soup**
- **1 cup steamed broccoli florets, dressed with fresh lemon juice and extra virgin olive oil**
- **1/3 cup cooked basmati rice**
- **1/2 cup Marinated Roasted Beets (see recipe)**
- **Cup of herb tea**

DAY 3
Breakfast -

- **Same as day 1, but add 1 soft boiled egg and eat your toast dry (you can dip it in the egg).**

Midmorning snack -

- **5 raw cashews**

Lunch

- **Salad Plate: your choice of shredded raw vegetables dressed with lemon juice and extra virgin olive oil or 1/2 cup Swiss Potato Salad (see recipe) made without leek; 1/2 cup loosely packed alfalfa or broccoli spouts; 1/3 cup Shredded Beet and Carrot Salad.**
- **Steamed Organic Vegetable Plate: Swiss chard leaves, zucchini sliced and sliced peeled kohlrabi or celery root, lightly steamed; do not overcook. May splash with 2 tsp each lemon juice or balsamic vinegar and extra virgin olive oil or sunflower oil. Serve with 2 Tbsp cooked or sprouted lentils 1 ripe pear, sliced, drizzled with 1 1/2 tsp maple syrup and 1 1/2 tsp chopped pecans.**

Midafternoon Snack -

- **1 small cucumber, sliced with 2 Tbsp Lemon-rosemary White Bean Spread (see recipe)**

Supper

- **4 oz (1/2 cup) carrot or other vegetable juice**
- **Bowl of Sweet Pea Soup with Fresh Mint (see recipes) made with water or vegetable stockand no leek 1 slice spelt bread**
- **1 cup diced butternut squash and 1 cup loosely packed baby spinach leaves, steamed and tossed with balsamic vinegar and extra virgin olive oil**
- **Cup of herb tea**

DAY 4
Breakfast -

- **Same as day 1, but instead of a banana, have 1/2 mango, diced.**

Midmorning snack -

- **1 rye crisp spread with teaspoons cashew butter and 1 tsp honey or 1 Tbsp Lemon-Rosemary White Bean Spread (see recipe).**

Lunch

- **Either shredded vegetables of your choice tossed with lemon juice and extra virgin olive or**
- **1/4 recipe of chopped Greek Salad (see recipe)**
- **Bowl of Sweet Corn and Potato Chowder (see recipe)**
- **3/4 cup mixed fruit salad of your choice or 1 apple.**

Midafternoon Snack -

- **1 avocado sprinkled with lemon juice**

Supper

- **4 oz (1/2 cup) beet or other vegetable juice**
- **Bowl of Alkaline Soup including 1/2 cup diced vegetables from the soup**
- **Fennel Gratin (see recipe)**
- **1/3 cup cooked chestnuts or chick peas**
- **2/3 cup steamed Swiss chard leaves**
- **Cup of herb tea**

DAY 5
Breakfast - Same as day 1.

Midmorning snack - 1 carrot

Lunch

- **Salad Plate: your choice of shredded raw vegetables dressed with lemon juice and extra virgin olive oil or 1/2 cup raw or lightly steamed cauliflower florets; 1/4 cup shredded carrot, and 1/4 cup shredded zucchini or cucumber, and argula leaves tossed with 2 tsp each lemon juice or balsamic vinegar and 2 tsp extra virgin olive oil or sunflower oil. Sprinkle 1 Tbsp crumbled Roquefort or Feta or Goat cheese on top.**
- **2 rye crisps**
- **Steamed Organic Vegetable Plate: Halved Brussels sprouts or shredded cabbage, 1/2 cup sliced garnet yam or sweet potato and swiss chard leaves, lightly steamed; do not overcook.**

Midafternoon Snack -

- **1/4 cup Guacamole (see recipe) with 6 Baked Tortilla Chips (see recipe)**

Supper

- **4 oz (1/2 cup) carrot or other vegetable juice**
- **Bowl of Alkaline Soup including 1/2 cup diced vegetables from the soup**
- **1 Black Bean Burger with Cashews and carrots (see recipe)**
- **Olive oil steamed Spinach (see recipe), as much as you like**
- **Cup of peppermint tea**

DAY 6
Breakfast -

- **Same as day 1 but instead of the banana, have 1 apple**

Midmorning snack -

- **1 plum or small pear, depending on the season**

Lunch

- **Salad Plate: your choice of shredded raw vegetables dressed with lemon juice and extra virgin olive oil or Crunchy Salad with Sunflower Seeds and Zesty Sprouts (see recipe).**
- **Eggplant steaks with Sun-dried tomatoes and Olives (see recipe)**
- **1/2 cup cooked spelt pasta, tossed with 1 tsp olive oil**
- **As much steamed broccoli as you like.**

Midafternoon Snack -

- **Small container (8oz) goat or sheep yogurt**

Supper

- **4 oz (1/2 cup) carrot or other vegetable juice**
- **Ruby Beet Soup (see recipe)**
- **Steamed vegetable plate of your choice**
- **Small spelt roll or slice of spelt bread**
- **Cup of herb tea**

DAY 7
Breakfast -

- **Same as day 1 but instead of butter and preserves, have a small slice of sheep or goat cheese**

with your toast

Midmorning snack -

- **1 small apple**

Lunch

- **Salad Plate: your choice of shredded raw vegetables dressed with lemon juice and extra virgin olive oil or Avocado Salad with Strawberry Sauce (see recipe).**
- **Asparagus stir-fry with Swiss chard and Carrots (see recipe) or steamed vegetable plate of your choice**
- **1/2 cup steamed basmati rice**
- **2 sliced of ripe pineapple.**

Midafternoon Snack -

- **Small container (8oz) goat or sheep yogurt**

Supper

- **4 oz (1/2 cup) carrot or other vegetable juice**
- **Ruby Beet Soup (see recipe)**
- **Steamed vegetable plate of your choice**
- **Small spelt roll or slice of spelt bread**
- **Cup of herb tea**

WEEK THREE

By now you should feel energized. Get out and walk as much as you can. Continue to drink all the fluids you are suppose to. Continue to take Alkala or bicarbonate of soda each morning. Keep in mind that no matter what the menu, you can now eat as much as you want of any steamed green vegetable.

DAY 1

Breakfast -

- **Cup or small bowl of broth only (no vegetables) from the Alkaline Soup.**
- **4 oz (1/2 cup) fresh grapefruit juice, preferably Ruby Red**
- **1 Tbsp pure flaxseed oil**
- **1/3 cup steel-cut oats cooked in 1 cup water with 1 date until very soft, about 15 minutes; no**
- **other sweetener**
- **1 small banana, sliced or 1/2 cup Dried fruit**
- **Compote (see recipe)**
- **1 slice of spelt bread, toasted, with 1/2 oz goat or sheep cheese of your choice**
- **1 cup green tea or your favourite herb tea**

Midmorning snack -

- **1 rye crisp with 2 tsp cashew butter and 1 tsp honey**

Lunch

- **Salad Plate: your choice of shredded raw vegetables dressed with lemon juice and extra virgin olive oil or 1/2 cup Shredded Beet and Carrot Salad (see recipe); 1/3 cup shredded zucchini tossed with 1 1/2 tsp fresh lemon juice, 1 tsp extra virgin olive oil and 2 tsp sunflower seeds; 1/2 cup Asian Sesame Slaw (see recipe).**
- **Braised Kale with Carrots and Potatoes (see recipe), made with vegetable stock Maple Baked Apple (see recipe) or your choice of fresh fruit.**

Midafternoon Snack -

- **Cucumber and carrot sticks with 1/4 cup Lemony Hummus with Toasted Cumin Seeds (see recipe)**

Supper
- **4 oz (1/2 cup) carrot or other vegetable juice Bowel of Alkaline Soup including diced vegetables from the soup**
- **Steamed vegetable plate of your choice. As much greens as you like 1/2 cup cooked quinoa tossed with a drizzle of Asian sesame oil and a splash of wheat-free tamari**
- **Slice of spelt bread with 1 tsp butter or a drizzle of extra virgin olive oil**
- **Cup of herb tea**

DAY 2
Breakfast -
- **same as Day 1 but include 1 soft boiled egg and instead of the banana have an apple.**

Midmorning snack -
- **1/2 avocado with a squeeze of lemon juice**

Lunch
- **Salad Plate: Cucumbers stuffed with goat cheese. Swiss Potato Salad (see recipe), and**
- **1/2 cup mixed shredded carrot and zucchini tossed with fleshly squeezed lemon juice and extra virgin olive oil Steamed vegetable plate of your choice**
- **Small spelt roll or slice of spelt or rye bread**
- **Frozen Banana-Maple Mousse (see recipe)**

Midafternoon Snack -
- **1 carrot or 1 rye crisp with 2 Tbsp Sweet Potato-Pine Nut Spread (see recipe)**

Supper
- **4 oz (1/2 cup) fresh beet or other vegetable juice**
- **Savory White Bean Soup (see recipe)**
- **As much Olive-oil-Steamed Spinach as you like**
- **Cup of herb tea**
- **2 Maple-Pecan Cookies (see recipe)**

DAY 3
Breakfast - same as Day 1.

Midmorning snack - 1 apple

Lunch
- **Salad Plate: Mixed baby greens with thinly sliced cucumber, Marinated Roasted Beets (see recipe), and shredded carrots with fresh dill.**
- **Asparagus Risotto (see recipe) served with 1 Tbsp grated Romano or Goat Cheese.**

Midafternoon Snack -
- **Small container (8oz) goat or sheep yogurt**

Supper
- **Small bowl of Lentil Soup (see recipe)**
- **Baked sweet potato mashed with 2 tsp pumpkin seed oil or sunflower oil and 1 tsp maple syrup**
- **Steamed escarole with extra virgin olive oil and freshly squeezed lemon juice**
- **Cup of herb tea**

DAY 4
Breakfast -

- **same as Day 1. Substitute a peach or pear for the banana.**

Midmorning snack -

- **1 carrot**

Lunch

- **Salad Plate of your choice**
- **Succotash with corn, zucchini and green beans (see recipe)**
- **1/2 cup steamed basmati rice**

Midafternoon Snack - 1/2 avocado with a squeeze of fresh lemon

Supper

- **Bowl of Alkaline Soup including 1/2 cup diced vegetables from the soup.**
- **As much steamed broccoli as you like, dressed with extra virgin olive oil and fresh lemon juice**
- **Pitta Pizzettes with Basil Goat Cheese and Black Olive Tapenade (see recipe) made with spelt pita bread**
- **Cup of herb tea**

DAY 5
Breakfast - same as Day 2.

Midmorning snack - 5 cooked chestnuts or 5 raw cashews or almonds

Lunch

- **Salad Plate: Your choice of shredded raw vegetables tossed with freshly squeezed lemon juice and extra virgin olive oil or Celery Remoulade (see recipe)**
- **Sesame Quinoa with Bok Choy (see recipe), made without the mushrooms**
- **Peachy Mango Mouse (see recipe) or a piece of fresh fruit of your choice.**

Midafternoon Snack -

- **Cucumber slices with 1/4 cup Lemony Hummus**

Supper

- **4 oz (1/2 cup) fresh beet or other vegetable juice**
- **Bowl of Carrot-Ginger Soup (see recipe)**
- **Steamed vegetable plate of your choice**
- **Spelt roll or 1 slice spelt bread with 1 tsp butter and 1/2 oz goat or sheep cheese**
- **Cup of herb tea**

DAY 6
Breakfast - same as Day 1.

Midmorning snack - 1 apple

Lunch

- **Salad Plate: Your choice of shredded raw vegetables tossed with freshly squeezed lemon juice and extra virgin olive oil or 1/2 cup Swiss Potato Salad (see recipe) made with no leek; 1 cup loosely packed argula dressed with balsamic vinegar and olive oil and 1/2 cup**

- **Shredded Beet and Carrot Salad (see recipe)**
- **Creamy Polenta with Manchego Cheese (or romano, goat or feta cheese) (see recipe)**
- **Steamed asparagus, drizzle with fresh lemon juice and extra virgin olive oil**

Midafternoon Snack - 5 raw cashews

Supper

- **4 oz (1/2 cup) fresh carrot or other vegetable juice**
- **Lentils with Goat Cheese and Sun-dried Tomatoes (see recipe)**
- **Dried Fruit Compote (see recipe)**
- **Cup of herb tea**

DAY 7

Breakfast -

- **same as Day 1. Instead of the banana, have a peach or an apple.**

Midmorning snack -

- **1 rye crisp with 2 Tbsp Sweet Potato-Pine Nut Spread (see recipe)**

Lunch

- **Tossed green salad with shredded carrot, shredded zucchini and cucumber slices**
- **Pecan-Crusted Catfish Fillets with Pineapple Slaw (see recipe)**
- **Boiled new potatoes**
- **Steamed spinach**

Midafternoon Snack -

- **1 plum or carrot**

Supper

- **4 oz (1/2 cup) fresh beet or other vegetable juice**
- **Pasta Primavera (see recipe)**
- **Steamed broccoli rape, with a drizzle of extra virgin olive oil and fresh lemon juice**
- **Lemon Tart (see recipe)**
- **Cup of herb tea**

NOTES ABOUT THE DIET.

