

# **DR. CARIANNA'S DIETARY CLEANSE**

## **YOU CAN USE THIS PROGRAM:**

**-to help clear the body of toxins. To assist the body in clearing built up toxins in the fat, liver, colon, blood, and skin.**

**-to start a weight loss program. Use to jump start weight loss and to stimulate a healthy metabolism.**

**-to start yourself on the road to a healthy diet.**

**-to help reset a healthy diet. For people who generally eat a healthy diet but find themselves starting to eat more unhealthy foods than they would like.**

**-to help break the cycle of dietary cravings, especially sugar, starches, and dairy.**

**The program is a vegetable based diet, which includes fruit, moderate amount of legumes (and optional nuts and seeds), a small amount of healthy fats and moderate whole grains. It eliminates unhealthy foods. It recommends a supplement program to enhance its effects.**

## **WATER**

A minimum of 10 glasses per day is required but increase this if you are very large, or if you lose a lot of fluids from sweating.

## **GREEN AND BLACK TEA**

Tea is loaded with healthy antioxidants and natural alkaloids. These natural compounds help clean the body of free radicals, promote cellular metabolism in the liver, and actually boost fat burning to a small degree. Tea can be included in all aspects of this program, but note that caffeinated teas may interfere with good sleep patterns or cause agitation in some people so use naturally decaffeinated varieties if desired or limit their use to early in the day.

## **SUPPLEMENTS (if desired or directed)**

The dietary program itself will provide a far better complement of minerals, vitamins, and healthy dietary components than most ordinary diets so not everyone will choose to supplement this diet with other nutrients. However, the following supplements can be used along with this program to enhance its effects and if you would like, you can order these supplements through Dr. Carianna's office M-F 10a.m to 4p.m. at 561-835-6821.



**BREAKFAST:**

**Protein shake with 2 Tablespoons of ground flax seed and fruit if desired**

**Whole fruit (any fruit in whole form, not dried or juiced as this concentrates natural sugars and eliminates healthy fiber)**

**Vegetables of any kind and any vegetable juices if desired**

**Green or herbal tea if desired**

**Water**

**OR**

**1/2 cup cooked whole grain or healthy carbohydrate (oatmeal for example)**

**2 Tablespoons of any nuts or seeds (sunflower, pumpkin, walnuts, almonds, etc.) or 1/2 cup of any legume if desired**

**Whole fruit as desired (any fruit in whole form, not dried or juiced as this concentrates natural sugars and eliminates healthy fiber)**

**Vegetables as desired of any kind and any vegetable juices**

**Green or herbal tea if desired**

**Water**

*Sample breakfasts:*

*1/2 cup cooked steel cut or rolled oats with 2 Tablespoons walnuts with 3/4 cup chopped apples and blueberries, cinnamon*

*Green tea*

*Water*

*1/2 cup cooked brown rice (heated in fry pan with a spray of olive oil)*

*1/2 cup black beans*

*Salsa (any that contain just vegetables, which includes most commercial varieties, or of course homemade loaded with tomato, onions, or any other vegetable you like)*

*Fruit*

*Water*

*Green tea*

*Metagenics shake made with water, blueberries, frozen banana*

*Green tea or herbal tea*

## **LUNCH:**

**Vegetables: always try to include at least 2**

**Fruits as desired**

**½ cup cooked whole grain or brown rice cake**

**½ cup legumes or 2 tablespoons nuts, nut butter, or seeds**

**Water**

*Sample lunches:*

*Lundberg brown rice cake*

*2 Tablespoons peanut butter*

*Banana*

*Large vegetable salad with 2 Tablespoons natural salad dressing*

*Water*

*2 cups whole grain salad*

*Apple*

*Iced tea (unsweetened)*

*Vegetable stir fry with ¼ block tofu, ginger, garlic, natural soy sauce, splash of sesame oil (use 1 tablespoon olive oil to cook)*

