

# 15-minute Black Bean Salad

## Ingredients

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- 1/2 cup minced onion
- 2 medium cloves garlic, pressed
- 1 15 oz can black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 8 cherry tomatoes, quartered
- 1/2 cup diced red bell pepper
- 2 tablespoons pumpkin seeds, coarsely chopped
- 1/4 cup chopped fresh cilantro
- 2 tablespoons extra virgin olive oil
- 3 tablespoons fresh lemon juice
- salt and black pepper to taste

## Method

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Mince onions and press garlic and let sit for at least 5 minutes to bring out their health-promoting benefits. Mix all ingredients together and serve. This salad will keep for a couple of days and gets more flavorful if you let it marinate in the refrigerator for awhile.

Source: [Whfoods.org](http://Whfoods.org) (4 servings)

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# Apple

Apples are amazingly healthy. Not only are they full of antioxidants and fiber, but their constituents improve the absorption of iron, copper, zinc, magnesium, and other minerals from foods they're eaten with.

## Ingredients

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- 1 medium apple

## Method

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Source: -- (1 servings)

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# Asian Broccoli and Ginger Salad

## Ingredients

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- 12 almonds, coarsely chopped
- 1 tablespoon canola oil
- 1 tablespoon soy sauce or tamari
- 2 tablespoons lemon juice
- 2 tablespoons seasoned rice wine vinegar
- 2 teaspoons fresh ginger root, grated
- 1 teaspoon lemon zest, grated
- 1 teaspoon black pepper, ground
- 1/2 clove garlic, minced

- 4 cups broccoli florets
- 3 scallions, thinly sliced

## Method

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1. Using steamer basket, steam broccoli over boiling water until just tender, 5 to 7 minutes. Run broccoli under cool water to stop cooking and drain.
2. Heat medium skillet over medium heat. Add almonds and 1/2 teaspoon of oil to hot pan. Cook, stirring frequently, until nuts are just toasted, 3 to 4 minutes. Add 2 teaspoons of soy sauce and stir until coated. Remove from heat and cool.
3. Whisk together juice, vinegar, ginger, zest, pepper, remaining soy sauce, and garlic in medium bowl. Add remaining oil to liquid in a thin stream, whisking briskly.
4. Add broccoli and scallions to dressing and toss to coat. Sprinkle with toasted nuts.

Source: [InflammationFactor.com](http://InflammationFactor.com) (Servings: --)

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## Asian Collard Greens

### Ingredients

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- 1 pound collard greens
- 2 cloves garlic, crushed and aged 5-10 minutes
- 1 tablespoon tamari
- 3 teaspoons toasted sesame oil
- 2 tablespoons lemon juice

### Method

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Crush the garlic. While the steamer pot is heating, wash and cut collard greens into 1/4" strips. Place into steamer and steam for 5-7 minutes, or until collards have just turned a brighter green and have become softer. Place crushed garlic into the steamer during the last two minutes of steaming (try not to let the garlic fall through the steamer). Remove from the steamer into a large bowl. Stir in tamari, toasted sesame oil, and lemon juice until all ingredients are evenly distributed.

### Notes

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Serve with brown rice

Source: [Whole Family Nutrition](http://WholeFamilyNutrition.com) (8 servings)

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## Autumn Slaw

### Ingredients

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#### **Main Ingredients**

- 3 small fennel head, trimmed
- 3 red apples, halved and cored
- 2 green pears, halved and cored
- 1 lemon, juice of

#### **Vinaigrette**

- 1/4 cup fresh lemon juice

2 tablespoons apple cider vinegar  
1/2 cup extra virgin olive oil  
salt, to taste  
ground black pepper, to taste

#### **Toppings**

1/2 cup pepitas (shelled pumpkin seeds), toasted  
1/4 cup fresh cilantro leaves

### **Method**

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1. Fill a salad spinner three-fourths full with cold water. Add juice of lemon. With mandolin, thinly slice fennel and fruit. Place slices in lemon-water to prevent browning.
2. For the vinaigrette, combine lemon juice and cider in a bowl and whisk in oil until blended. Season to taste.
3. Drain off water from slaw and spin to dry. Place in a large bowl. Drizzle with 1/2 cup of the vinaigrette and toss to coat. Add pumpkin seeds and cilantro and toss again. Add more dressing if necessary to lightly coat.

**Source: Whole Family Nutrition (6 servings)**

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## Better Brown Rice Pudding

This delicious recipe is easy to make and wonderful to eat. Full of nutrition and flavor, this is a dish you can eat for breakfast snack or dessert.