Many people experience results quickly and many report a change in their digestion within a few days. Often on the second day people may feel tired or even have flu-like symptoms which is an indication that the body is beginning its internal transformation and the first toxins have been dislodged and are circulating before being expelled. Symptoms usually disappear within 24 hours and drinking lots of water during this time helps to carry them out of the body.

You can expect to go to the bathroom more often during this diet. Also, don't be surprised if, after eating beets, the stool is red.

Hunger pains should disappear within a few days and after a week acid indigestion and acid reflux will diminish and you should feel calmer. Relieving food allergies is a great antidepressant.

Within 2 weeks your energy should improve and you should sleep deeper and more relaxed, waking up refreshed and alert.

During the 3rd week, the immune system kicks in and little colds and sniffles, minor flus just don't stick around.

If you are overweight, you will experience weight loss and your complexion will improve.

You are moving to the Maintenance Diet for Life and it is important to identify the food allergies that are unique to your body. Use discrimination and care as you enter this phase of the diet. Be on the lookout for reactions such as nausea, rashes, choking sensations right after eating something, headaches, stomach or bowel cramps, depression, vague malaise..

We suggest that dairy products from cow (milk, yogurt, cottage cheese and other cheeses) be avoided permanently. Substitute rice or soy milk (organic) and goat cheese, goat yogurt.

About coffee: because coffee and regular tea are very acidic, you need to look for alternatives such as Karakas coffee which is made of chicory; Caf lib (instant coffee substitute); herb teas such a Kukicha, Peppermint, Chai, Decaf Green tea, Red clover blossom, Nettle tea.

Avoid all processed foods. They are filled with poisons, damaging trans fats and preservatives.

Raw milk goat and sheep cheese are more healthful than commercial pasteurized cheeses. Blue cheese like Roquefort with their natural penicillin are also good and support the intestinal flora.

Adding on new foods
Spelt is used in the diet, not wheat. It is a grain that has undergone less genetic engineering, causes far fewer allergic reactions and contains enzymes that actually boost the immune system. You can also have cornmeal, buckwheat, amaranth, and quinoa, all of which are gluten free. Many of these are also available as noodles.

After you have completely detoxified and are ready to proceed to the Maintenance Diet, go back to the 3 week program and choose any meal you like. Or you can mix and match the selections. In addition you can have a slice of whole wheat or whole grain bread (white bread is never, never allowed). The next day eat only pure simply prepared foods and pay close attention to how you feel.

The secret to avoid allergic reactions is to rotate what you eat. The rule is to eat a food only every 3rd day or the time. If you develop a compulsive craving, consider it a warning sign. Avoid processed foods like genetically engineered crops, and artificial ingredients which trigger severe allergic reactions. Look for symptoms: fatigue, depression, lack of muscle strength, indigestion, acid reflux, insomnia, thyroid weakness.

Ideally it would be good to have fish once or twice a week, especially deep water fish and oily fish that is rich in omega 3 oils such as wild salmon (avoid farmed fish unless that are organically farmed). Avoid scavenger bottom feeders like monkfish and fish at the top of the food chain like tuna and swordfish. Canned Nordic sardines can be eaten in small amounts.

Constipation or Diarrhea
If you have long term constipation, cleanse the colon with enemas or colonics, and thereafter if you need long term help, use herbs such as Wildrose LBT3 (2 in the evening with a large glass of water). Lack of healthy oils, minerals, water and fiber are the main causes of constipation.

For diarrhea, try taking probiotics throughout the day, if still not corrected, use homeopathics.
A famous helper for diarrhea is called BRAT – this stands for a diet consisting of bananas, rice, applesauce and toast. Clear tea and yogurt can be added.

Another remedy for diarrhea is to peel and shred an apple - let the shredded pieces sit on a plate until they turn brown in colour (doesn't take long) and then eat them.

Having a strong cup of black tea without sugar is also a remedy for diarrhea.

MAINTENANCE DIET

- **Have a substantial breakfast**
- **Eat a big lunch with a nice raw salad as the first course. Whenever possible lunch should be your largest meal of the day.**
- **Eat a relatively light supper.**
- **You can have a midmorning and midafternoon snack if you wish. Raw fruit should not be eaten after 4 pm.**
- **Water and other beverages should be consumed between meals, not with food. When on detox, drink 2-3 liters of fluids a day.**
- **You may have a small glass of freshly squeezed juice in the morning, but fruit juice should not be drunk as a beverage. Orange juice in particular is full of sugar and highly acidic. Grapefruit juice should remain your first choice.**
- **A glass of wine is permitted with meals several times a week.**
- **When celebrating a special occasion at a restaurant or eating at a friend's home once you have completed the initial diet, you can eat moderately, making wise choices and the next day return to a simple diet for a few days. When away on long trips damage can be done but can easily be repaired by simply following the original diet for a week or two.**
- **Any time you feel you need a boost because you have been ill or your immune system needs a boost or you want to lose a little weight, go back to week one and repeat that week.**

Breakfast

- **Have a substantial breakfast with a small 4oz glass of freshly squeezed juice (pref. pink grapefruit with pulp; a bowl of whole grain cereal (cold or cooked) such as steel cut oats or muesli; stewed and/or fresh fruit; and whole grain bread with sheep or goat cheese or pure sugar free fruit preserves made with honey or natural fruit sweetener if you like.**
- **Once or twice a week you may add a soft boiled egg or a small serving of goat or sheep yogurt.**
- **You may not be hungry at midmorning, but if you are, you can have a snack such as an apple, a**
- **couple of carrots, or a half avocado spritzed with lemon juice; or a rye crisp or slice of toasted whole grain bread with tasty bean or sweet potato spread or a nut butter.**

Lunch

- **This is your most substantial meal and so make the most of your protein needs at breakfast begin with a salad with mostly raw vegetables, shredded root vegetables like carrots and beets and like alkaline vegetables like zucchini. You can sprinkle seeds, nuts and sprouts as desired. The dressing should be extra virgin olive oil and fresh lemon juice or balsamic vinegar.**
- **Have a hot entree such as pasta, rice dish, veggie burger with sides, whatever you wish.**
- **see other tempting dishes in the recipe section.**

Dinner

- **this should be light such as a soup with some bread and cheese or a light pasta dish**
- **you can have a small salad but opt in general for cooked rather than raw foods in the evening so not to stress the digestion.**

NOTE: if the big meal does not work at lunch and dinner needs to be more substantial, at least try not to eat late at night and do not overeat in the evening.

REVIEW OF THE NO'S:

- **Cow daily products**
- **White flour and white flour products (eg. Noodles, crackers)**
- **White sugar, cookies, cakes**
- **Fried tortilla chips**
- **Canned and bottled juices and sodas**

- **MSG**
- **Meat (poultry and fish are not considered meat)**
- **Seafood (highly toxic these days)**
- **Toxic Fish (tuna, swordfish, monk fish, farmed salmon)**
- **Processed foods (packaged and canned foods**
- **containing preservatives and chemicals)**
- **Onions (can use small amounts of leek, garlic and chives**
- **Table Salt (use healthy seasalt or Himalayan salt**
- **Do not cook with aluminum cookware – use stainless steel or corning ware or glass.**
- **Ice water or very cold water**

MAKE A MISTAKE?

You went off the plan, and you are feeling less than desired - simply put yourself on the first week diet, with a good liver cleanse and you will feel like yourself again quite quickly. After a week, put yourself back on the Maintenance Diet however eat lightly for the first few days on Maintenance. Or if you feel you need it, do the One Week Intensive Cleanse Diet that follows.

SHOPPING LIST - for the first 3 weeks

- **Flaxseed oil, Extra Virgin Olive oil, Organic**
- **Sunflower seed Oil, Organic Pumpkin seed oil,**
- **Asian Sesame oil**
- **Steel cut oats**
- **Grapefruit juice and/or ruby red grapefruit**
- **Bananas, apples, pears, plums, pineapple, dates, mango, peach**
- **Decaf green tea, herb teas such as peppermint tea, kukicha tea.**
- **Spelt bread, Gluten Free Bread**
- **Rye crisp**
- **Potatoes, Sweet Potatoes or Yams**
- **Asparagus, broccoli, carrots, beets, Brussels sprouts, cabbage, swiss chard, cucumber, spinach, globe artichoke, butternut squash, cauliflower, green beans, zucchini, kohlrabi, celery root, eggplant, bok choy, fennel, argula, avocado, corn**
- **Organic canned chickpeas, lentils, quinoa**
- **Alfalfa sprouts, broccoli sprouts**
- **Flaxseeds, pumpkin seeds, sunflower seeds, lentils, raw cashews, raw pecans, raw pumpkin seeds**
- **Lemons, Balsamic vinegar**
- **Free range eggs**
- **Free range organic chicken**
- **Healthy fish such as wild salmon**
- **Goat cheese or Sheep cheese, blue cheese**
- **Honey, Pure maple syrup**
- **Natural seasalt or Himalayan salt**
- **Pure spring water (abut 3 liters a day)**

MAINTENANCE SHOPPING (organic whenever possible) - can add:

- **FRUITS: blueberries, raspberries, strawberries, grapes, watermelon, cantaloupe, melon, papaya,cherries, currants, raisins, apricots**
- **VEGETABLES: collards, daikon, small amounts of bell peppers, beans and other legumes, pumpkin, radish, endive, escarole, ginger, sauerkraut, jicama, kale, leeks, lettuce, mushrooms in small amounts, mustard greens, parsnips, peas, pea shoots, seaweed, soy, tofu, tomato, watercress, turnip**

- **NUTS/SEEDS: almonds in small amounts if you are not allergic, coconut, macadamia nuts, chestnuts, walnuts, pinenuts, sesame seeds**
- **SWEETENERS: raw sugar, pure maple syrup, agave syrup, honey, brown rice syrup, stevia**
- **HERBS and SPICES: unless you are allergic, all are permitted (some react to cilantro, test yourself to see)**
- **SEASONINGS: organic vegetable bouillon powder without MSG**
- **DRINKS: Rice milk, soy milk, almond milk**
- **PASTA: Rice noodles, buckwheat pasta, imported semolina pasta, quinoa pasta**
- **RICES: Basmati rice, Arborio rice**
- **OTHER: Rice crackers, Rice vinegar, Organic**
- **vegetable or chicken stock**

Once you are well again, one piece of cake or a steak is not going to make much difference, however, if bad nutrition becomes a habit, over time it will take its toll. If you want to do a fast repair, take the One Week Intensive Cleansing Diet, and combine it with a liver cleanse.

ONE WEEK INTENSIVE CLEANSING DIET

- **4 oz (1/2 cup) fresh vegetable juice daily (beet and carrot are very good but any vegetable is fine) If you have a sensitive stomach use 1-2 Tbsp raw potato juice daily. All must be organic.**
- **In the morning drink a small 4 oz glass of pink grapefruit juice.**
- **If doing a liver cleanse, use unsweetened apple juice (1 liter a day sipping slowly between meals).**
- **4 cups or more of herb teas such as fennel, stinging nettle, linden blossom, peppermint, wormwood. No sweetener.**
- **2 1/2 to 3 cups Alkaline broth each day but no salt - can sip throughout the day**
- **1 liter of spring water, room temperature or warmer.**
- **At 10am and 4pm drink 1/2 measuring spoon of Alkala in a half glass of warm water.**
- **Basics are: no meat, no sugar, no gluten, no dairy, no nuts, no salt or pepper.**

DAY 1
Breakfast

- **4 oz (1/2 cup fresh grapefruit juice (pref. Ruby Red or pink).**
- **1 cup Alkaline Soup broth (no vegetables)**
- **1/2 cup quinoa porridge served with 2 halves of poached plums (see recipe) and 1/3 cup plum poaching liquid**
- **1 Tbsp pure flaxseed oil**
- **1/2 apple**
- **Cup of herb tea**

Midmorning Snack: 1/2 apple

Lunch:

- **Salad Plate: 1/2 cup loosely packed baby spinach leaves, 1/4 cup shredded zucchini and 1/4 cup shredded carrots dressed with 1 1/2 tsp each extra virgin olive and balsamic vinegar. No salt or pepper.**
- **Steamed Vegetable Plate: 1/2 cup broccoli florets, 1/2 cup coarsely cut up Swiss chard leaves, and 1/3 cup cut up green beans dressed with 1 1/2 tsp each extra virgin olive oil and fresh lemon juice.**
- **Cup of herb tea.**

Midafternoon Snack:

- **1/2 avocado with a squeeze of lemon juice**

Supper:

- **4 oz (1/2 cup) fresh beet juice**
- **1 1/2 cups Alkaline Soup with 1/3 cup of the vegetables from the soup**
- **Steamed Vegetable Plate: 1/2 small fennel bulb, thickly sliced, 4 asparagus spears and 1/2 cup cauliflower florets dressed with 1 1/2 tsp each extra virgin olive oil and fresh lemon juice**
- **3 small rice crackers.**
- **Cup of herb tea**

DAY 2
Breakfast

- **4 oz (1/2 cup fresh grapefruit juice (pref. Ruby Red or pink).**
- **1 cup Alkaline Soup broth (no vegetables)**
- **1/2 cup millet porridge, prepared with 2 tsp raisins, serviced with 1/2 cup rice milk**
- **1 Tbsp pure flaxseed oil**
- **1/2 apple**
- **Cup of herb tea**