*½ cup cooked brown rice*

*Fruit*

*Water*

## **SNACKS:**

**When you shop for fruits and vegetables buy a wide variety and try to wash and cut them in advance to make for easy snacking.**

**This can be the key to success.**

**Fruits**

**Vegetables**

**Herbal, green or regular tea hot or iced**

*Sample snacks:*

*Whole strawberries*

*Sliced fennel*

*Apple or other whole fruit*

*Carrots and celery*

*Cubed melon or fruit salad*

**DINNER:**

**Vegetables: always try to include at least 2**

**Salad**

**Fruits as desired**

**½ cup legumes or 2 tablespoons nuts, nut butter, or seeds**

**Water**

**Optional: ½ cup cooked whole grain\***

*Sample dinners:*

*Lentil soup*

*Sliced vegetable salad made with fennel, cabbage, celery, carrots*

*Cantaloupe*

*Water*

*½ cup quinoa*

*Tomato sauce (homemade with small amount of olive oil, sautéed onions, garlic, tomatoes, basil and oregano)*

*Green salad with 2 tablespoons sliced almonds*

*Broccoli (steamed or roasted)*

*Water*

*Baked tofu (1/4 pound, or ¼ block uncooked)*

*Roasted cauliflower with garlic and rosemary*

*Large salad*

*Water*

Eliminate all processed foods.

Eliminate all “nonfoods” which includes food colorings, high fructose corn syrup, all food additives, hydrogenated fats, and artificial sweeteners.

Eliminate all flour and processed grains, white rice, grits, breads, white potato, sugar, honey and other sweeteners, white flour and white flour products (pasta, crackers, breads containing white or “wheat” flour, bagels, pita, etc.).

Eliminate all meats, fish, dairy, and eggs. After the first seven days you may choose to add fish and eggs again, with a maximum of ½ pound fish per meal and a maximum of 2 eggs per day.

### **VEGETABLES AND FRUITS:**

***This is a vegetable based cleanse. Plan on eating 2 to 3 vegetable portions at each meal and snack on vegetables whenever desired. You can eat all you desire of fruits and vegetables but try to eat approximately twice the volume of vegetables vs. fruits.***

**Vegetables and fruits are loaded with nutrients, which nourish our cells. Many are packed with insoluble fiber, which cleanses the colon, satisfies the brain's appetite center, and improves metabolism. Some vegetables (especially beets and dark leafy greens) are full of natural antioxidants which assist the liver in cleaning the blood of toxins that enter our bodies from the environment as well as helping the liver to eliminate stored toxins we ingested or absorbed in the past.**

**Be creative and try new vegetables and fruits. Get out of your supermarket rut and enjoy vegies and fruits you like but rarely eat.**

#### **Notes on vegetables and fruits:**

***When possible organically grown is better. If unavailable or if it is not as fresh looking as conventional always soak conventional fruits and vegetables in warm water with dish soap for 30 to 60 seconds and then rinse very well. The soap acts as a solvent for oil based chemicals like pesticides and you will remove some amount of the residue in this way.***

***Also, a few fruits and vegetables are very caloric and if you wish to lose weight deemphasize these choices in your diet, especially and specifically avocado and coconut. Also note that corn, yucca, sweet potato, and yams are counted as starches (in grain category).***

## **VEGETABLES**

- Alfalfa sprouts
- Artichoke
- Arugula
- Asparagus
- Avocado (actually fruits, but treated as vegetables)
- Bean sprouts
- Broccoli
- Brussels sprouts
- Cabbage
- Carrot
- Cauliflower
- Celeriac
- Celery
- Collard greens
- Eggplant
- Endive
- Fennel
- Frisee
- Green beans
- Kale
- Kohlrabi
- Lettuce
- Mushrooms (actually a fungus, not a plant)
- Mustard greens
- Okra
- Onion family
- Chives
- Garlic
- Leek
- Onion
- Scallion
- Shallot
- Parsley
- Peas
- Peppers (actually fruits, but treated as vegetables)
- Radicchio
- Rhubarb
- Radish
- Snap Peas
- Spinach
- Squashes (actually fruits, but treated as vegetables)
  - Acorn squash
  - Butternut squash
  - Zucchini
  - Cucumber