### **Ingredients**

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4 cups brown rice, cooked  
1 cup rice, soy, or almond milk  
10.5 ounces extra firm tofu  
1/4 cup real maple syrup  
2 teaspoons ground cinnamon  
1/2 teaspoon ground nutmeg  
2 teaspoons vanilla extract  
2/3 cup raisins  
2/3 cup raw, unsalted sunflower seeds

### **Method**

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1. Ahead of time, cook 4 cups of brown rice according to directions.
2. Preheat oven to 375°F.
3. Toast sunflower seeds slightly if desired.
4. In a blender, blend tofu, milk, maple syrup, cinnamon, nutmeg, and vanilla.
5. In a bowl, stir together the cooked rice, blended mixture, seeds and raisins.
6. Pour into an oiled baking dish and bake at 375°F for 30 minutes.

**Source: -- (Servings: --)**

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## Bircher Muesli

Soaking the oats overnight with apple juice and freshly ground wheat berries releases the minerals in this delicious dish.

### **Ingredients**

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- 2 cups rolled oats
- 1 ¾ cups apple juice
- 1 tablespoon wheat berries, freshly ground in a coffee mill or wheat grinder
- ⅓ cup hazelnuts, roasted 4 minutes at 350° and chopped
- ⅓ cup dried apricots, chopped into bite-size pieces
- 1 apple (preferably Granny Smith)
- yogurt or kefir

## Method

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The night before, mix oats, apple juice, nuts, apricots, and wheat berries so it has the consistency of a paste. Cover, and let sit in a warm place overnight.

At breakfast time, spoon some muesli into a bowl, add an equal amount of yogurt, and grate the apple on top. Save any leftovers in the fridge.

Source: *Whole Family Nutrition* (5 servings)

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## Bircher Muesli Variation

Soaking the oats overnight with apple juice and freshly ground wheat berries releases the minerals in this delicious dish.

## Ingredients

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- 2 cups rolled oats
- 1 ¾ cups apple juice (or water + 1 tbsp honey)
- 1 tablespoon wheat berries, freshly ground in a coffee mill or wheat grinder
- 2 tablespoons sunflower seeds or pumpkin seeds, freshly ground
- 1 tablespoon flax seeds, freshly ground
- ⅓ cup almonds, chopped
- ⅓ cup dried figs, apricots, raisins, or dates, chopped
- 1 apple or pear
- yogurt or kefir
- additional honey (optional)

## Method

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Mix all ingredients (except yogurt, kefir, apple, pear) in a bowl with enough water to cover the mixture. Cover the bowl and let soak overnight. The next morning, serve with kefir or yogurt and fresh chopped apple or pear (and additional honey if needed). Save any leftovers in the fridge.

Source: *Whole Family Nutrition* (5 servings)

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## Black Bean Salad

## Ingredients

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### *Salad*

- 45 ounces black beans, drained and rinsed
- 1 bag frozen corn, thawed
- 2 medium tomatoes, diced
- 1 red bell pepper, diced
- 1 orange bell pepper, diced

- 1** green bell pepper, diced
- 1** can mild green chilis
- fresh cilantro, to taste
- 1/2** onion, chopped
- 8** whole wheat flour tortillas (optional)

**Dressing**

- 1/3** cup extra virgin olive oil
- 4** tablespoons white vinegar
- 1** tablespoons agave nectar or honey
- 1/2** teaspoon chili powder
- salt, to taste
- ground black pepper, to taste

**Method**

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Shake dressing ingredients in a jar with a tight fitting lid to mix well. Pour over salad. Warm tortillas in the broiler (optional) and add salad to make a burrito.

**Source: Whole Family Nutrition (10 servings)**

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## Broccoli Salad

**Ingredients**

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**Main Ingredients**

- 1** head broccoli, cut into 1" pieces
- 1/2** cup raisins
- 1/2** cup sunflower seeds
- 1/2** cup red onion, minced
- 1/2** cup nitrite-free bacon bits or TVP bacon

**Dressing**

- 1/2** cup Vegemaise® (a mayonnaise substitute)
- 1** Tablespoon apple cider vinegar
- 1 1/2** Tablespoons honey

**Method**

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Mix the dressing in a bowl. Wash and chop broccoli. Mix broccoli with rest of ingredients, and stir in dressing just before serving. Enjoy!!