Midmorning Snack: 1/2 small avocado with squeeze of lemon juice

Lunch:

- **Salad Plate: 1/2 cup loosely packed baby field greens, 1/4 cup shredded carrot and 1/4 cup shredded raw beet and 2 radishes thinly sliced dressed with 1 1/2 tsp each extra virgin olive and balsamic vinegar. No salt or pepper.**
- **Steamed Vegetable Plate: 1/3 cup halved sugarsnap peas, 1/2 cup broccoli florets, and 1 cup loosely packed spinach leaves (before cooking), dressed with 1 1/2 tsp each extra virgin olive oil and fresh lemon juice.**
- **Cup of herb tea.**

Midafternoon Snack: 1/2 apple

Supper:

- **4 oz (1/2 cup) fresh carrot juice**
- **1 1/2 cups Sweet Corn and Potato Chowder (see recipe) made without butter and omit the salt and pepper.**
- **Steamed Vegetable Plate: 1/3 cup cut-up green beans, 2 thick slices of kohlrabi or celery root, and 1 cup loosely packed before cooking, cut up Swiss chard stem and leaves, dressed with 1 1/2 tsp each extra virgin olive oil and fresh lemon juice**
- **Cup of herb tea**

DAY 3
Breakfast

- **4 oz (1/2 cup fresh grapefruit juice (pref. Ruby Red or pink).**
- **1 cup Alkaline Soup broth (no vegetables)**
- **1/2 cup unsweetened amaranth cereal, served with 1/2 sliced small banana and 1/2 cup rice milk**
- **1 Tbsp pure flaxseed oil**
- **1/2 apple**
- **Cup of herb tea**

Midmorning Snack: 1 small carrot

Lunch:

- **Salad Plate: 1/3 cup Corn, Rice and Pea Salad(see recipe), 1 cup loosely packed baby spinach**
- **leaves and 1/3 cup shredded zucchini dressed with 1 1/2 tsp each extra virgin olive and fresh lemon juice. No salt or pepper.**
- **Steamed Vegetable Plate: 1/2 yellow summer squash, sliced, and 1 cup loosely packed shredded kale, dressed with 1 1/2 tsp each extra virgin olive oil and balsamic vinegar, served with 1/3 cup**
- **Marinated Roasted Beets (see recipe).**
- **Cup of herb tea.**

Midafternoon Snack: 4 cooked chestnuts or 5 raw cashews

Supper:

- **4 oz (1/2 cup) zucchini and celery juice**
- **1 1/2 cups Alkaline Soup with 1/2 cup of the vegetables from the soup**
- **Fennel Gratin (omitting the cheese) see recipe**
- **Cup of herb tea**

DAY 4
Breakfast - same as Day 1

Midmorning Snack: 1/2 avocado with a squeeze of lemon juice

Lunch:

- **Salad Plate: 2/3 cup loosely packed baby argula, 1/3 cup thinly sliced cucumber, 1/3 cup sliced celery, and 2 radishes thinly sliced, dressed with 1 1/2 tsp each extra virgin olive oil and balsamic vinegar.**
- **Steamed Vegetable Plate: 1/3 cup baby peas, 2/3 cup broccoli florets, and 1 small fennel bulb, quartered, dressed with 1 1/2 tsp each extra virgin olive oil and fresh lemon juice.**

Midafternoon Snack: 1 small carrot

Supper:

- **4 oz (1/2 cup) beet juice**
- **1 1/2 cups Alkaline Soup with 1/2 cup of the vegetables from the soup**
- **Asparagus Stir-Fry with Swiss Chard and Carrots (see recipe), omitting the cashews. Serve with ¼ cup steamed basmati rice.**
- **Cup of herb tea**

DAY 5
Breakfast - same as Day 2

Midmorning Snack: 1small cucumber

Lunch:

- **Salad Plate: 1/2 cup loosely packed baby field greens, 1/4 cup shredded zucchini dressed with 1 1/2 tsp each extra virgin olive and balsamic vinegar. and served with 1/3 cup Shredded Beet and Carrot Salad (see recipe) and 1/3 cup Swiss Potato Salad (see recipe) made without leek, salt or pepper.**
- **1/2 portion Corn, Rice and Pea Salad**
- **Cup of herb tea.**

Midafternoon Snack: 5 small rice crackers

Supper:

- **4 oz (1/2 cup) fresh carrot juice**
- **1 1/2 cups Quick Broccoli Soup (see recipe) omitting the cream and salt.**
- **Steamed Vegetable Plate: 6 asparagus spears, ½ small sweet potato sliced and 1 cup coarsely cut up (before cooking) broccoli, dressed with 1 1/2 tsp each extra virgin olive oil and fresh lemon juice**
- **Cup of herb tea**

DAY 6
Breakfast -

- **4 oz (1/2 cup fresh grapefruit juice**
- **1 cup broth from Alkaline Soup**
- **1/3 cup buckwheat groats cooked to a porridge with**
- **1 cup water and no salt until soft (about 15 minutes)**
- **1 Tbsp pure flaxseed oil**
- **1/2 apple**
- **Cup herb tea**

Midmorning Snack:

- **1/2 avocado with a squeeze of fresh lemon juice**

Lunch:

- **Salad Plate: 1 cup shredded romaine lettuce, 1/3 cup shredded carrots, 1/2 cup thinly sliced**

cucumber and 1/3 cup bean sprouts dressed with 1 1/2 tsp each extra virgin olive and fresh lemon juice

- **Steamed Vegetable Plate: 6 cooked chestnuts, ½ cup Marinated Roasted Beets (see recipe), 1/2 cup cut up green beans and 1/2 small zucchini dressed with 1 1/2 tsp each extra virgin olive oil and fresh lemon**
- **Cup of herb tea.**

Midafternoon Snack:

- **1/2 small sweet potato, steamed**

Supper:

- **4 oz (1/2 cup) fresh beet and carrot juice, flavoured with fresh ginger**
- **1 1/2 cups Alkaline Soup with 1/2 cup of the vegetables from the soup**
- **1/2 portion Sesame Quinoa with Bok Choy and Shittake Mushrooms (see recipe), omitting the mushrooms**
- **Cup of herb tea**

DAY 7 - this is the day you do your Liver Cleanse

Breakfast - same as Day 3

Midmorning Snack: 1 small apple

Lunch: - same as Day

Supper:

- **If you are doing the Liver Cleanse, take nothing but liquids after 2 pm. If you are not, have a bowl of the Alkaline Soup with 1/2 cup of the cooked vegetables from the soup and your choice of steamed vegetables.**
- **After dinner have a cup of herb**

LIVER CLEANSE

Step 1
Follow the One Week Intensive Diet but starting the very first day, in addition to 2 liters of water and herb tea, you must also drink 1 to 1 1/2 liters of unsweetened apple juice or fresh cider each day.

Step 2
On Days 5, 6 and 7, when you wake up, drink a glass or two of plain warm water.
Fifteen minutes later take 2 Tbsp extra virgin olive oil blended with 2 Tbsp fresh organic lemon juice.
Wait half an hour before eating breakfast.

Step 3
On the final (7th) day of the One Week Intensive Diet, you may have breakfast and lunch, but no supper.
Do not eat or drink anything except water after 2pm.

At 6pm Dissolve 4 Tbsp (1/4 cup) Epsom salts in 3 cups of water. Divide into 4 portions of 3/4 cup each. Drink the first portion at once. Since the salts are bitter and bitterness is detected on the back of the tongue, you may find it easier to gulp the potion down with a large straw. You may also take a few sips of water or suck on a slice of lemon to get rid of the unpleasant taste.

8pm. Drink your second 3/4 cup of Epsom salts

9:30 pm. If you haven't had a bowel movement yet, take a warm enema; this will trigger a series of bowel movements.

9:45 pm: Squeeze enough grapefruit to obtain 3/4 cup strained juice - no pulp. Put the juice in a jar with ½ cup extra virgin olive oil. Cover and shake well until emulsified. Your goal is to drink this mixture at 10:00 but if you still need to visit the bathroom a few mor etimes, you can delay it for 10-15 minutes. Once you take your last dose for the evening, you need to go straight to bed. Also prepare a hot water bottle, just in case.

10:00 pm Stand next to your bed, don't sit. Quickly give the olive oil-grapefruit juice cocktail another shake and drink it down quickly, if possible in one go. If you can't, you may, as before, use a large straw. You may also use a little natural brown sugar to chase it down between sips; however, the whole drink must be consumed within 5 minutes.

Immediately, lie down and do not get up for at least 20 minutes; otherwise you may not be able to release any 'stones' in the liver or gall. Turn off the lights and lie on your back with your head up high. Use an extra pillow or two to keep your upper body elevated; you should sleep practically sitting up. If you experience any nausea, roll to your right side, keeping your head high and tuck your knees in slightly toward your chest; this should provide relief. If not, press the hot water bottle gently against your live, which is in the upper right side of your abdomen. Try to relax, focus on your liver and visualize the heavy mixture you have just drunk, pushing the garbage out of your live and gallbladder. You must remain perfectly still for at least 20 minutes. This allows time for the fatty stones to move along the bile ducts and prepare to pass into the stool. You should experience no pain. All the preparations you have made and the Epsom salts will keep the bile duct valves wide open and thin the bile fluid. Go to sleep if you can.

If at any time during the night you feel the need to have a bowel movement, go to the bathroom. When you are done, check to see if there are any small stones, which may be green or tan coloured, floating in the toilet. You may feel slightly nauseated during the night or in the early morning, but if you do, it will not last long.

Step 4
6:00 - 6:30 am. Upon awakening (but not before 6am) drink your third 3/4 cup of dissolved Epsom salts.

If you are very thirsty when you wake up, you may first drink a glass of warm water before taking the salts. Rest and relax. You may feel a little low, but this will pass later on in the morning. This is a very good time to meditate. If you are sleepy, go back to bed.

8:00-8:30am Drink the 4th and last 3/4 cup of Epsom salts mixture; then simply rest. From the time you wake up until about 9am, you may go to the bathroom many times. Most of what you evacuate will be watery, but filled with little stones, about the size of small peas, but there may be a few larger ones also.

10:00-10:30 am. Slowly drink a small glass of freshly squeezed fruit juice of your choice. A half hour later, you may eat a piece of fruit. Then at noon, have a light lunch, preferably one very low in protein and fat. See the first day of the first week of the Detox diet – that would be ideal.

RECIPES

Tbsp = Tablespoon
tsp = teaspoon

SNACKS

Avocado Cheese Melt

- **1 thin slice of spelt of whole grain bread**
- **1/2 tsp extra virgin o live oil**
- **1/4 ripe avocado**
- **Lemon wedge**
- **Pinch of seasalt**
- **2-3 paper thin slices of cheese (goat cheese is best)**

Toast the bread lightly, drizzle oil over the toast. Slice avocado as thinly as possible and arrange it on top of the toast. Season lightly with lemon juice and seasalt.
Drape cheese over avocado and put under hot broiler for a couple of minutes or broil in a toaster oven until cheese melts.

Baba Ghanoush makes about 2 cups

- **2 large eggplants (about 1 pd each)**
- **1/4 cup tahini (sesame seed paste)**
- **1/4 cup extra virgin olive oil**
- **2-3 Tbsp fresh lemon juice**
- **1 small garlic clove, minced**
- **1 Tbsp chopped flat leaf parsley**
- **Seasalt and fresh ground black pepper**

Preheat oven to 425^{O}F. With the tip of a small knife, prick the eggplants all over, Place on a baking sheet and roast, turning once for 50-60 minutes until the eggplants have collapsed slightly and are very soft throughout. Remove from the oven and let cool to room temperature.
Cut the eggplants in half lengthwise. Scoop the eggplant pulp from the skin and drain in a sieve for about 10 minutes to remove excess liquid.
Transfer the eggplant to a food processor. Add the tahini, olive oil, lemon juice, garlic and half the parsley.
Puree until smooth. Season with salt and pepper.
Serve with a little of the remaining chopped parsley sprinkled on top.

Sesame-Ginger Eggplant Spread makes about 1 3/4 cups

- **1 pound small Asian eggplants, skins on**
- **4 1/2 Tbsp extra virgin olive oil**
- **1 Tbsp organic wheat free tamari**
- **1 Tbsp honey**
- **1 Tbsp rice vinegar**
- **1 Tbsp finely minced fresh ginger**
- **11 garlic cover, minced**
- **2 tsp Asian sesame oil**
- **2 Tbsp toasted sesame seeds**

Wash and dry eggplants. Trim off stem ends, slice crosswise on a diagonal into 1/4 inch ovals.
In a wok or large skillet, heat 1 1/2 Tbsp olive oil over med-high heat. Add eggplant and sauté, turning until softened and lightly browned (3-5 min). Repeat with the same amount of olive oil and remaining eggplant slices.