- Patty pans
- Pumpkin
- Spaghetti squash
- Tomato (actually a fruit, but treated as a vegetable)
- Turnip
- Water chestnut

## **FRUITS**

- Apple
- Apricot
- Banana
- Bilberry
- Blackberry
- Blackcurrant
- Blueberry
- Currant
- Cherry
- Clementine
- Grape
- Grapefruit
- Huckleberry
- Kiwi fruit
- Kumquat
- Lemon
- Lime
- Lychee
- Mango
- Melon
  - Cantaloupe
  - Honeydew melon
  - Watermelon
- Nectarine
- Orange
- Peach
- Pear
- Plum
- Pineapple
- Pomegranate
- Raspberry
- Strawberry
- Tangerine

**WHOLE GRAINS AND HEALTHY CARBOHYDRATES: *Eat ½ cup at breakfast and lunch, optional at dinner.* Packed with minerals and colon healthy fiber. Oats and barley are also rich in soluble fiber, which helps balance blood sugar and cholesterol as well as reducing sugar cravings.**



- Barley
- Buckwheat
- Bulghur (Cracked Wheat)
- Brown Rice
- Millet
- Oats (steel cut, rolled, quick cooking and oat bran are all fine)
- Quinoa

Additional foods we will regard as acceptable carbohydrates:

- Brown rice cake (whole grain only, ex. Lundberg brand)
- Corn (fresh or frozen only)
- Sweet potato
- Taro
- Yams
- Yucca

## **LEGUMES AND NUTS AND SEEDS**

***You should eat ½ cup of legumes OR 2 Tablespoons of nuts or seeds at every meal.*** Legumes are an excellent source of protein, water-soluble fiber that balances blood sugar, reduces bad cholesterol, and raises good cholesterol. Nuts and seeds are rich in protein, some complex carbohydrate, and very healthy fats. Both provide minerals and vitamins and help the brain to feel satisfied.

### **LEGUMES**

- Black beans
- Black-eyed peas
- Broad beans
- Cannellini beans
- Chickpeas, Garbanzos, or ceci beans
- Fava beans
- Great Northern beans
- Green beans
- Kidney beans
- Lentils (Red or Brown)
- Lima bean or Butter bean
- Mung beans
- Navy beans
- Pinto beans
- Soy beans
- Split peas

### **NUTS AND SEEDS (use in raw or very low processed forms when available)**

- Almonds
- Cashews

- Chestnuts
- Pecans
- Pistachios
- Pumpkin Seeds
- Sesame seeds
- Walnuts

**OIL** *Use up to 2 Tablespoons per day in cooking and on raw foods and salads,*

Use olive oil for cooking or olive or flax oil for raw foods.

### **HERBS, SPICES, AND CONDIMENTS**

*Emphasize the use of fresh flavors.* Herbs and spices improve digestion, make food very enjoyable, which will make the plan much easier to accomplish. Spices also affect the brain, sending messages that your hunger is satisfied. Hot spices (like ginger, cinnamon, cayenne, and chilies) also have been shown to mildly speed up metabolism.

There are many many herbs, spices, and condiments but be sure to select items that are fat, sugar, flour, and additive free. For example ALL fresh herbs are excellent choices, including basil, rosemary, mint, tarragon, parsley, lemon grass, oregano, etc., Dried spices, sea salt and pepper are good choices (though never overdo salt). Vinegars, hot sauces, mustards are all helpful and delicious additions so be bold and enhance your food. So much of standard American diets rely on unhealthy fats and sugars for flavor and you may miss neither if you create delicious foods. This can only be accomplished with the use of natural herbs and spices; so stock up before you begin.