**Source: Becky Edwards (1 large bowl)**

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## Brown Quinoa Rice

**Ingredients**

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- 1** cup brown rice
- 1** cup quinoa, rinsed twice in HOT water
- 1** teaspoon salt
- 4** cups water

## Method

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Rinse the quinoa in hot water, place all ingredients into a rice cooker or pan on medium heat, and cook, covered, about 40 minutes or until grains are tender.

## Notes

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Quinoa is a nutritious, high-protein grain that can be purchased at health food stores.

Source: Whole Family Nutrition (8 servings)

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# Brown Rice

## Ingredients

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- 2 cups brown rice
- 4 cups water
- 1/2 teaspoon salt
- 1/2 tablespoon butter, preferably organic

## Method

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Bring the water and salt to a boil on medium-high heat and place the brown rice in. Cover, lower heat to medium or medium-low and cook for 40 minutes (or until the water is all soaked into the rice.) You may also use quick-cooking brown rice when necessary.

Serve with butter on top.

Source: Whole Family Nutrition (8 servings)

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# Chili and Lime Roasted Pepitas

When roasted, pumpkin seeds take on a dark, meaty flavor. They are rich in protein and a whole host of essential minerals, as well as healthy fats and antioxidants. This preparation tastes wonderful as an appetizer for a Latin meal, sprinkled over a salad, or even as a last-minute addition to nachos. Or just as a tasty, healthful snack.

## Ingredients

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- 1 cup raw pepitas (hulled pumpkin seeds)
- 1/2 lime (just the juice)
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon chili powder
- 1/4 teaspoon sea salt

## Method

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1. Preheat the oven to 375°F.
2. Toss all ingredients together in a bowl so that the pepitas are coated with lime, olive oil, chili powder, and salt.
3. Spread pepitas onto a baking sheet. Place in the oven and roast, stirring occasionally to ensure even cooking, for about 5-10 minutes, or until most of the pepitas are puffed up. Avoid over-cooking them. Allow to cool for at least 15 minutes for best flavor. Store in an airtight container and use within a week.

Source: [thebrassicadiaries.wordpress.com](http://thebrassicadiaries.wordpress.com) (Servings: --)

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# Cod & Vegetable Stew

This is a very good recipe for a healthy meal. The cod provides those essential omega-3 fatty acids, the olive oil helps the vasculature (as does the garlic), the pepper provides carotenoids, and much, much more!

## Ingredients

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- 1** ½ pounds boneless, skinless cod fillet, cut into bite-sized pieces
- 2** tablespoons oil
- 2** medium onions, chopped
- 3** cloves garlic, crushed
- 1** large red bell pepper, cut into matchsticks
- 1** pound sweet potatoes, peeled and cut into 1" chunks
- ¾** teaspoon salt
- ½** teaspoon dried thyme
- 1** ½ cups frozen peas
- 1** cup frozen corn

## Method

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1. In a large skillet heat the oil over medium heat. Add onions and garlic, and cook stirring frequently for 5 minutes, until the onion is golden.
2. Add the bell pepper and sweet potatoes. Cover and cook 5 minutes. Stir in 1 1/3 cup water, salt and thyme. Bring to a boil.
3. Reduce to simmer, cover and cook for 5 minutes or until sweet potatoes are tender.
4. Place cod on top of vegetables; cover and cook for 7 minutes, or until the cod is cooked but still tender.
5. Stir in frozen peas and corn (they'll thaw quickly), and it's ready to serve!

## Prep

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- Active: 30 Minutes
- Start to finish: 40 Minutes

Source: Whole Family Nutrition (Servings: --)

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# Delicious Child-Friendly Daal

## Ingredients

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- 1** ½ cups yellow daal, rinsed
- 2** medium potatoes, cut into 1" pieces
- 2** ½ cups spinach, shredded
- 3** ½ cups water
- 1** medium onion, finely chopped
- 2** tablespoons curry powder (turmeric, cumin, coriander, fenugreek mix)
- 2** tablespoons ghee or butter
- 1** teaspoon ground ginger
- 3** cloves garlic, crushed
- ½** teaspoon salt to taste

## Method

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In a pot, combine daal, potatoes, and water and bring to a boil. Set to medium low and simmer, covered, until potatoes

are tender (adding water if it starts to get dry). Add spinach after 5 minutes.

When daal and potatoes are done, remove from heat and fry the onions and curry powder in the ghee on medium-low until the onions are transparent. Add the ground ginger and crushed garlic and fry 30 seconds more. Stir in the daal-potato-spinach mixture and salt to taste!