As they are done, set aside on paper towels to drain.
In small bowl combine tamari, honey, rice vinegar.
Using clean wok or large skillet, heat remaining oil over medium heat, add ginger and garlic, stir fry for about 30 seconds. Add tamari and stir briefly. Return all the fried eggplant to the plan and stir quickly to coat the slices with the sauce. Remove from the heat, transfer to a bowl.
Drizzle sesame oil over eggplant and mash with a fork to make a coarse spread. Let cool.
To serve, stir half the sesame seeds into the eggplant spread. Transfer to a serving bowl, sprinkle the remaining seeds on top.

Sweet Potato-Pine Nut Spread **makes 1 cup**

- **1 large sweet potato or yam**
- **2 Tbsp pine nuts**
- **1-2 Tbsp maple syrup**
- **1 Tbsp sunflower oil**
- **1/4 tsp cinnamon**
- **Pinch seasalt**

Preheat oven to 400^{O}F. Prick sweet potato in several places with a tip of a knife or fork. Bake about 45 minutes until very tender. Remove from oven and let cool slightly. Scrape sweet potato from the skin.
In small dry skillet, toast the pine nuts over medium heat, shaking the pan to stir the nuts until they are fragrant and lightly toasted, about 3 minutes.
In food processor (small one), combine the baked sweet potato and toasted pine nuts. Puree until smooth. Add 1 Tbsp maple syrup, oil, cinnamon and salt. Puree to blend. Taste and add up to 1 more Tbsp maple syrup if needed.

Guacamole with Baked Tortilla Chips **makes 1 1/4 cup**

- **2 ripe avocados**
- **1 ripe tomato, finely diced**
- **1/4 to 1/2 teaspoon grated lime or lemon zest**
- **1 1/2 tsp freshly squeezed lime or lemon juice**
- **1 small garlic clove, minced**
- **1 serrano chile, seeded and minced (optional)**
- **Seasalt to taste**
- **Baked Tortilla Chips (recipe follows) or your favorite**
- **brand.**

Cut each avocado in half lengthwise. Twist halves in opposite directions to separate. Remove, discard pits.
Scoop out meat of the avocado into a bowl, mash coarsely with a fork.
Add the tomato, lime zest, lime juice, garlic and chili.
Mix well. Season very lightly with salt. Serve with Baked Tortilla Chips.

Baked Tortilla Chips **allow one 6" tortilla for each person**

- **6" organic corn tortillas**
- **Grape seed oil or extra virgin olive oil**

Preheat oven to 350^{O}F. Brush tortilla lightly on both sides with oil. Cut in half, then divide each half in thirds to make 6 triangles from each.
Spread out the tortilla chips in a single layer in a large baking sheet and bake for about 10 minutes until crisp.

Lemony Hummus with Toasted Cumin Seeds **Makes about 3 cups**
You can use half this recipe if you want a smaller amount.

- **1 tsp cumin seeds or ½ tsp ground cumin**
- **2 cups cooked chickpeas, rinsed and drained**

- **1/3 cup tahini (sesame seed paste)**
- **1/2 tsp grated lemon zest**
- **2-3 Tbsp fresh lemon juice**
- **3 Tbsp extra virgin olive oil**
- **1 tsp seasalt**
- **Paprika, sweet or hot to taste**

In small dry skillet, toasted cumin seeds over medium heat, shaking the pan once or twice, until they are lightly browned and fragrant (2-3 minutes). Transfer to a mortar and crush lightly, or grind in a spice grinder or mini food processor.
Combine chickpeas, tahini, lemon zest, 2 Tbsp of lemon juice, olive oil, salt and toasted cumin seeds in a food processor or blender. Add 1/2 cup warm water and puree until smooth.
Season with more lemon juice and additional salt to taste. Transfer to a bowl and serve at room temperature, with a dusting of paprika on top.

Herbed Yogurt Cheese **makes about 1 cup**
Good stuffing for raw vegetables or as garnish on top of soup or stew.

- **1 cup Yogurt Cheese (see recipe)**
- **1 Tbsp minced fresh chives**
- **1 Tbsp finely chopped fresh parsley**
- **1 Tbsp minced fresh dill or basil**
- **Coarsely cracked black pepper**

Mix all together, blend well. Cover and refrigerate for up 2 days before serving.

Yogurt cheese **makes about 1 cup**

- **2 cups (1 pint) plain goat or sheep yogurt**

Line a fine sieve with a double thickness of damp cheesecloth. Place sieve over a deep bowl to catch the whey. Be sure sieve does not touch the bottom of the bowl.
Without stirring, gently spoon the yogurt into the sieve and let drain, covered, in the refrigerator until thickened, but still soft (24-48 hr). Drain the whey. If made in advance, cover and refrigerate the yogurt cheese for up to 1 week.

Pita Pizzettes with Basil Goat Cheese and Black Olive Tapenade

- **If fresh basil is not available, use oregano, chives,**
- **thyme or parsley or a combination of any of these.**
- **4 oz soft white goat cheese (room temperature)**
- **1 Tbsp coarsely chopped fresh basil**
- **Seasalt and freshly ground pepper**
- **4 organic sprouted wheat or whole wheat pita pockets**
- **4 tsp extra virgin olive oil**
- **8 tsp black olive tapenade (olive spread)**

Preheat oven to 375^{O}F. Set rack in the top position. In small bowl blend goat cheese with the basil. Season with salt and pepper to taste, keeping in mind that the tapenade can be very salty.
Lay the pitas on a baking sheet and brush each one with about 1 tsp extra virgin olive oil. Bake about 3 minutes to crisp slightly. Remove from oven and let cool briefly.
Divide goat cheese mixture amount the 4 pitas, spread it to within 1/2 inch of the edges of the bread. Drop 4 1/2 tsp dollops of tapenade on top of the goat cheese on each of the pitas. Swirl lightly with the back of a spoon.
Return to the oven and bake 5 minutes until warmed through.

Spiced Steamed Chickpeas **makes about 1 1/2 cups**

- **1/2 cup dried chickpeas (rinse, pick out unsuitable ones)**
- **1 Tbsp extra virgin olive oil**
- **1/4 tsp ground cumin**

- **1/4 tsp pepper or dash of cayenne**
- **Coarse seasalt**

Put chickpeas in medium bowl, add enough cold water to cover by at least 1 1/2 inches. Let soak, changing the water several times, for at least 12 or up to 48 hours. If you soap chickpeas longer than 12 hr be sure to refrigerate them and don't forget to keep changing the water.
Steam chickpeas over boiling water until tender (25-30 min).
In medium skillet heat olive oil with cumin and pepper.
When nice and hot, add chickpeas, toss to coat them with the oil. Season with salt to taste and serve hot.

Lemon-Rosemary White Bean Spread **makes 1 1/4 cups**

- **1/4 cup extra virgin olive oil**
- **1 tsp minced rosemary**
- **Grated zest and juice from 1 lemon**
- **1/4 tsp freshly ground pepper**
- **1 1/2 cups cooked cannelli or other white beans**
- **seasalt**

In a small heavy saucepan combine the oil, rosemary, lemon zest and pepper. Over low heat, bring the mixture to where the oil just begins to bubble. Remove from heat and let steep for 10-15 minutes.
Puree the beans and while the machine is on, add the oil with the rosemary and lemon zest (through the feed tube). Continue to process for at least 1 full minute so the spread is smooth and light.
Blend in the lemon juice and season with salt to taste.
Transfer to a covered container and refrigerate for several hours before using.

White Bean and Arugula Spread with Olives and Sun-Dried Tomatoes
makes about 2 cups

- **2 cups cooked or canned white beans**
- **3-4 Tbsp extra virgin olive oil**
- **1 Tbsp fresh lemon juice**
- **Freshly ground pepper**
- **1/3 cup coarsely chopped Kalamata olives**
- **1/3 cup coarsely chopped arugula or 3 Tbsp chopped parsley**
- **1/4 cup finely diced sundried tomatoes**

In large bowl, mash beans coarsely with a fork or potato masher.
Add olive oil and lemon juice and mix well to make a moist, coarse paste. Season generously with pepper.
Add olives, arugula, and sundried tomatoes.
Stir to distribute evenly.

SOUPS

Alkaline Soup **makes7 cups liquid,**

- **3 1/2 cups veg**
- **1 1/2 cups finely diced zucchini**
- **1 cup thinly cut green beans (about 4 oz)**
- **3/4 cup finely diced celery root or 2 celery ribs**
- **3/4 cup finely diced peeled carrots**
- **Seasalt (optional once you are on maintenance)**

Put all into large pot with 2 quarts pure spring water.
Bring to a boil, skim off any scum that forms on top.
Reduce to a simmer, partially cover the pot and coot the vegetables for 10-12 minutes or until they are soft.
Remove from heat, let stand covered for 10 minutes.

Once you are on Maintenance you may season the broth with seasalt to taste.
You can double or triple the recipe so you have enough for 2-3 days - keep in the refrigerator or freeze the dosages for future use.

Cold Avocado and Cucumber Soup 4 servings

- **1 large seedless cucumber (or 2 regular cucumbers)**
- **2 ripe avocados**
- **1 1/2 cups plan rice milk**
- **1 1/2 Tbsp fresh lemon juice**
- **1 Tbsp chopped fresh dill**
- **Seasalt, cayenne**

Peel cucumber, cut in half lengthwise, scoop out any seeds with large spoon. Thickly slice cucumber halves.
Halve and pit the avocados. Scoop out the avocado.
Place the cucumber and avocado in blender or food processor. Add rice milk, lemon juice and dill. Puree until smooth. Season with seasalt and dash of cayenne.
Transfer to a covered container and chill before serving.

Ruby Beet Soup 6 servings

- **2 Tbsp extra virgin olive oil**
- **1/4 cup chopped leek**
- **3 medium beets, peeled and cut into 1" chunks**
- **2 medium carrots, peeled and thickly sliced**
- **6 cups vegetable or chicken stock**
- **Grated zest and juice from 1/2 orange**
- **Grated zest and juice from 1/2 lemon**
- **2 Tbsp minced fresh dill**
- **1 1/2 Tbsp minced fresh chives**
- **Seasalt, freshly ground pepper**
- **6 Tbsp plain goat yogurt**

Heat oil in large saucepan over medium heat. Add leek and cook until softened 2-3 minutes.
Add beets, carrots, stock. Bring to a boil, reduce heat to med-low, cover, cook for 25-30 minutes until the beets are tender. Remove saucepan from the heat, uncover and let cool for 15 minutes.
In blender or food processor, puree the soup in batches until smooth. Do not overfill, because this will be messy if it flies out.
Return pureed soup to saucepan. Add grated orange and lemon zest and half the dill and chives. Season with salt and pepper to taste. Simmer for 5 minutes.
Stir in the orange and lemon juice and serve hot or cold, with a dollop of yogurt and the remaining herbs sprinkled on top.

Quick Broccoli Soup 6 servings

- **1 head broccoli (1 1/4 - 1 1/2 pd)**
- **3 Tbsp extra virgin olive oil or unsalted butter**
- **1/4 cup thinly sliced leek**
- **2 Tbsp spelt flour (or 1 small potato cooked and mashed)**
- **5 cups vegetable steaming water or organic broth**
- **1/4 tsp freshly grated nutmeg**
- **3-4 Tbsp heavy cream**
- **Seasalt and freshly ground pepper**

Trim off bottom of broccoli stems. Cut the florets off stems, divide into small pieces. Peel stems and cut into 1/2 inch pieces.
In large saucepan heat oil or melt butter over medium heat. Add leek, cover and cook for 3 minutes.
Uncover, add flour and cook, stirring for 1-2 minutes without allowing it to colour.

Whisk in 1 cup of vegetable water or broth and bring it to a boil, whisking until liquid is smooth and thickened.
Whisk in the rest of the broth. Add broccoli stems and nutmeg, bring to a boil. Reduce the heat slightly and cook, partially covered for 10 minutes.
Add the broccoli florets and cook for 3 minutes. Add cream and remove from the heat. Puree right in the pot with an immersion stick blender, or in batches as necessary in a blender or food processor. Season with seasalt and pepper to taste.
Reheat if necessary before serving.

Carrot-Ginger Soup 4-6 servings

- **2 Tbsp extra virgin olive oil**
- **1/4 cup thinly sliced white of the leek**
- **2 tsp minced fresh ginger**
- **5 medium carrots, peeled and sliced**
- **1 1/2 tsp curry powder or 1 tsp ground cumin**
- **6 cups vegetable or chicken broth**
- **Seasalt**

Heat oil in large saucepan over med-low heat. Add leek and ginger, cover, and cook for 3 minuets. Add carrots and carry, raise heat to medium-high and cook, stirring often for 2 minutes.
Add broth, bring to a boil. Reduce heat to low, cover and simmer for 20 min or until carrots are very tender.
Remove from heat, uncover, and let the soup cool for 15 minutes.
Puree the soup. Reheat the soup and season with salt to taste before serving.