**Note:** Plan your strategy for beginning this plan. If possible get the foods that are likely to sabotage your efforts out of the house (give away your meat, milk, cheese, bread, and eggs before you start). Go shopping and stock up on lots of varieties of foods BEFORE you begin and wash and prepare them all ahead when you can so there are plenty of choices available when you are hungry. Also, try to cook a few meals ahead and have leftovers so you can throw a desirable meal together in just a few minutes.

### **EXERCISE**

Optimally exercise should be part of all of our daily lives. The benefits of regular exercise cannot be overstated. No single variable in life is so consistently effective at preventing disease, improving quality of life, and extending longevity. Regular exercisers literally are happier, have better sex lives, are healthier, look better, and live longer.

When you are resetting your diet and especially if you would also like to lose weight, incorporating exercise into any weight loss program is central to success. Exercise programs should be started based on your current level of health and fitness and should always begin gradually and optimally build to an almost daily routine. 15 to 45 minutes of “heartbeat raising” exercise most days on a regular basis are central to maintaining good cardiovascular fitness, to promoting the prevention of countless diseases, and to maintaining a healthy weight. Ask a healthcare provider or certified personal trainer to help customize a program for you. At the least, if you have not exercised regularly one can always start with walking on land, on an elliptical or the like, or in a pool if you have joint or muscle problems, and slowly build your time and distance, and then your speed. Do not exhaust yourself. Start with what is only slightly difficult and build up gradually. Some may begin with 20 minutes, for others 3 minutes is all that is reasonable. Remember that no matter how slowly you begin exercise, if you push yourself to continue your health will improve and your experience of life will always be better than if you were not exercising.

**AFTER THE PLAN:**

After 10 days you can chose to:

- A. Continue plan for 5 to 10 additional days
- B. Add additional proteins up to 4 ounces per meal up to twice per day for the next 10 to 20 days:
  - a. Fish:
    - Avoid farm raised
    - Prepare by grilling, broiling, roasting, or poaching
  - b. Eggs (organic only)
  - c. Chicken and Turkey (organic only)
  - d. Also add Ezekiel (sprouted whole grain) bread if desired;  
1 slice up to twice per day

To instill healthy dietary habits it is a good idea to repeat this plan regularly. For example, repeat once every three, six, or twelve months or for the first week of every month for a year. Some people choose to repeat the plan one day of every week. If you are using this plan to jump start weight loss it is a good idea to either continue some version of this plan in addition to nutritional or calorie monitoring, such as on a website like [www.sparkpeople.com](http://www.sparkpeople.com) or move on to a specific weight loss program, like the Zone Diet, the South Beach diet, Weight Watchers, or many other choices.

## **COOKING GRAINS**

**Bring water to boil with small amount of salt. Add grain, lower heat to very low and cook for the correct time.**

- Barley 1 cup grain to 3 cups water for 50 minutes
- Buckwheat 1 cup grain to 2 cups water for 15 minutes
- Bulghur (Cracked Wheat) 1 cup grain to 2 cups water for 20 minutes
- Brown Rice 1 cup grain to 2 cups water for 45 minutes
- Millet \*Rinse first 1 cup grain to 2 cups water for 20-25 minutes
- Oats (steel cut, rolled, quick cooking and oat bran are all fine)
- Quinoa \*Rinse first 1 cup grain to 2 cups water for 10-15 minutes

### **BEAN SALAD**

- \*1 can red kidney beans
- \*1 can cannellini beans
- \*3 cups cooked and cooled green beans
- \*1 small onion
- \* garlic powder or finely minced garlic (optional)
- \* olive oil
- \* red wine vinegar
- \* basil fresh or dried
- \* salt and pepper

Slice a small onion really thin and soak in a bowl of cold water for 10 minutes. Drain well. Rinse canned beans in fresh water and drain well. Add all three beans to drained onions. Dress with spare amount of olive oil and then vinegar to taste. Add basil, garlic if desired, salt and pepper to taste.

