

Nut Burgers

¾ cup sunflower seeds
¾ cup walnuts
1 teaspoon cumin
1 teaspoon oregano
1/8 teaspoon cayenne
2 cloves garlic, finely chopped
1 cup cooked brown rice
1 small carrot, grated finely
2 tablespoons tomato sauce
1-2 teaspoons cold-pressed oil
4 whole grain hamburger buns

Grind nuts and seeds to a fine meal in a small grinder or food processor. Pour into a bowl and add cumin, oregano, cayenne, and garlic; mix well. Fold in cooked brown rice. Add tomato sauce a little at a time until you get a stiff, but workable texture. Form mixture into patties with moist hands. Refrigerate patties for a few hours if possible. Lightly coat a skillet with oil and brown patties on both sides. Serve on whole grain buns with your favorite fixin's.

Endive and Radicchio Salad with Olive and Walnut Oils

1 medium head radicchio, leaves removed and cut into bite-sized pieces
2 endives, leaves removed
2 tablespoons extra-virgin olive oil
2 tablespoons walnut oil
Juice of 1 lemon
1 garlic clove, crushed

Make dressing by mixing oils, lemon juice, and garlic clove in a bowl or jar. Decorate each serving plate with radicchio leaves. Scatter endive over radicchio. Serve with dressing.

Flax Oil Dressing

Flax is one of the most important anti-inflammatory foods. It is particularly useful for vegetarians and vegans as it is the richest appropriate source of omega-3 essential fatty acids. Keeping a jar of this dressing in your fridge to use over salads is the best way to keep your omega-3 levels topped up if you don't eat oily fish.

1 clove of garlic 1 tsp Dijon mustard
4-5 tbsp flax oil pinch of black pepper
2 tbsp balsamic vinegar,
White wine vinegar or lemon juice
(this recipe called for 1 tsp of honey, however, if you used balsamic vinegar it is sweet enough.)

Peel and chop garlic. Place all ingredients in a screw-top jar. Shake well until all the ingredients have blended. Used drizzled over salads. It's quite creamy.

Rosemary Red Soup

This is a delicious and nourishing soup from one of my favorite cookbooks Feeding Your Whole Family by Cynthia Lair. Just add a whole grain bread or brown rice, and salad with the flaxseed oil dressing (above) for a wonderfully tasty and healthy winter meal.

Dr. Karen

3 medium carrots
2 beets
1 tablespoon extra-virgin olive oil
1 large onion, diced
2 tablespoons fresh rosemary or 2 teaspoons dried
1 tablespoon fresh oregano or 1 teaspoon dried
1 cup dried red lentils
2 bay leaves
6 cups water or stock 2-3 tablespoons light miso

Scrub and chop carrots and beets. Heat oil in a soup pot; add onion and sauté until soft. Add carrots and beets; sauté a few minutes more. Finely chop rosemary and oregano leaves; if using fresh herbs. Wash and drain lentils. Add herbs, lentils, bay leaves, and water or stock to onion mix; bring to a boil. Lower heat and simmer 40 minutes. Remove bay leaves. Puree soup in blender or processor. Dissolve miso in ½ cup water and add to soup. Gently reheat before serving.

Kichiree

A delicious and nourishing savory porridge made from rice and lentils. It is high in protein, extremely digestible, and can be eaten for breakfast, lunch, or dinner.

6 tablespoons ghee
1 teaspoon brown mustard seed
1 tablespoon turmeric
2 teaspoons coriander
2 tablespoons cumin
2 whole dried chilies
1 teaspoon salt
1 cup chopped onion
1 tablespoon fresh chopped ginger
1 cup mung beans, split or whole
1 cup basmati rice
8 cups water
1-2 cups chopped spinach or other greens
plain yogurt

Heat the ghee in a soup pot. When it's hot, add the onions and ginger. Cook over medium heat, stirring occasionally, until onions are translucent. Add mustard seeds. When they pop, add the other spices. Stir for a minute or two, being careful not to burn. Add the rice and mung beans. Stir to coat them with the spices. Add water and bring to a boil. Cover, turn down heat, and simmer until the rice and mung beans are very tender (about 30-45 minutes). Add the salt. Add spinach or other greens just before serving. Serve with a dollop of yogurt on top.