Cauliflower-Celery Root Bisque 4-6 servings

- **3 Tbsp extra virgin olive oil**
- **1/4 cup minced leek (white and pale green)**
- **1 large celery root, peeled and cut into 3/4" pieces**
- **6 cups vegetable or chicken broth**
- **1 head of cauliflower, trimmed into florets**
- **3 Tbsp heavy cream**
- **Seasalt and fresh grated nutmeg**
- **Dash of cayenne**

In large saucepan heat oil over medium heat. Add leek and cook, stirring until softened 3-5 minutes.
Add celery root, stir to coat with oil. Pour in the broth and bring to a boil. Reduce the heat and simmer, partially covered for 10 minutes.
Add cauliflower and continue to cook for 10-15 minutes longer, or until all the vegetables are soft.
Add cream to soup. Puree in the pot with an immersion stick blender (or in batches in blender or food processor).
Season with seasalt, nutmeg, and cayenne to taste.

Silky Chestnut and Parsnip Bisque with Fennel 4-6 servings

- **2 Tbsp extra virgin olive oil**
- **3 Tbsp thinly sliced leek (white and pale green)**
- **1 tsp fennel seeds, lightly crushed**
- **1 small fennel bulb, coarsely chopped**
- **2 medium-large parsnips, peeled and diced**
- **1 cup cooked, peeled chestnuts (or cashews)**
- **6 cups vegetable or chicken broth**
- **3 Tbsp heavy cream**
- **Seasalt and fresh ground pepper to taste**

Heat oil in large saucepan over medium heat.
Add leek, fennel seeds and fresh chopped fennel.
Cook, stirring until leek and fennel are slightly softened, about 3 minutes.

Add parsnips and chestnuts. Pour in broth and bring to a boil. Reduce heat, simmer partially covered, until parsnips are soft, about 20 minutes.
Add cream. Puree the soup.
Before serving, reheat over medium-low heat and season with seasalt and pepper.

Sweet Corn and Potato Chowder 6 servings

- **3 ears of fresh corn (or you can use frozen niblets)**
- **3 Tbsp unsalted butter**
- **3 Tbsp minced white of leek**
- **2 medium large potatoes (3/4 to 1 pd), peeled and cut into 1/2 inch dice**
- **1 tsp savory or thyme leaves**
- **2 cups vegetable or chicken broth**
- **Seasalt and fresh ground pepper**

In large saucepan, bring 6 cups pure water to a boil.
Add corn, cook until just tender, about 3 minutes.
Remove corn, reserving water in the pan.
As soon as corn is cool enough to handle, use large, sharp knife to cut kernels from cobs. Run back of knife down cobs, pressing firmly to squeeze out the rest of the corn 'cream'. Return the cobs to the water and boil for 10-15 minutes. Strain, reserving the corn stock.
In the clean large saucepan, melt the butter over medium heat. Add the leek and cook until softened, about 3 minutes.
Add potatoes and savory and pour in the broth and corn stock. Bring to a boil, reduce the heat, and cook until the potatoes are tender 10-15 minutes. Add the corn kernels and 'cream' and cook for 2-3 minutes longer.
Scoop out 1 1/2 cups of the soup and puree in a blender or food processor. Return to the pot. Simmer 5 minutes. Season with salt and pepper to taste. Serve hot.
If the chowder is not as thick as you like it, dissolve 1-2 tsp cornstarch in 1/4 cup cold water, stir into the boiling soup and it will thicken within 1-2 minutes.

Lentil Soup 6 - 8 servings

- **3 Tbsp extra virgin olive oil**
- **2 celery ribs, finely diced**
- **2 medium carrots, peeled and finely diced**
- **2 medium white turnips, peeled and finely diced**
- **1 cup lentils**
- **6 cups vegetable or chicken broth**
- **1 dried chipolte chile**
- **1 tsp thyme leaves, pref. fresh**
- **1 whole clove, crushed**
- **2-3 tsp cider vinegar**
- **Seasalt and freshly ground pepper**

Heat oil in large saucepan over medium heat. Add celery, carrots and turnips and stir to coat with the oil. Cover and cook for 3-5 minutes to soften slightly.
Add the lentils and stir to mix them with oil and vegetables. Add the broth, chile, thyme, clove and 2 cups of water. Bring to a boil, reduce heat, simmer partially covered for 10 minutes. Remove and discard the chile. To make soup spicier, leave it in for another 5-10 minutes.
Continue to cook soup until lentils are tender (25-35 min longer). Stir in vinegar and season with salt and pepper to taste.

Millet and Vegetable Soup 4 servings

- **1 cup millet**
- **2 Tbsp extra virgin olive oil**
- **2 medium carrots, peeled and halved**

- **1 small celery root, peeled and cut into large chunks (or**
- **use 2 celery sticks)**
- **2 tsp vegetable bouillon powder**
- **1 Tbsp chopped fresh chervil, lovage or parsley**

In large saucepan, toast millet in oil over medium heat, stirring often until millet is fragrant but not browned, about 3 minutes.
Pour in 6 cups pure water. Add carrots, celery root and vegetable bouillon. Bring to a boil, reduce the heat to medium-low, and cook until the vegetables and millet are soft, 20-25 minutes.
With a large slotted spoon, transfer the vegetable pieces to a cutting board. Let them cook, then cut into fine dice and return to the soup. Reheat before serving and garnish with coarsely chopped chervil.

Minestrone 6 servings

- **3 Tbsp extra virgin olive oil (plus more for serving)**
- **1 small leek (white and tender green), chopped**
- **1 large carrot, peeled and diced**
- **1 large celery rib, diced**
- **1 Tbsp tomato paste**
- **1 tsp dried oregano**
- **Seasalt and fresh ground pepper**
- **2 medium organic red potatoes, scrubbed and diced**
- **4 oz green beans, trimmed and cut into 3/4" lengths (about 1 cup)**
- **1 medium zucchini, trimmed and diced**
- **3 Tbsp chopped fresh basil**
- **Grated Romano or Parmesan Cheese**

Heat oil in large soup pot over medium heat. Add leek, carrot, celery. Cover and cook until leek is softened about 3 minutes. Add tomato paste and oregano and cook for 2 minutes longer.
Pour in 8 cups pure water, bring to a boil, stirring to dissolve the tomato paste. Season with 1 tsp seasalt and 1/4 tsp pepper. Add potatoes, reduce the heat to med-low and cook, partially covered for 10 minutes. Add green beans and cook for 5 minutes. Add zucchini and half the basil and cook for 5 minutes longer or until zucchini is just tender. Season with additional salt and pepper to taste.
When serving, sprinkle remaining basil on top, pass bowl of grated romano cheese and cruet of olive oil to drizzle on top.

Sweet Pea Soup with Fresh Mint 6 servings

- **2 Tbsp extra virgin olive oil**
- **2 Tbsp minced leek (white part only)**
- **2 celery ribs, chopped**
- **6 cups vegetable or chicken broth**
- **2 pounds frozen baby peas, thawed**
- **1/4 cup lightly packed fresh mint leaves**
- **Seasalt and freshly ground pepper**

Heat oil in large saucepan over medium heat. Add leek and celery, cook until slightly softened, about 3 minutes.
Add broth and peas and bring to a boil. Immediately remove from heat so the peas don't overcook. Pour in cream and add mint. Let soup stand until cooled slightly.
Puree soup. Season with salt and pepper to taste.
Reheat gently and strain through a mesh sieve, if desired, for an absolutely smooth texture before serving.

Baked Potato and Fennel Soup 6 servings

- **2 medium large potatoes, peeled and quartered**

- **2 medium large fennel bulbs, trimmed and thickly sliced**
- **1 small leek (white and tender green), thinly sliced**
- **3 Tbsp extra virgin olive oil**
- **Seasalt and fresh pepper**
- **6 cups vegetable or chicken broth.**

Preheat the oven to 375oF. In large baking dish toss the potatoes, fennel and leek with 2 Tbsp olive oil. Season lightly with salt and pepper. Roast the vegetables for 30 minutes or until they are tender and the fennel is lightly coloured.
Puree the roasted vegetables with the broth until smooth. Pour it back into the saucepan and bring to a boil, then reduce the heat and simmer 5 minutes.
Season with salt and pepper to taste.
Ladle into bowls and drizzle 1/2 tsp olive oil on top of each serving.

Roast Butternut Squash Soup 6 servings

- **1 butternut squash (1 1/2 to 2 pd)**
- **3 Tbsp extra virgin olive oil**
- **1 Tbsp chopped fresh ginger**
- **1/4 tsp ground allspice**
- **6 cups vegetable or chicken broth**
- **1 bay leaf**
- **Seasalt and pepper**

Preheat oven to 350^{O}F. Split squash lengthwise in half, scoop out seeds. Place cut-side down on an oiled baking sheet.
Bake squash for 45 minutes or until tender. As soon as it is cool enough to handle, scoop the flesh from the skin and reserve.
Heat oil in large saucepan over medium low heat. Add ginger and allspice and cook 2 minutes. Add squash, broth, bayleaf, and 1 cup pure water. Bring to a boil, reduce heat and simmer, partially covered for 20 minutes.
Remove and discard bay leaf. Puree soup until smooth.
Reheat if necessary. Season with salt and pepper to taste before serving.

Rosemary Squash and Pear Soup 6 servings

- **1/2 buttercup squash (2 pd)**
- **3 Tbsp extra virgin olive oil**
- **1 Med. leek (white and pale green part), chopped**
- **2 pears, peeled, cored and cut into chunks**
- **2 tsp minced fresh rosemary, plus small sprigs for garnish**
- **1/2 tsp freshly grated nutmeg**
- **1/2 tsp seasalt**
- **Dash cayenne**
- **4 cups chicken broth**
- **1/4 cup heavy cream or soy creamer**
- **2 tsp honey**

Preheat oven to 375^{O}F. Roast the squash cute side down until tender (35-40 min). When cool enough to handle, scoop out and discard any seeds and membranes. Remove skin, cut squash into large chunks.
In large casserole or soup pot, heat oil over medium heat. Add leek, cook until softened (about 3 min). Add pears and season them with the minced rosemary, nutmeg, seasalt and dash of cayenne. Add the squash and pour in enough broth to cover. If necessary add additional stock or water.
Bring to a boil, reduce heat, and simmer, partially covered, until pears are soft, about 20 minus. Add cream and honey. Puree soup until smooth.
Reheat and season with additional salt and cayenne to taste. Serve garnished with a small sprig of rosemary.

White Bean Soup 6 servings

- 3 Tbsp extra virgin olive oil, plus more for serving
- 2 medium carrots, peeled and finely diced
- 2 medium celery ribs, finely diced
- 1 garlic clove, minced (optional)
- 2 tsp finely chopped fresh winter savory (or thyme leaves)
- 2 cups cooked or canned white beans
- 6 cups vegetable broth
- 1 Tbsp rice vinegar or apple cider vinegar
- Seasalt and freshly ground pepper

Heat oil in soup pot.
Add carrots, celery, garlic, and savory. Cook, stirring until celery softens (about 3-5 min).
Add beans, stir to mix in. Pour in the broth. Bring to a boil. Reduce heat to low, partially covered and simmer 20 minutes.
Scoop out 2-3 cups of the soup with the beans and puree, return the puree to the pot. Simmer for 5 minutes longer.
Add vinegar and season with salt and pepper. Serve hot and pass the extra virgin olive oil at the time to drizzle on top.

Organic Vegetable Broth makes 8 cups

- 2 large celery ribs, chopped
- 1 large zucchini, sliced
- 1 large carrot, peeled, and chopped
- 1 leek with 1" green top, washed well, trimmed and chopped
- 1 celery root, peeled and chopped (or 2-3 celery stalks chopped)
- 1 bay leaf
- 6 large sprigs Italian parsley
- 6 sprigs fresh thyme
- 1 tsp whole black peppercorns
- Seasalt

Combine all except the salt in a large pot. Add 8 cups pure water. Bring to a boil, reduce heat, simmer for 1 hr. If liquid reduces too much, add more water.
Add salt. Strain into a bowl, then ladle into plastic containers and refrigerator or freeze until needed.
Stock will keep well in the refrigerator for up to 4 days and in the freezer for up to 2 months.

SALADS

Argula Salad with Glazed Figs and Goat Cheese 4 servings

- 4 cups loosely packed arugula, tough stems removed
- 1 1/2 Tbsp extra virgin olive oil
- 4 Glazed Figs with Honey and Cashews
- 2 oz mild white goat cheese cut into 4 rounds at room
- temperature
- 1 lime
- Coarsely cracked black pepper

Toss argula with olive oil and vinegar. Divide among 4 plates.
Arrange a glazed fig on each plate along with a round of goat cheese.
Squeeze lime juice over figs and garnish each salad with a light sprinkling of coarsely cracked pepper.

Glazed Figs with Honey and Cashews

- **4 fresh figs, black or green**
- **4 tsp honey**
- **3 Tbsp chopped cashews**

Preheat broiler. Slice figs from top to bottom, leaving them just slightly attached at the base. Fan them out to open up the slices as much as possible and arrange on a lightly oiled baking sheet. Drizzle 1 tsp honey over each fig.
Broil about 4" from the heat for 2 minutes or until honey is just melted and the figs are hot, careful not to burn them.