### **ROASTED GIAMBOTTA**

- \* eggplant
- \* zucchini
- \* tomato (smaller cut than others)
- \* salt and pepper
- \* onion
- \* green pepper
- \* olive oil

Preheat oven to 450\*. Cut all veggies in big bite size chunks. Combine all veggies on a cookie sheet or roasting pan. Spray with olive oil in a spray bottle. Season with salt and pepper and roast together. Stir every 15 minutes and roast until well caramelized (about 45 minutes to one hour).

## **MINISTRONE**

- \* boiling water
- \* 2 medium onions, diced
- \* 2 cloves garlic, minced
- \* olive oil
- \* 3 ribs of celery, diced
- \* 1 carrot, diced
- \* 1 cup of frozen peas
- \* 1 small tomato or a few tablespoons of tomato paste
- \* 1 can of beans –rinsed (either cannellini, kidney, or garbanzo)
- \* heaping handful of cooked barley
- \* salt and pepper to taste (if using bouillon cubes, no salt needed)

Put a pot of water on to boil. In another soup pot add small amount of olive oil. On medium low heat add onion and sauté with salt in olive oil until it begins to soften. Add celery and carrot and garlic and sauté until all veggies are soft. Add 10 to 12 cups boiling water and cook on medium heat. Add beans (with liquid), tomato or tomato gravy, frozen peas, and salt and pepper to taste and bring soup up to a boil. Add barley and cook for 10 minutes more at a light boil. Serve.

## **BARLEY AND PEAS**

- \* 1-½ cups cooked barley
- \* 2 cloves garlic, minced
- \* olive oil
- \* 1 box (about 10 ounces) frozen peas
- \* tomato paste
- \* salt and pepper

Add 1 Tablespoon of olive oil to heavy pot. Add garlic and sauté (add a little salt to prevent garlic from browning). When garlic is soft, add the frozen peas and immediately add a heaping tablespoon of tomato paste, salt and pepper, and cook for 1 to 2 minutes stirring continuously. Add one ladle of hot water, and continue to cook on medium high. Add more water (1/2 to 1 more ladle as desired). When it comes up to a bubble, add barley. Stir together. Add additional water if desired. Barley will absorb some of the water. This is moist but not soupy when done properly. Add additional salt and pepper if desired. Serve with crushed red pepper if desired.

## **ROASTED VEGETABLES**

- \* 5 cups of vegetables, celery, onion, carrot, fennel, squash, etc., etc.
- \* 6 cloves of whole garlic
- \* olive oil
- \* rosemary or sage
- \* salt and pepper

Preheat oven to 450 degrees. Cut vegetables into uniform bite size chunks and put into a roasting pan or on a cookie sheet. Toss in peeled whole garlic cloves, and spray everything with olive oil. Sprinkle with salt and pepper and roast in a 450 degree oven. Turn with a metal spatula about every 15 minutes. After 10 minutes add sprigs of rosemary or sage and continue to roast until veggies are cooked through and golden brown. Delicious.

**ROASTED CAULIFLOWER:** Cut in bite size pieces and toss in rosemary or basil. Spray with olive oil, and add salt and pepper. Roast at 450 degrees turning every 10 minutes for 20 to 30 minutes until lightly golden.

**ROASTED ASPARAGUS:** Trim bottoms and lay on cookie sheet in one direction in a single layer. Lightly spray with olive oil, add salt and pepper and roast at 450 for about 10 minutes (depending on thickness).

**ROASTED ZUCCHINI:** Small bite size chunks. Spray with olive oil, salt and pepper, desired herbs, garlic (cut cloves in half) and roast at 450 turning every 15 minutes for about 30 to 45 minutes.

**ROASTED ROOT VEGETABLES:** Mix big chunks of fennel, carrot, onion, whole garlic cloves, and celery together. Toss with olive oil, salt, pepper, rosemary or sage and roast.