**Source: Whole Family Nutrition (5 servings)**

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## Enlightened Tempeh Chili

### Ingredients

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**16** ounces (2 packages) tempeh, cubed and steamed  
**2** teaspoons olive oil  
**¾** teaspoon crushed red pepper flakes  
**4** cloves garlic, minced  
**1** medium red onion, chopped  
**1** red bell pepper, chopped  
**6** ounces portobello mushrooms, diced  
**29** ounces (2 cans) Mexican-style diced stewed tomatoes (can be spicy)  
**30** ounces (2 cans) chili beans with chipotle peppers OR 2 cans pinto beans plus 2 ounces canned chipotle peppers (these are spicy)  
**2** tablespoons chili powder  
**1** teaspoon dried basil  
**½** tablespoon dried Mexican oregano

### Method

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1. Cube tempeh and steam it over boiling water for 20 minutes, then set aside. Crush the garlic (so it can "age"), and prepare all the vegetables.
2. In a 5-quart saucepan, heat olive oil and crushed red pepper over medium-high heat for 1 minute. Add onion, and bell pepper and saute 3 minutes, stirring frequently. Crumble steamed tempeh into the pan and add the garlic and diced mushrooms. Cook 5 minutes, stirring occasionally. Add stewed tomatoes, chili beans, chili powder, basil, and Mexican oregano.
3. Reduce heat and simmer for 15 minutes.

### Notes

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This meal is best made in advance and allowed to mellow in the refrigerator overnight.

For a less spicy dish, leave out the chipotle peppers and use regular stewed tomatoes or non-spicy mexican style stewed tomatoes.

**Source: -- (8 servings)**

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## Garbanzo, Corn & Kale Soup

### Ingredients

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**30** ounces garbanzo beans  
**1** small onion, diced  
**1** clove garlic, crushed  
**2** tablespoons oil  
**3** cups water

- 3** cups vegetable stock
- 1 ½** cups frozen corn
- ½** teaspoon ground black pepper
- 1** teaspoon kelp granules, optional
- ½** teaspoon cayenne pepper, optional
- 1** bunch kale, fresh or frozen
- salt, to taste

## Method

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Sauté onion and garlic in olive oil 4 minutes, add water and broth and bring to low boil. Then add garbanzo beans, corn, pepper, and kelp/cayenne and simmer for 15 minutes. Add oregano and fresh kale and simmer 5 more minutes. Blend medium-fine with an immersion blender, and salt to taste.

## Prep

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- Prep: 5 Minutes
- Cook: 20 Minutes
- Start to finish: 25 Minutes

**Source: Whole Family Nutrition (5 servings)**

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# Green Smoothie

This is a great morning smoothie. The greens add a lot of nutrition and, if it weren't for the green color, would go completely unnoticed!

## Ingredients

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- 1** cup fresh spinach or kale
- 2** bananas, frozen
- ½** cup pineapple, canned or fresh
- ½** cup milk, or pineapple juice

## Method

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Blend all ingredients in a blender until smooth. You can double the recipe if desired.

## Notes

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You can buy extra bananas, and when ripe, peel the extra ones and place them into a freezer bag or tupperware and put them in the freezer for a lasting supply.

## Prep

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- Ready in: 5 Minutes

**Source: Whole Family Nutrition (2 servings)**

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# Indian Buckwheat Cereal

## Ingredients

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- 2** cups milk
- ½** cup water

- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1/8 cup sugar
- 1/4 cup raisins, optional
- 1/8 cup molasses
- 1/2 cup cream of buckwheat

## Method

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(Whole buckwheat can be dry blended until they become broken but NOT powder.)

1. In medium-sized saucepan, combine and heat milk, water, cinnamon, ginger, nutmeg, sugar, raisins, salt, & molasses.
2. Stir until mixture comes to a boil. Slowly stir in the buckwheat and cook on medium-low heat about 8 minutes, stirring often.
3. Cover and allow to stand 5 minutes. Stir to blend.

## Prep

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- Prep: 4 Minutes
- Cook: 8 Minutes
- Sit: 5 Minutes
- Start to finish: 17 Minutes

Source: Whole Family Nutrition (3 servings)

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# Lime Roasted Pepitas

## Ingredients

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- 1 cup raw pepitas (hulled pumpkin seeds)
- 1/2 lime (just the juice)
- 1/4 teaspoon sea salt

## Method

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1. Preheat the oven to 375°F.
2. Toss all ingredients together in a bowl so that the pepitas are coated with lime, olive oil, and salt.
3. Spread pepitas onto a baking sheet. Place in the oven and roast, stirring occasionally to ensure even cooking, for about 5-10 minutes, or until most of the pepitas are puffed up. Avoid over-cooking them. Allow to cool for at least 15 minutes for best flavor. Store in an airtight container and use within a week.