Avocado Salad with Strawberry Sauce **serves 4**

- **12 strawberries**
- **2 Tbsp sunflower oil**
- **1 Tbsp balsamic vinegar**
- **2 tsp fresh lemon juice**
- **2 avocados**

Rinse and dry the argula. Trim off any tough stems at the bottom. Make 4 small bouquets of the argula and place to one side of each of 4 plates.
In a blender or mini food processor, combine 8 of the strawberries with the sunflower oil, balsamic vinegar and lemon juice. Puree until strawberry dressing is smooth.
Cut each avocado in half and remove the pits. With a large spoon or avocado peeler, scoop out each avocado half in one piece. Cut the avocado halves lengthwise into slices and fan out on the plates. Drizzle about 1 Tbsp of the dressing over each avocado half and garnish each plate with 1 of the remaining strawberries, halved or sliced. Pass the remaining dressing.

Avocado, corn and Black Bean Salsa **makes 1 1/2 cups**

- **1 tsp cumin seeds**
- **1 large ripe but firm avocado**
- **Juice of 1 lime**
- **1/2 cup cooked or canned black beans**
- **1/2 cup corn kernels (fresh, canned or thawed frozen)**
- **1/3 cup finely diced red bell pepper**
- **1 Tbsp sunflower oil**
- **2 tsp chopped fresh oregano or parsley**
- **1 jalapeno pepper minced (pickled or fresh) - optional**

In small skillet toast cumin seeds over medium heat until fragrant and lightly browned (2-3 min). Let cook slightly, then crush coarsely.
Split the avocado in half, remove the pit. Scoop out the avocado and finely dice.
In a bowl, toss the avocado with the lime juice to prevent discoloration. Add the toasted cumin and all the rest of the ingredients. Toss lightly to mix.

Celery Remoulade **4-6 servings**

- **1 small celery root**
- **1/4 cup extra virgin olive oil**
- **3 Tbsp fresh lemon juice**
- **1 tsp Dijon mustard**
- **Seasalt and freshly ground pepper**

Cut away the tough outer skin of he celery root and cut the vegetable into pieces that will fit into the tube of your food processor - shred with the grating disk (can do manually with box shredder if you don't have a food processor).
In mixing bow, whisk the oil, lemon juice and mustard together, add the shredded celery root, toss well to mix and season with salt and pepper to taste.

Crunchy Salad with Sunflower Seeds and Zesty Sprouts - serves 4

- **8 large radishes, thinly sliced**
- **2 medium carrots, peeled and thinly sliced**
- **1 medium green bell pepper or 1/2 green and 1/2 red, cut into very thin slices**
- **2 cups lightly packed zesty sprouts, such as radish and alfalfa sprouts (about 2 oz**
- **1/3 cup Sesame-Ginger Vinaigrette**
- **1/4 cup sunflower seeds**
- **1 Tbsp sesame seeds**

In salad bowl combine the radish, carrot and bell pepper. Shake sprouts over salad to distribute evenly. Drizzle on the dressing, toss to mix. Let stand 5-10 minutes so dressing can mingle.
Add sunflower seeds, toss again. Divide salad among 4 plate, sprinkle sesame seeds on top.

Sesame-Ginger Vinaigrette

- **1/2 cup extra virgin olive oil**
- **1/4 cup rice vinegar**
- **3 Tbsp Asian sesame oil**
- **1 tsp organic wheat-free tamari**
- **1 tsp minced fresh ginger**

Put all ingredients into a jar, close lid tightly and shake.

Shredded Beet and Carrot Salad 4-6 servings

- **2 medium small beets**
- **2 large carrots**
- **1 1/2 Tbsp balsamic vinegar**
- **1 1/2 Tbsp sunflower oil.**

Peel vegetables and shred with hand grater or food processor. Toss with vinegar and oil. Serve at once or cover and refrigerate for up to 3 days.

Marinated Roasted Beets makes 1 1/2 cups

- **1 pd fresh beets**
- **2 Tbsp balsamic vinegar**
- **2 tsp sunflower oil**

Preheat oven to 400^{O}F. Rinse beets well, wrap them in a double thickness of aluminum foil. Roast 45-60 minutes depending on the size (beets should be just tender).
Let beets cool then trim tops and bottoms, rub off the skin. Cut beets into whatever size dice you like, or into slices.
Toss beets with vinegar and oil. Let stand at room temperature for at least 1 hr before using, or cover and refrigerate up to 5 days.

Asian Sesame Slaw 4-6 servings

- **1/4 medium to large green cabbage**
- **2 Tbsp rice vinegar**
- **1 Tbsp fresh lemon juice**
- **1/2 tsp coarse seasalt**
- **1 Tbsp sesame seeds**

Either thinly slice the cabbage or shred in a food processor. There should be about 6 cups.
In medium size bowl combine the shredded cabbage with the rice vinegar, lemon juice, sesame oil, salt and half the sesame seeds. Toss to mix.
Eat at once while crisp. or cover and refrigerate for up to 3 days.
Garnish with the remaining sesame seeds just before eating.

Corn, Rice and Pea Salad 4-6 servings

- **1 cup basmati or jasmine rice**
- **2 Tbsp rice vinegar**

- **1 Tbsp fresh lime juice**
- **2 Tbsp sunflower oil**
- **Seasalt, fresh ground pepper**
- **1 1/2 cups corn kernels (fresh or frozen)**
- **1 cup frozen baby peas (thawed)**
- **1 1/2 Tbsp minced fresh chives**

Cook rice in 1 3/4 cups lightly salted water until tender, about 15 minutes. Transfer to a bowl to let cool. Toss warm rice with the vinegar, lime juice and sunflower oil. Season with salt and pepper to taste. Add corn, peas and chives and toss lightly to mix.
Serve at room temperature.

Green Beans with Thai-Style Sesame Sauce 3-4 servings

- **1/2 pound green beans, preferably small, cut into 1" lengths**
- **2 Tbsp natural cashew butter**
- **1 Tbsp Asian sesame oil**
- **1 Tbsp rice vinegar**
- **2 tsp honey**
- **1 1/2 tsp organic wheat-free tamari or Braag**
- **1 tsp grated fresh ginger**

Steam green beans over boiling water or until just ender.
In a medium bowl, blend together the cashew butter, sesame oil, vinegar, honey, tamari, and ginger. Add beans and toss to coat. Serve at room temperature.

Fava Bean and Artichoke Salad 4-6 servings

- **2 globe artichokes**
- **3 Tbsp fresh lemon juice**
- **2 cups shelled fava beans, from about 2 pd fresh (use thawed frozen)**
- **1/4 cup extra virgin olive oil**
- **2 Tbsp coarsely chopped fresh mint or parsley**
- **2 Tbsp coarsely chopped fresh mint or parsley**
- **1 small garlic clove, minced**
- **1/2 cup sun-died tomato strips (reconstituted dried or oil packed)**
- **Seasalt and fresh ground pepper**
- **2 oz of feta or goat cheese**

Trim artichokes down to their hearts. Cook in medium saucepan of boiling salted water with 1 Tbsp of lemon juice until they are just tender but still quite firm (10-12 minutes). Butter to undercook than overcook). Drain and rinse under cold running water. As soon as artichokes are cool enough to handle, scoop out the hairy chokes which you discard. Thinly slice the artichoke hearts.
Cook the shelled fava beans in boiling water for 2-3 minutes, depending upon size. Immediately drain and rinse under cold running water. Drain again, then peel the beans. Do this by pinching off a small piece of skin and gently squeezing the bean out.
In medium bow, mix the oil, remaining 2 Tbsp lemon juice, mint and garlic. Add sliced artichokes, fava beans and sundried tomatoes. Toss lightly to coat with the dressing. Season with salt and pepper to taste.
To serve, mound the salad on individual plates and with a cheese knife or swivel-bladed vegetable peeler, shave paper-thin slices of the cheese on top.

Chopped Greek Salad with Cauliflower, Olives and Feta Cheese

4 servings

- **1 head of romaine lettuce**
- **1 cup cauliflower florets**
- **1 garlic clove, minced**

- **1 tsp dried oregano**
- **Coarse sea salt and freshly ground pepper**
- **3 Tbsp fresh lemon juice**
- **1/3 cup extra virgin olive oil**
- **12 grape tomatoes, halved**
- **2 carrots, peeled and diced**
- **1/2 green bell pepper, diced**
- **12 Kalamata or other black olives**
- **2 oz feta or goat cheese, finely crumbled**

Separate romaine leaves, cut of the bottoms. Cut the leaves lengthwise in half right through the whitish rib, then cut cross-wise into ribbons.
Steam cauliflower over boiling water for 2 minutes, just to soften slightly or you can use the florets raw. Chop into 1/2" pieces.
In salad bowl mash the garlic with the oregano and coarse salt and pepper to taste. Stir in the lemon juice and olive oil. Add cauliflower and tomato halves to the dressing and toss to coat. Let marinate 2 minutes.
Add carrots, bell pepper, and lettuce. Toss to coat.
Serve salad with olives and cheese sprinkled on top.

Swiss Potato Salad 4 servings

- **3 Medium potatoes (about 1 pd)**
- **2 Tbsp finely chopped pale green of leek (optional)**
- **2 Tbsp finely chopped celery**
- **3 Tbsp extra virgin olive oil**
- **1 !2 Tbsp fresh lemon juice**
- **1 tsp dried mustard or dijon mustard**

Cook potatoes tender in their skins, and chop into bite size pieces.
Mix the rest of the ingredients together and then add to the chopped potato, tossing lightly to coat. Season with salt and pepper to taste.

Quinoa Salad 4 servings

- **1 cup quinoa**
- **2 carrots, peeled and shredded**
- **1/2 cup finely diced red bell pepper**
- **1/2 cup finely diced yellow bell pepper**
- **1/2 cup currants or raisins**
- **2 Tbsp chopped fresh parsley**
- **1 Tbsp minced fresh chives**

Rinse quinoa in a bowl of water several time, rubbing it lightly between your hands. Drain well. In a small saucepan bring 3 cups of lightly salted water to a boil, add quinoa, cover and bring to a boil then reduce heat to low, cooking for another 10-15 minutes. Turn quinoa out into a bowl and fluff. Cover and refrigerate until chilled. (Quinoa can be cooked the day ahead)
Put quinoa in a large serving bowl. Add carrots, peppers, currants, parsley and chives; toss lightly to mix. Drizzle on the Sweet-Tart Dressing and toss to coat evenly. Serve at room temperature or slightly chilled.

Sweet-Tart Salad Dressing makes 1/2 cup

- **1/4 cup extra virgin olive oil**
- **3 Tbsp balsamic vinegar**
- **2 Tbsp honey**
- **1 tsp vegetable bouillon powder**

- **Seasalt and fresh ground pepper**

In a small bowl whisk together the oil, vinegar, honey and bouillon. Season with salt and pepper to taste.

Baby Spinach Salad with Carrots, Beets and Roquefort Cheese 4 servings

- **2 medium carrots**
- **1 medium or 2 small beets**
- **1 package (12 oz) baby spinach**
- **3 Tbsp extra virgin olive oil**
- **1 1/2 Tbsp sherry vinegar**
- **Seasalt and freshly ground pepper**
- **20 small grape tomatoes**
- **2 oz Roquefort cheese, crumbled or finely diced (or use**
- **Feta if you don't like blue cheese)**
- **2 Tbsp sunflower seeds**

Peel carrots and beets, shred them separately. If you do the carrots first, you won't have to clean up between shreddings.
Rinse and dry the spinach. Put spinach in a large bowl and toss with the olive oil and sherry. Season with salt and pepper.
Mount spinach on 4 large plates. Top with a mound of shredded carrot, then a mound of shredded beet, arranging so that some of the carrot still shows through.
Scatter 5 tomatoes around each plate.
Top with the cheese and garnish with a sprinkle of sunflower seeds.

MAIN DISHES

Pasta with Broccoli and Feta Cheese 4 servings

- **1 large bunch of broccoli**
- **1/2 pound germelli (pasta twists), or bowties or penne**
- **4 Tbsp extra virgin olive oil**
- **2 garlic cloves, thinly sliced**
- **2-3 shakes of crushed hot red pepper**
- **1 tsp celery seeds (optional)**
- **1/4 cup finely diced or coarsely crumbled feta cheese**
- **Seasalt and freshly ground pepper**
- **Grated Romano or Parmesan cheese.**

Wash broccoli well, drain briefly. Trim off and discard bottom 1/2 inch of the thick stems. Cut the remaining stems into 1/2" pieces and the leaves and flowers into 1" pieces.
In a large saucepan of boiling water, cook paste until just tender, about 10-12 minutes. Scoop out and reserve 1 cup of the pasta cooking water. Drain pasta into a colander.
Add 3 Tbsp oil to the saucepan, garlic and hot pepper and cook over med-low heat until garlic just begins to colour (about 2 min). Pour in 1/2 cup of the pasta cooking water and let it bubble up.
Add the broccoli pieces and raise heat to medium.
Cook, stirring for about 2 minutes. Pour in remaining 1/2 cup cooking water and cook, stirring often, until broccoli is tender but still bright green (about 5 min).
Dump pasta into the pot. Add feta and remaining 1 Tbsp olive oil. Sprinkle with celery seeds. Mix well. remove from heat and season lightly with seasalt and generously with black pepper. Serve in pasta bowls, passing the cheese to sprinkle on top.