Mediterranean Quinoa

Quinoa is a lovely grain, one of my favorites. One cup of Quinoa provides 24 grams of protein, 10 grams of fat (1 gram of saturated fat), 12 grams of fiber and 626 calories. It is also a good source of folate, magnesium and phosphorus, and a very good source of manganese.

¼ to ½ cup red wine vinegar
2 tsp olive oil
2 cloves garlic – minced
2 tsp freshly ground pepper and ½ tsp sea salt
2 medium green bell peppers –chopped
1 cup chopped (deseeded) cucumber
½ cup kalamata olives –pitted and sliced
½ cup finely chopped red onion
½ cup chopped parsley
4 cups cooked quinoa (soak and rinse quinoa several times before cooking)

Combine and mix vinegar, oil, garlic, ground pepper and salt. In a large bowl, combine all the ingredients except for the cooled and cooked quinoa and mix with vinegar mixture. Add quinoa, stir gently but thoroughly and enjoy!

Barley Red Lentil Stew

I love this so much I quadrupled the recipe! I like to make it in a big batch so I have plenty to freeze.

Karri

2 tbsp olive oil
1 large onion, chopped
3-4 stalks of celery, diced
2 28 oz cans of whole, peeled tomatoes
6-8 cups of water (can also use chicken broth, veggie broth and/or a combination of the three)
2 ½ cups red lentils
1 ½ cups whole barley
2 tsp sea salt
½ tsp rosemary
freshly ground black pepper, to taste
3-4 carrots shredded
1 lb mushrooms chopped
2 small zucchini chopped

In a large soup pot, sauté onions in olive oil until tender, add celery and cook 5 minutes longer. Add remaining ingredients, except last three, bring to a boil, then reduce heat, cover and simmer 15 minutes, stirring occasionally. Add mushrooms and zucchini, simmer another 15 minutes. Add carrots and cook 5 minutes. Ready to eat! Mmm! Mmm!

Luscious Beet Salad - From Feeding the Whole Family by Cynthia Lair

If you love beets and especially if you ever thought you didn't, try this recipe. It is one of my favorites! The cookbook also tops my list. I have made almost everything in it and everything is easy to fairly easy to make. The results are always delicious. Cynthia Lair also has wonderful ideas for modifying recipes or using components for babies and children.

Dr. Karen

Salad:

4 large beets
¼ cup pumpkin seeds, toasted
1 bunch beet greens
2 scallions, finely chopped
¼ lb feta cheese (optional)

Dressing:

3 tablespoons extra-virgin olive oil
2 tablespoons balsamic vinegar
¼ teaspoon Dijon mustard
¼ teaspoon freshly ground pepper
1 tablespoon finely chopped fresh basil

Wash beets and remove tops. Place beets in a large pot filled with water and bring to a boil. Lower heat and simmer until beets are tender (about an hour). {If you have a pressure cooker you can halve the time.} Set aside to cool.

Toast pumpkin seeds by placing seeds in a dry skillet over medium heat. Move the skillet back and forth over the heat with one hand. This will toast the seeds evenly and prevent burning. When seeds begin to pop and give off a nutty aroma they are ready. Remove seeds from skillet and set aside.

To prepare beet greens, bring a large pot of water to boil. Wash beet greens by submerging the bunch in a sink full of cold water. Shake off water and chop the bunch into bite-size pieces. Drop greens into boiling water to make the stems tender. Place greens in a colander and run cold water over them to halt cooking.

Place all dressing ingredients in a jar and shake well. Peel beets and cut into small cubes. Squeeze excess water out of the cooked beet greens. Put cubed beets, beet greens, pumpkin seeds, and scallions in a salad bowl. Crumble feta cheese on top. Serve at room temperature or chilled.

Preparation time: 1 hour to cook beets; 15-20 minutes to assemble salad.

Makes 6 servings.