Source: Whole Family Nutrition (Servings: --)

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# Molasses Popcorn Balls

Try this without sugar in the recipe. Molasses is high in magnesium, vitamin B6, selenium, iron, potassium, manganese, and even calcium. It's still sweet, so it should be eaten in moderation, but compared to white sugar, MOLASSES ROCKS!

## Ingredients

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- 4 quarts popped corn
- 1 cup molasses

- ¼ cup sugar
- ¼ teaspoon sea salt
- 1 tablespoon coconut oil or butter
- ½ teaspoon baking soda
- 1 cup peanuts (optional)

## Method

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Place the popped corn in a bowl large enough to allow heavy mixing. Add the peanuts. Stirring occasionally, boil the molasses, sugar, oil, and salt about 20 minutes on medium heat, or until a drop of the mixture forms a hard ball when dropped in cold water. Remove from the heat, add soda and mix well. Pour over popped corn and stir so that each kernel may be coated. Form into a ball with well buttered hands or place into waxed paper bags or lay out on wax paper.

Source: -- (Servings: --)

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# Pepita Salad

## Ingredients

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- 1 cup pepitas (shelled pumpkin seeds), toasted
- 1 cup fresh cilantro, lightly packed
- ⅓ cup parmesan cheese, freshly grated
- 3 cloves garlic
- 1 lemon, juice of
- 1 serrano chile pepper, minced
- ⅔ cup extra virgin olive oil
- 4 cups cooked yellow split peas
- 3 cups romaine lettuce, torn into pieces

## Method

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Make the cilantro pesto by blending 1/3 cup of the toasted pepitas, the cilantro, Parmesan cheese, garlic, lemon juice, and chile pepper with a hand blender (or food processor or standard blender) until smooth. Continue blending as you gradually drizzle in the olive oil until the pesto comes together into a vibrant green sauce. Taste and add a pinch or two of salt if needed.

In a large bowl toss the yellow split peas and remaining pepitas with the pesto until everything is coated. Add the salad greens and gently toss again.

## Notes

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To cook the dried yellow split peas bring 6 cups of water to a boil in a large saucepan, add 2 cups (rinsed) dried split yellow peas and cook for 20 -30 minutes, or until tender. Drain, salt to taste and set aside.

Source: [101Cookbooks.com](http://101Cookbooks.com) (6 servings)

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# Perfect Oatmeal (Mineral Focus)

## Ingredients

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- 2 ¼ cups water
- dash salt

**1** cup old-fashioned rolled oats  
**½** teaspoon ground cinnamon  
**½** cup raisins  
**¼** cup walnuts, chopped  
soy milk or skim milk  
molasses, honey, or brown sugar

## Method

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1. Combine the water and salt in a small saucepan and turn the heat to high.
2. When the water boils, turn the heat to low, add oatmeal, and cook, stirring, until the water is just absorbed, about 5 minutes.
3. Add cinnamon, raisins, and walnuts, stir, cover the pan and turn off heat. Let set for 5 minutes. Serve with milk and sweetener.

## Notes

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Oats are high in magnesium. However, they can also be high in phytates, which inhibit magnesium absorption. To get rid of the phytates and improve mineral absorption, soak the oats, salt, and water overnight with 1 tablespoon of freshly ground wheat or buckwheat. Cook as directed (you may need to add more liquid).

## Prep

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- Active: 5 Minutes
- Cook: 5 Minutes
- Cool: 5 Minutes
- Start to finish: 15 Minutes

Source: Whole Family Nutrition (2 servings)

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# Quick Garlicky Beans

## Ingredients

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**24** ounces cooked beans (pinto, black, white, or kidney), drained  
**1** tablespoon olive oil, extra virgin  
**2** cloves garlic, crushed and aged 5-10 minutes  
sea salt, to taste (only if home cooked)

## Method

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Crush the garlic in a garlic press (or dice and smash in a small bowl), then set aside 10 minutes. Meanwhile, heat up drained beans in a pan. When warmed, remove from heat, stir in olive oil and garlic, and serve.

Source: Whole Family Nutrition (4 servings)

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# Red Lentil Soup with Mustard Greens

A wonderfully light, healthy, & scrumptious soup.