Pasta Primavera with Creamy Tomato Sauce 4 servings

- **2/3 cup cut-up asparagus**

- **2/3 cup broccoli or cauliflower florets**
- **2/3 cup sliced zucchini**
- **12 oz pasta bow ties or small twists**
- **Creamy Tomato Sauce**
- **1 cup frozen baby peas, thawed**
- **Grated Romano or parmesan cheese**

Steam asparagus, broccoli and zucchini over boiling water until just tender (2-3 min). Reserve steaming liquid for tomato sauce.
In large pot of boiling salted water, cook pasta until almost tender (about 10 min). Drain into a colander. Return pasta to the pot and add the Creamy Tomato Sauce. Toss to coat. Simmer for 2 minutes over very low heat. Add the steamed vegetables and the peas and toss for a minute over heat to warm through. Pass the cheese on the side.

Creamy Tomato Sauce **makes about 3 cups**

- **1 can organ plum tomatoes (14 oz)**
- **3 Tbsp extra virgin olive oil**
- **1 garlic clove, minced**
- **Dash crushed hot red pepper or cayenne powder, or more to taste**
- **1 Tbsp tomato paste**
- **1/4 cup dry white wine**
- **1 cup vegetable steaming liquid or vegetable broth**
- **1/3 cup heavy cream or soy creamer**
- **Salt and pepper to taste**

Puree tomatoes with their juices in a blender or food processor.
In large nonreactive saucepan or flameproof casserole, heat oil over medium heat. Add garlic and hot pepper, cook 2 minutes.
Add tomato paste, cook, stirring, for 1 minute longer.
Pour in wine and boiling until reduced by half. Add vegetable liquid and pureed tomatoes and simmer 15 minutes.
Stir in cream. Season with salt and pepper to taste.

Pasta with Tofu Pesto **4 servings**

- **1 1/2 cups (packed) fresh basil leaves**
- **1/3 cup silken or smooth type tofu**
- **3 Tbsp grated Romano or parmesan cheese**
- **3 Tbsp extra virgin olive oil**
- **1 Tbsp pine nuts**
- **1 1/2 tsp fresh lemon juice**
- **1 garlic clove, chopped**
- **Seasalt**
- **1/2 pd whole wheat, spelt, quinoa or rice spaghetti or linguine**
- **1 cup shelled fresh or frozen edamame or peas**

Make the pesto: blend the basil, tofu, cheese, olive oil, pine nuts, lemon juice and garlic together. Process, stopping once or twice or scrape down the sides of the bowl, until a coarse paste forms. Scrape pesto into a large serving bowl.
In large saucepan of boiling salted water, cook pasta until just tender (about 10 min). Drain the pasta, serve liquid. Run frozen edamame or peas under warm water to unthaw and add to the hot pasta, toss to mix.
Scoop out 1/2 cup of the pasta cooking water and add to the pesto. Toss the pesto with the pasta and edamame/peas and serve at once.

Vegetable Lasagna **6 servings**

- **1 medium head of cauliflower, separated into florets**
- **2 medium fennel bulbs, trimmed and halved**

- **3 cups your favourite organic tomato or marinara sauce**
- **1 box (16 oz) lasagna rice noodles cooked in boiling salted water until tender, drained and reserved in cool water to prevent them sticking together.**
- **1 cup grated romano or parmesan cheese**
- **3 Tbsp extra virgin olive oil**
- **Seasalt, fresh pepper**
- **3 oz goat or feta cheese crumbled (about 1 cup)**

Preheat oven to 350^{O}F. Lightly oil an 8x11" baking dish.
Slice cauliflower florets and fennel pieces into 1/4" thick slices. Steam them over boiling water until just softened 4-5 minutes.

<u>To assemble:</u>
Ladle 2/3 cup tomato sauce over bottom of baking dish.
Arrange sheets of pasta, side by side, over sauce to cover dish completely.
Spread half of the spinach evenly over pasta.
Sprinkle 1/3 cup romano/parmesan cheese over spinach.
Add half the cauliflower and fennel, alternating vegetables.
Drizzle 1 1/2 Tbsp olive oil over vegetables.
Season with sprinkling of seasalt and plenty of freshly ground pepper.
Scatter half the goat cheese over the vegetables and top with 2/3 cup tomato sauce, spooning it to cover as much area as possible.

<u>Make a second layer in similar fashion:</u>
Add pasta sheets over the sauce, pressing them down gently to fill up any spaces.
Layer remaining spinach, another 1/3 cup of cheese and remaining vegetables.
Drizzle with remaining oil and sprinkling salt and pepper
Top with remaining goat cheese and another ½ cup sauce.
Finally cover the final sheets of pasta, pressing lightly to help compact the lasagna.
Spread the last of the sauce over them and sprinkle with remaining romano or parmesan cheese.
Cover dish with aluminum foil, tenting it so the foil does not come in contact with the tomato sauce.
Either bake at once or cover and refrigerate for several hours.
Bake lasagna, covered 30 minutes until just heated through. Uncover and bake 10 minutes longer.
Remove from the oven and let stand at least 10 minutes before cutting.

Cold Sesame Noodles 4 servings

- **1/3 cup natural cashew butter**
- **2 Tbsp organic wheat-free soy tamari**
- **2 Tbsp toasted sesame oil**
- **1 Tbsp minced fresh ginger**
- **2 tsp unseasoned rice vinegar or fresh lime juice**
- **1 garlic clove, crushed through a press or minced very fine.**
- **2-3 shakes of crushed hot red pepper flakes, or to taste**
- **1 cucumber**
- **1/2 pound whole wheat. or buckwheat or spelt noodles or linquine**
- **Seasalt to taste**
- **1 medium large carrot, peeled and shredded**
- **1 Tbsp minced fresh chives**
- **1 Tbsp toasted sesame seeds**

In large bowl mix together the cashew butter, tamari, sesame oil, ginger, rice vinegar, garlic and crushed hot pepper. Set this sesame sauce aside.
Peel cucumber, cut in half lengthwise. Scrape out seeds with small spoon. Cut cucumber crosswise into diagonal slices about 1/4" thick.
In large saucepan of boiling salted water, cook pasta until just tender (about 10 min). Scoop out 1/3 cup of the pasta cooking water and add to the sesame sauce, stirring until well blended.
Taste, ass a dash of salt if needed.

Drain pasta and rinse under cold running water until cool; drain again.
Add past, cucumber, carrot and chives to the sauce and toss gently to coat. Serve with sesame seeds sprinkled on top.

Instant Goat Cheese Pizzas with Arugula and Olives serves 4-6

- **2 large (11-12") sprouted wheat or whole grain tortillas**
- **1/3 cup extra virgin olive oil**
- **4 oz white goat cheese**
- **1/4 cup chopped, pitted, Kalamata olives**
- **2 cups lightly packed baby argula or spinach leaves**

Preheat oven to 475^{O}F. Lightly brush tortillas with 1 ½ Tbsp olive oil, place on baking sheets and bake until the begin to crisp (about 2 min). Turn tortillas over and brush tortillas with another 1 1/2 Tbsp olive oil and sprinkle half the goat cheese and half the olives over each. Bake 3-5 minutes.
Scatter arugula or spinach on top and drizzle with remaining olive. Return to oven and bake 1-2 minutes until heated through.

Asparagus Risotto 4-6 servings

- **1 large bunch asparagus (1- 1 1/4 pd)**
- **2 Tbsp extra virgin olive oil**
- **1/4 cup thinly sliced leek (white and pale green)**
- **1 cup Arborio rice**
- **1 tsp chopped fresh tarragon leaves or crumbled dried**
- **1/4 cup dry white wine**
- **4-5 cups hot vegetable or chicken broth**
- **2 Tbsp unsalted butter**
- **1/3 cup grated parmesan cheese**
- **Seasalt and fresh ground pepper**

Cut off whitish bottom parts of asparagus stalks. Cut remaining green stalks into thin rounds, stopping about 1" from the tops. Cup tips lengthwise in half and set aside.
In large heavy saucepan, heat oil over medium heat, add leek and cook, stirring once or twice for 2 minutes.
Add rice and tarragon and cook, stirring often for another 2 minutes.
Pour in wine, cook, stirring until most of it evaporates.
Add sliced asparagus stalks and 2/3 cup of the warm broth and continue to cook, stirring occasionally until most of the liquid is absorbed. Add 1/2 cup broth and cook, stirring often, until most of the liquid is absorbed.
Continue to cook. gradually adding more broth (about 1/2 cup at a time) for 10 minutes.
Add asparagus tips and continue to cook in same manner, adding more broth as needed, until rice is al dente and the sauce around it is thick and creamy (about 8-10 minutes longer)
Stir in the butter and cheese. Season lightly with salt and lots of pepper. Serve at once.

Butternut Squash Risotto 4-6 servings

- **2 Tbsp extra virgin olive oil**
- **1/4 cup thinly sliced leek (white and pale green parts)**
- **1 cup Arborio rice**
- **2 1/2 cups diced (1/2") organic butternut squash**
- **1/2 tsp freshly grated nutmeg**
- **4 1/2 cups heated vegetable broth**
- **2 Tbsp unsalted butter**
- **Seasalt and fresh ground pepper**

Heat olive oil in large heavy saucepan over medium heat. Add leek and cook until softened, about 2 minutes.
Add the rice and cook for 2 minutes, stirring frequently.

Add the squash, nutmeg, and broth. Stir to mix. Bring to a boil, reduce heat to low, cover and cook until squash is tender and most of the liquid has been absorbed, - risotto has consistency of a thick soup (18-20 min). Stir in butter and season with salt and pepper.

Creamy Polenta with Feta or Goat Cheese 6 servings

- **1 cup polenta stone-ground yellow cornmeal**
- **1 tsp seasalt**
- **Dash cayenne**
- **1/2 cup heavy cream**
- **2 Tbsp butter**
- **1/3 cup feta or goat cheese**

In medium bowl stir together cornmeal with 2 cups water. Bring another 2 cups of water with salt and cayenne to a boil in a heavy saucepan over medium heat.
Gradually stir the cornmeal slurry into the boiling water.
Reduce heat to medium-low and continue to cook, stirring often, for 20 minutes. Stir in 1/4 cup of the cream and continue to cook, stirring, until the polenta thickens and begins to pull away from the sides of the pan. If the liquid evaporates too quickly, add more water.
When the polenta is thick, and the cornmeal is tender, remove from the heat. Stir in the rest of the cream, the butter and cheese. Serve at once.
Variation: Prepare polenta as directed. Turn out into a buttered baking dish spreading out into a 1/2" layer, and let cool until set. Refrigerate overnight then cut into rounds or squares and bake in a 425oF oven until lightly browned on top and heated through (10-15 min).

Asparagus Stir-Fry with Swiss Chard and Carrots 3-4 servings

- **1 small bunch of Swiss chard**
- **2 Tbsp extra virgin olive oil**
- **3/4 pd asparagus cut into 1" lengths**
- **2 medium carrots, peeled and sliced on the diagonal**
- **2 tsp minced fresh ginger**
- **2/3 cup vegetable or chicken broth**
- **1 Tbsp organic wheat-free tamari**
- **2 tsp cornstarch**
- **1 Tbsp Asian sesame oil**
- **1/4 cup roasted cashews**
- **1/4 cup roasted cashews**

Rinse chard well. Cut green leaves off the stems.
Shred leaves and set aside. Cut stems in half lengthwise if they are thick, then cut crosswise into 3/4" slices.
Heat oil in wok or large skillet. Ass asparagus, carrots and ginger, saute for 1-2 minutes. Add chard stems and 1/3 cup of the broth. Cover, reduce the heat to medium and cook for 3 minutes.
Meanwhile combine remaining broth with tamari. Stir in the cornstarch. Add to the wok and bring to a boil, tossing until vegetables are evenly coated and the sauce is thickened, about 1 minute.
Transfer to a platter. Drizzle sesame oil over the stir-fry and sprinkle the cashews on top.

Quinoa-Stuffed Eggplant 4 servings

- **4 Japanese eggplants (long skinny, light purple ones if you can get)**
- **2 1/2 Tbsp extra virgin olive oil**
- **1/2 cup quinoa**
- **2 large ripe plum tomatoes, peeled, seeded, finely diced**
- **2 Tbsp fresh lemon juice**
- **2 Tbsp pine nuts**
- **1 garlic clove, minced**
- **1 small fennel bulb, finely diced**

- **1 Tbsp chopped fresh basil or 1 tsp dried oregano**
- **Seasalt and freshly ground pepper**
- **1/2 cup shredded romano or parmesan cheese**

Preheat oven to 375oF. Trim off eggplant stems and slice eggplants in half lengthwise; brush lightly with ½ Tbsp olive oil and place face down on a baking sheet.
Bake for 20 minutes or until just tender.
As soon as eggplants are cool enough to handle, use a large spoon and gently scoop out the centers, leaving a 1/4" shell. Be careful not to tear the skin. Coarsely chop the eggplant and put it in a mixing bowl. Add tomatoes and lemon juice and mix well.
In medium skillet, combine 2 Tbsp oil with the pinenuts and garlic. Set over medium heat and cook, stirring, 2 minutes. Add fennel and continue to cook, stirring often until it softens, about 3 minutes longer. Add the fennel mixture to the eggplant along with the quinoa and basil; stir to blend. Season with salt and pepper to taste.
Fill eggplant shells with the vegetable mixture. Top with the shredded cheese and place in baking dish. The recipe can be prepared ahead to this point. Set aside at room temperature for up to 2 hr or refrigerate for up to 6 hr. If refrigerated return to room temperature before baking.
When ready to serve, place stuffed eggplants in a 375^{O}F oven and bake 7-10 minutes until vegetables are heated through and cheese is melted.