## Ingredients

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**½** pound mustard greens (2 to 3 cups)  
**1** tablespoon canola oil

**2** cups chopped onions  
**2** carrots, peeled and chopped  
**2** celery stalks, chopped  
**1** teaspoon cumin seed  
**1** ½ cups red lentils, rinsed  
**6** cups water  
**½** teaspoon thyme  
**½** teaspoon oregano  
**½** teaspoon basil  
**1** teaspoon turmeric (or curry powder)  
**1** bay leaf  
**1** teaspoon sea salt, or to taste  
lemon juice or umeboshi vinegar, to taste

## Method

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1. Wash greens and cut or strip leaves from the stalks. Discard stalks. Coarsely chop the leaves and set them aside.
2. In a heavy-bottomed stockpot, heat oil over medium heat. Add onions and sauté for 10 to 15 minutes, until golden and sweet. Meanwhile, chop carrots and celery.
3. Add cumin seeds to onions and stir for another 1 to 2 minutes until cumin smells fragrant. Add carrots, celery, lentils, water, thyme, oregano, basil, turmeric, and bay leaf and bring to a boil. Turn heat to medium-low and simmer, partially covered, for 25 to 30 minutes, stirring occasionally to prevent sticking. Add finely chopped mustard greens at the end while it's still piping hot.

## Notes

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You can use chopped spinach or Swiss chard instead of mustard greens. Cook spinach or chard for 4 to 5 minutes.

**Source: Greens Glorious Greens! (4 servings)**

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# Roasted Pepitas

This tasty, crunchy snack is chock full of nutrition: magnesium, manganese, phosphorus, iron, copper, protein, phytosterols, and zinc.

## Ingredients

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**1** cup pepitas (shelled pumpkin seeds)  
**2** teaspoons water  
**¼** teaspoon sea salt  
**½** teaspoon (optional) cardamon or other seasonings (dried chives, shallots, onion, garlic, ground green or black pepper, etc.)

## Method

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Preheat oven to 375°F. Mix all ingredients together in a bowl. The minimal amount of water should allow the salt and spices to stick to the pepitas without leaving a puddle in the bottom of the bowl. After mixing, spread pepitas evenly on a baking sheet and bake for roughly three to five minutes, watching closely to take them out when most of the pepitas are swollen. Some may be lightly browned, but you should avoid over-cooking them. Remove to a bowl immediately and allow to cool for best flavor.

## Prep

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- Active: 3 Minutes
- Ready in: 12 Minutes

Source: Whole Family Nutrition (4 servings)

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## Sesame Fish

### Ingredients

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**16** ounces frozen fish (halibut, orange roughy, or tilapia), thawed  
salt, to taste  
ground black pepper, to taste  
**¾** cups soft bread crumbs  
**3** tablespoons toasted sesame seeds  
**1** teaspoon dried thyme  
**2** tablespoons unsalted butter, melted

### Method

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Place fish in buttered baking pan. Sprinkle with salt and pepper. Combine remaining ingredients and distribute over fish. Bake uncovered at 350°F for 15 minutes until fish flakes easily.

### Prep

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- Active: 10 Minutes
- Bake: 15 Minutes
- Start to finish: 25 Minutes

Source: Whole Family Nutrition (4 servings)

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## Sesame Seed Milk

Sesame milk is a healthy dairy alternative. It's great on all types of cereals, especially muesli. Once you get used to the distinct sesame flavor, it may become your favorite type of milk.

### Ingredients

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**¾** cup sesame seeds, soaked overnight  
**4 ½** cups filtered water  
**1** cup ice cubes  
**1** pinch sea salt  
**3-4** tablespoons evaporated cane juice

### Method

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Drain the soak water from the sesame seeds using a wire sieve and rinse them under hot running water. Place all ingredients (fresh water, ice cubes, sugar, and salt) in the Vita-mix and blend 3 minutes. Strain into a pitcher using the seed milk bag and enjoy. Keep refrigerated for later use. Over time the milk will separate slightly; simply stir before serving.

### Notes

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Sesame milk has a better magnesium/calcium ratio and content than cow's milk, having two and a half times more magnesium and a magnesium/calcium ratio 4 times higher than that of milk. It has the same amount of calories as 2% milk.

Source: Whole Family Nutrition (6 servings)

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# Soaked Oat Porridge

Soaking your oatmeal with freshly ground wheat at a slightly acidic pH increases the nutrient availability of the oats. Kids love this just as much as regular oatmeal!

## Ingredients

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- 1 ½ cups rolled oats
- 2 tablespoons yogurt, kefir, or whey (or 2 tsp lemon juice), (for acidification)
- 1 tablespoon wheat berries, freshly ground in a coffee mill or wheat grinder
- 1 dash salt
- 1 ¼ cups water
- 1 ½ cups water or milk
- maple syrup, brown sugar, or honey

## Method

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Mix together the first four ingredients with enough water to slightly cover the oats (about 1 1/4 cups). Cover and leave in a warm place overnight.

Next morning, put the oat mixture in a pan and add milk or water (about 1 1/2 cups). How much liquid you add depends on how thick you like the porridge. Heat through, stirring until the oats are cooked (about three minutes).

Serve with milk and a little real maple syrup, honey, or brown sugar.

Source: Whole Family Nutrition (4 servings)

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# South African Bobotie-inspired Tempeh

## Ingredients

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## Method

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- 1 medium onion
- 1 package of tempeh, cut in thin cubes
- 3 Tbsp coconut oil
- 2 cups milk
- 2 Tbsp curry powder
- 1/2 tsp cayenne pepper
- 1 tsp salt
- 1 tsp sugar
- 2 Tbsp jam preserves
- 1 Tbsp corn starch dissolved in 3 Tbsp water

Sautee onions and tempeh together in coconut oil for five minutes, stirring frequently. Take off heat for at least three minutes. Meanwhile, in a medium bowl mix together milk, curry powder, cayenne pepper salt, preserves, and sugar. Add mixture to tempeh in pan and return to heat, allowing to simmer for 4 minutes. Add the dissolved corn starch and stir, cooking for an additional 2 or 3 minutes.

Source: Whole Family Nutrition (Servings: --)

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# Spinach Lentil Soup

## Ingredients

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- 1** ½ cups dry lentils, french or green
- 6** cups water
- ¾** cup red onion, chopped
- 3** cloves garlic, crushed
- 1** tablespoon olive oil
- 2** cups packed fresh spinach (or 1 cup frozen)
- 2** tablespoons dried or fresh parsley
- ¼** cup lemon juice
- 1** teaspoon salt, or more to taste

## Method

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Place the lentils and water in a large pot. Bring to a boil, cover, and simmer, covered, for 30 minutes. Add the onion, olive oil and garlic and simmer an additional 15 minutes. Add the spinach, parsley, and salt. Mix well. Add the lemon juice just before serving. Mix in well and serve at once.

## Prep

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- Prep: 5 Minutes
- Cook: 50 Minutes
- Start to finish: 60 Minutes

**Source: Whole Family Nutrition (8 servings)**

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# Tempeh in Spicy Orange Sauce

## Ingredients

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- 3** tablespoons oil
- 1** pound tempeh, cut into 1/2" squares
- 1** teaspoon garlic, crushed
- 1** tablespoon hot pepper sauce or 1/2 tablespoon red pepper flakes, optional
- 1** tablespoon brown sugar
- 1** tablespoon soy sauce or tamari
- 1** ½ cups orange juice
- 3** tablespoons corn starch, dissolved in 1 tablespoon cold water
- 3** cups cooked brown rice

## Method

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Heat oil in skillet over medium heat. Cut tempeh into ¼" strips and stir-fry until brown, about 5 minutes. In a separate bowl, combine orange juice, brown sugar, hot pepper, tamari and stir well. Sautee garlic with the tempeh for 30 seconds, then pour the contents of the bowl and bring to a low boil for two minutes. Add the dissolved cornstarch into the pan, mix around, and let it thicken for a few minutes. Serve over cooked brown rice.

**Source: -- (Servings: --)**

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# Terrific Trail Mix

"Fruit, seeds, and nuts are mixed together in this flavorful snack mix."

## Ingredients

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- 1** cup combination diced dried fruit, such as prunes, apricots, pears and apples
- ½** cup raisins and/or dried cherries or cranberries
- 1 ½** cups unsalted sunflower seeds and/or pepitas
- 1** cup unsalted dry-roasted peanuts (or honey-roasted peanuts, chopped walnuts or unsalted almonds)



## Method

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Mix all ingredients. Store in a quality container for lasting freshness.

Source: [Allrecipes.com](http://Allrecipes.com) (16 servings)

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# Venezuelan Black Beans

These beans are very delicious and very versatile. They are great just plain. For an all new meal, you can eat them with rice and shredded cheese on a bed of lettuce to make a taco salad, or put the taco salad ingredients into a tortilla to make burritos. Or dip low-salt tortilla chips into them. See the Chili-style Beans recipe for an easy chili variation.