Sesame Quinoa with Bok Choy and Shiitake Mushrooms 4 servings

- **1 cup quonoa**
- **2 Tbsp extra virgin olive oil**
- **1 tsp minced fresh ginger**
- **6 oz fresh shiitake mushrooms, stems removed, caps thinly sliced (if you buy the dried type you will have to soak them in water for 1/2 hr)**
- **1 pound bok choy, trimmed and sliced 1/2" thick (white stems and green leaves**
- **1 Tbsp Asian sesame oil**
- **Pinch seasalt**
- **1 Tbsp toasted sesame seeds**

Put quinoa in a medium bowl and fill with warm water.
Swish the quinoa around with your fingers, then drain into a sieve. Repeat the rinsing and draining 2 more times.
In medium saucepan, bring 2 cups lightly salted water to a boil. Add the quinoa, stir, then reduce heat to low, cover and cook for 12-15 minutes until quinoa is tender and has opened up so you can see its little 'halos'.
Heat oil in a large skillet over medium-high heat. Add ginger, mushrooms and bok choy. Saute, stirring often for about 3 minutes until the bok choy is just tender.
Remove from heat, add quinoa and toss to combine the grain with the vegetables. Drizzle on the seame oil and mix well. Season with salt to taste. Sprinkle sesame seeds on top.

Eggplant Steaks with Sun-dried Tomatoes and Olives 4 servings

- **2 medium large eggplants (about 1 pd each)**
- **Seasalt**
- **6 Tbsp extra virgin olive oil**
- **1/3 cup crumbled goat cheese or sheep milk feta**
- **8 sundried tomato halves packed in olive oil, drained and coarsely chopped**
- **12 pitted Kalamata olives, coarsely chopped**
- **1/4 cup grated Romano or parmesan cheese**
- **1-2 Tbsp slivered fresh basil leaves, for garnish**

Trim ends from eggplants, peel off the skin. Cut each eggplant lengthwise into 4 or more 1/2 inch thick slices - try and keep them the same thickness. If you need to trim off the rounded sides of the pieces, have them lie flat on the baking sheet. Sprinkle slices with salt and layer in a colander to drain for at least 30 minutes or for up to 2 hr.

Rinse eggplant slices under cold running water, dry well with paper towels, rpessing to remove as much moisture as possible.

Fennel Gratin 4 servings

- **2 large bulbs of fennel, trimmed and cut lengthwise into 3/8" slices.**
- **3 Tbsp extra virgin olive oil**
- **Seasalt and fresh ground pepper**
- **1 cup vegetable or chicken broth**
- **1 cup fresh spelt, whole grain or whole wheat bread crumbs**
- **1/4 cup freshly grated romano or parmesan cheese**
- **1 tsp fennel seeds, crushed**

Preheat boiler. Using 2 Tbsp olive oil, brush both sides of fennel slices. Arrange in a single layer on a baking sheet and season lightly with salt and pepper.
Broil fennel slices about 4" from heat, turning once, until they are lightly coloured, about 3 minutes per side.
Transfer fennel to a gratin or flameproof baking dish, overlapping slices as necessary to fit.
Reduce oven temperature to 400^{O}F.
Pour broth over fennel, cover with foil, bake 10-15 minutes until fennel is tender but still firm and most of the liquid is absorbed.
Combine bread crumbs, cheese and fennel seeds. Turn the fennel slices over and sprinkle the seasoned bread crumbs on top. Drizzle with remaining 1 Tbsp olive oil.
Return to oven and bake uncovered for 5-7 minutes longer or until the fennel is tender and the crumb topping is lightly browned.

Braised Kale with Carrots and Potatoes 3-4 servings

- **1 large bunch of kale**
- **3 Tbsp extra virgin olive oil**
- **1 small leek (white and pale green), thinly sliced**
- **3/4 to 1 cup vegetable or chicken broth**
- **2 medium carrots, peeled and roll cut into 1/2" triangles or thickly sliced**
- **2 medium potatoes, peeled, cut into 1/2 - 3/4" cubes**
- **Seasalt and fresh ground pepper**

Strip the thick stems off the kale leaves. Cut the leaves crosswise into 1/4" strips.
In a large saucepan or flameproof casserole, heat olive oil over medium heat. Add leek, cook until softened (about 3 min).
Add kale in 2-3 handfuls, stirring to wilt. Add broth and bring to a boil. Reduce heat to low, cover and simmer for 10 minutes.
Add carrots and potatoes, cover and simmer until the potatoes are tender (about 10 min). Season with salt and pepper before serving.

Lentils with Goat Cheese and Sun-Dried Tomatoes 4-6 servings

- **2 medium carrots, peeled and chopped**
- **2 celery ribs, chopped**
- **2 garlic cloves, chopped**
- **3 Tbsp extra virgin olive oil**
- **1 cup lentils, washed**
- **1 bay leaf**
- **1 whole clove**
- **1/4 cup chopped fresh parsley**
- **1/4 cup diced oil-packed sun-dried tomatoes**
- **1 Tbsp wine vinegar**
- **Seasalt and fresh ground pepper**
- **2 oz goat cheese.**

In saucepan, cook carrots, celery and garlic in 2 Tbsp olive oil over med. heat, stirring occasionally, until vegetables slightly soften (2-3 min).
Add lentils, bayleaf, clove and 2 Tbsp of the parsley.
Pour in enough water to just cover. Bring to a boil, reduce heat, simmer partially covered until liquid is almost all evaporated and lentils are tender but still hold their shape (25-35 min). If pan becomes dry, add a little water 1/3 cup at a time.
Stir in the sun-dried tomatoes and vinegar. Season with seasalt and pepper to taste.
Fish out and discard the bayleaf and clove. Transfer lentils to a serving bowl, stir in the goat cheese which you have cut into bits, along with remaining 1 Tbsp oil.
Sprinkle remaining parsley on top.
Serve warm at room temperature.

Steamed Mixed Vegetables 4 servings

- **4 oz thin green beans, trimmed**
- **2 medium carrots, peeled and thickly sliced on an angle**
- **8 asparagus spears, cut into 1" lengths**
- **1 medium zucchini, trimmed and sliced on an angle**
- **1 1/2 Tbsp fresh lemon juice**
- **1 1/2 Tbsp extra virgin olive oil**
- **Coarse sea salt and fresh ground pepper**

Arrange beans and carrots on the rack of a steamer in separate piles over plenty of boiling salted water. Cover, steam until tender (4-5 minutes). Remove to a plate.
Add asparagus and zucchini to the steamer, cook until just tender (2-3 minutes), add to the plate.
Sprinkle lemon juice and olive oil over the vegetables and toss lightly. Season with salt and pepper to taste.

Potato Pie 8 servings

<u>Flaky Pastry:</u>

- **1 3/4 cup spelt pastry flour (or flour of your choice)**
- **1/4 tsp baking powder**
- **1/8 tsp seasalt**
- **1 small egg beaten with 2 tsp water**
- **1/4 cup sunflower oil**

In large bowl combine flour, baking powder, salt. Whisk gently to blend.
Spoon out 1 Tbsp of the beaten egg and water to use as glaze atop the pie.
In small bowl, whisk together remaining beaten egg, oil and 1/3 cup ice cold water. With large fork, toss the flour mixture while you sprinkle the liquid over the dough. Continue to mix with the fork until the dough just comes together. If necessary, sprinkle on a little extra water, 1 Tbsp at a time to make a cohesive but not sticky dough.
Press dough together into a ball with your hands. Divide into 2 portions, one a bit larger than the other, roll these lightly into balls and flatten into 2 disks. Dust with a little more flour to prevent sticking and wrap in plastic or waxed paper. Refrigerate the dough for 30-60 minutes before rolling out.
Roll out the larger pastry disk to a round about 1/8" thick. Fit without stretching into a 9" tart pan with a removable bottom. Prick the pastry all over with a fork and paint lightly with the mustard. Chill while you prepare the filling.

<u>Pie filling:</u>

- **1 tsp dijon mustard**
- **2 pd potatoes**
- **1/4 cup thinly sliced leek (white and pale green)**
- **2 Tbsp chopped fresh parsley**
- **4 Tbsp melted butter**
- **1/4 cup shredded cheese**
- **Seasalt and pepper to taste**
- **1/4 tsp nutmeg**

- **1 Tbsp egg wash (reserved from the pastry making)**
- **6 Tbsp heavy cream**

Preheat oven to 400^{O}F. Peel potatoes, slice very thinly.
Put potato slices in a bowl, toss with the leek, parsley and 2 Tbsp melted butter.
Sprinkle about 2 Tbsp cheese over bottom of pastry shell. Arrange half the potato slices in a pastry shell, beginning at the outer edge and overlapping the slices in concentric circles. Season with half the nutmeg and salt and pepper to taste. Sprinkle 3 Tbsp of the cheese over the potatoes. Repeat with a second layer, using the rest of the potatoes, cheese and nutmeg. Season again with salt and pepper. Drizzle remaining melted butter over the top.
Roll out smaller pastry disk, set it on top of pie. Trim edges of both sheets of pastry to 1/2". Fold over and crimp. Press rolling pin over edges of pan to trim evenly. With tip of small knife or 1/2" plain pastry tip, cut out a small circle in the center of the pie to act as a steam vent. Brush top of pie with the reserved egg wash.
Bake for 50 minutes (pie should be golden brown and potatoes tender). Remove from oven and let stand 10 minutes then using a funnel, pour half the cream into the hole in the center of the pie. Using mitts to protect your hands, lift the hot pan and slowly tilt it around slightly in all directions to distribute the cream. Repeat with the remaining cream. Let pie stand for 10-15 minutes before serving.

Olive Oil - Steamed Spinach **3-4 servings**

- **1 pd washed baby spinach**
- **2 Tbsp extra virgin olive oil**
- **Seasalt and fresh ground pepper**

Steam the spinach, toss with olive oil, salt & pepper to taste.

Twice-Baked Potatoes with Blue Cheese and Broccoli **2 servings**

- **1 large baking potato (10-12 oz), scrubbed**
- **1 cup broccoli florets**
- **1 1/2 Tbsp butter**
- **3/4 oz Roquefort cheese, crumbled (about 2 Tbsp)**
- **2-3 Tbsp soy milk (or rice milk or goat milk)**
- **Seasalt and ground pepper to taste**
- **1/2 oz cheese (in one piece)**

Preheat oven to 400^{O}F. Prick potato in 2 places with tip of small knife. Put potato right on the rack and bake for 1 hour, or until skin is crisp and potato is very tender. Leave oven on.
While potato is baking, steam broccoli for 1/2 to 2 minutes until just tender but still bright green. Coarsely chop half of the largest florets.
Cut hot baked potato in half lengthwise using a mitt if necessary to protect your hands while you scoop the potato into a bowl. Set the skins aside. Mash hot baked potato with the butter and Roquefort cheese. Mix enough of the milk to make the potato creamy. Fold in the chopped broccoli. Season with salt and pepper to taste.
Mound the potato-broccoli mixture in the potato skins.
Press remaining broccoli into the top. Shave the cheese over the broccoli to cover it with a very thin layer. Return to the oven for 5-10 minutes, until filling is hot and cheese on top is melted.

Carmelized Sweet Potatoes and Beets with Green Beans and Toasted Pumpkin Seeds

4 servings

- **3 Tbsp pumpkin seeds**
- **2 medium beets, peeled and cut into 3/8" - 1/2" slices**
- **1/2 pound thin green beans, trimmed**
- **4 Tbsp extra virgin olive oil**
- **2 small sweet potatoes, peeled and cut into 3/8 to 1/2" dice**
- **Juice of 1/2 lemon**
- **Salt and fresh ground pepper**

- **2 Tbsp balsamic vinegar**

In a dry medium skillet, toast pumpkin seeds over medium heat until fragrant and lightly browned, about 3 minutes. Set aside.
Steam beets until tender (10-15 min). Steam green beans until tender (4-5 min).
Meanwhile, in large heavy skillet, heat 2 Tbsp of olive oil over medium high heat. Add sweet potatoes and sauté, tossing, until lightly browned, about 5 minutes. Pour 1/3 cup water into skillet, cover, reduce heat to low and cook until sweet potatoes are just tender (5-7 minutes longer). Mound in center of a platter.
Heat 1 Tbsp oil in skillet, add green beans. Toss over medium high heat 1-2 minutes to reheat. Drizzle with lemon juice, season with salt and pepper. Arrange beans around sweet potatoes.
Heat remaining 1 Tbsp oil in same skillet. Add balsamic vinegar and cook until reduced by half (30-60 seconds).
Add beets, toss to coat with dressing. Spoon dressed beets over sweet potatoes. Sprinkle toasted pumpkin seeds on top.