## Ingredients

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- 30** ounces (2 cans) black beans
- 2** cloves garlic, crushed and aged 5-10 minutes
- 1** medium onion (optional), chopped
- 1** red bell pepper, chopped
- 1** tablespoon canola oil (or 3 tablespoons broth)
- 2** tablespoons extra virgin olive oil
- cooked brown rice, lettuce, tortillas, avocado, salsa, and shredded cheese are all optional

## Method

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Crush garlic into a bowl and let age while you chop onion and pepper. Heat oil or broth in skillet over medium-low heat. Sauté onions and bell pepper 5 minutes. Add black beans and simmer together for 10 minutes. Stir in garlic and extra virgin olive oil. Serve over brown rice.

## Notes

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Sautéing the onions and peppers in broth is a bit healthier than using oil, so use broth whenever you've got some usable broth on hand.

## Prep

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- Prep: 5 Minutes
- Saute: 5 Minutes
- Simmer: 10 Minutes
- Start to finish: 20 Minutes

Source: [Whole Family Nutrition](http://Whole Family Nutrition) (4 servings)

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# White Bean Soup

## Ingredients

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**30** ounces white beans (cannellini, great northern, or small white)  
**1** bunch kale  
**2** carrots, peeled and chopped  
**1** tablespoon oil  
**1** tablespoon oregano  
**1** medium onion  
**1** clove garlic, minced  
**3 ½** cups vegetable stock  
salt, to taste

## Method

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1. Sauté onion and garlic in oil until opaque.
2. Add carrots and cook about 3 minutes.
3. Add both cans of beans including liquid, and broth.
4. Mix together, and add oregano. Let cook for 5 minutes.
5. Wash and chop kale (using only the leaves, discard the stems) and add to the soup. Let simmer for 10 minutes and serve. Add salt and pepper if desired.

Source: Whole Family Nutrition (Servings: --)

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# Whole Wheat Sourdough Bread

Sourdough bread brings you all the benefits of increased mineral absorption and easier digestion. Plus, traditionally leavened breads taste amazing and hearty. You have the option of using 100% whole wheat flour; I use a little white flour because, although 100% whole wheat is wonderful, I've found the small amount of white flour to make a substantial improvement in taste. My favorite addition is sunflower seeds.

## Ingredients

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**1** cup sourdough wheat culture  
**3 ¾** cups finely ground whole wheat flour  
**¾** cup unbleached flour  
**1 ¼** cups water  
**1 ½** teaspoons salt  
**1** cup sunflower seeds and/or pumpkin seeds and/or walnuts pieces (optional)

## Method

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1. Mix/knead all ingredients (see notes on optional ingredients) 10 minutes or until uniform. Place in a wide, shallow bowl and proof 12 hours at room temperature (69° to 74°F)
2. Knead 1 minute, cut dough in half, shape into two balls, and place each onto a separate lightly greased cookie sheet. Proof 3-6 more hours at room temperature, covered with a moist kitchen towel. It is ready when a light impression remains after poking the dough gently with your finger.
3. Bake at 375°F on upper-middle oven rack for 35 minutes without preheating the oven.
4. Cool on a wire rack.

## Notes

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If using sunflower seeds, add them at the beginning with the rest of the ingredients. After the first rise, you can get creative and add things like 1 cup of sweetened dried cranberries plus the zest of one orange.

Sunshine Sourdough Bread:

- 1 cup of sundried tomatoes, cut into strips and soaked 30 minutes in hot water then drained
- 1/2 cup of sunflower kernels, soaked and drained along with the sundried tomatoes
- 1/2 cup of wheat berries, soaked overnight
- 10 garlic cloves, diced
- 2 tablespoons dried tarragon
- 2 tablespoons dried chives

Knead well all the above ingredients into the dough after proofing, before the final rise.

Source: **Whole Family Nutrition (10 servings | 2 loaves)**

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## Wilted Spinach

"Delicious wilted spinach with a simple Mediterranean dressing."

## Ingredients

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- 1/4 cup extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon lemon juice
- 1 tablespoon bottled minced garlic
- 1 pinch sea salt
- 1 pinch ground black pepper
- 4 ounces baby spinach
- 1 1/2 tablespoons pine nuts



## Method

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1. In a bowl, mix the olive oil, vinegar, lemon juice, garlic, salt, and pepper.
2. Place the spinach over boiling water in a pot fitted with a steamer basket, and steam 2 to 3 minutes, until wilted but not soggy.
3. Toss spinach in a bowl with the dressing, and sprinkle with pine nuts to serve.

## Prep

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- Prep: 15 Minutes
- Cook: 3 Minutes
- Ready in: 20 Minutes

Source: **Allrecipes.com (2 servings)**

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