## **SPINACH, RICE, AND BEANS**

- \* 2 cloves garlic, chopped
- \* olive oil
- \* 20 oz. bag frozen spinach
- \* 1-½ cups cooked brown rice
- \* 2 cans kidney beans
- \* salt and pepper

Put 1 tablespoons of olive oil in a heavy pot. Sauté the garlic over low heat, adding a little salt to prevent the garlic from browning. Brown garlic is bitter garlic. When the garlic is soft, add the spinach and 1/2-cup water. Cover and cook on low to medium heat until heated. Add both cans of beans with all the liquid from the cans and additional water. Heat through. Add the cooked rice, water to desired thickness, salt and pepper to taste. Cook for about ten more minutes. This should be soupy but not watery. Enjoy.

## **SPLIT PEA SOUP**

- \* 1 pound bag of split peas (green, yellow, or orange)
- \* water
- \* 2 cloves garlic, chopped
- \* 1 onion
- \* 1 or 2 carrots
- \* salt and pepper
- \* 2 ribs of celery

Clean split peas by sorting through them in a bowl to make sure there are no rocks and rinse several times with water. Put peas in a soup pot and fill with water to cover an inch over the top of the peas. Cook on medium low heat for about 10 minutes (NO SALT YET PLEASE OR PEAS WILL GET TOUGH). Add roughly chopped celery, carrots, onion, and garlic, and continue cooking until everything is soft, about 40 to 60 minutes total. Add salt and pepper to taste. Puree soup with a stick (immersion) blender or in a food processor (careful not to burn yourself). Serve & enjoy.

### **BEAUTIFUL GREEN PEA SOUP**

- \* 20 ounce package of frozen peas
- \* water
- \* 2 cloves garlic, chopped
- \* 2 onions, chopped
- \* 2 ribs of celery
- \* salt and pepper

Sauté onion, celery, and garlic with pinch of salt. Add peas and add boiling water just to cover  $\frac{1}{4}$  inch over tops of peas. Bring back to boil. Add pepper to taste. Puree soup with a stick (immersion) blender or in a food processor (careful not to burn yourself). Serve & enjoy.



## **TOMATO SALAD**

- 2 large really ripe tomatoes
- 1 large cucumber (optional)
- 1/2 small onion
- 1 teaspoon olive oil
- 2 teaspoons red wine vinegar
- fresh basil
- fresh mint
- salt and pepper

Slice the onion really thin and soak in a bowl of cold water for 10 minutes. Cut tomatoes into bite size chunks and put in serving bowl (use all liquid). Drain onions and add to tomatoes. Rip a small handful of basil leaves and a couple of mint leaves in small pieces and add. Dress with olive oil. Salt and pepper to taste. Yum.

## **SAUTEED ZUCCHINI**

- \* olive oil
- \* 2 cloves garlic, minced.
- \* 2 small or 1 medium zucchini
- \* salt
- \* pepper
- \* about 2 tablespoons of red wine vinegar

Sauté garlic in a skillet in about 2 tablespoons of olive oil with salt, sautéing until soft, and translucent. Do not brown. Slice zucchinis into thin rounds (1/8 to 1/4 inch thick). Place each round in a single layer in pan and sauté on medium heat browning lightly. Turn individual slices over when browned with a fork and brown second side. Salt and pepper to taste. Add pepper and additional salt to taste. Sprinkle vinegar over zucchini, cover pan, and turn off heat. Let pan sit for a few minutes and serve immediately.

## GRAIN SALAD

- 1 cup cooked and cooled grain –try barley or substitute:  
brown rice, quinoa, etc,
- 1 can or 1 cup cooked beans- try garbanzos or substitute:  
kidney beans, edamame, lentils, lima beans, favas, etc.
- 3 Tablespoons chopped walnuts (optional)  
Leave out or substitute pumpkin seeds, sunflower seeds, etc.
- 1 ½ cups chopped raw or lightly cooked vegetables -try tomato and  
chopped broccoli or substitute:  
one or a combo of any including these; asparagus, blanched green  
beans, peppers, roasted cooled squash, cauliflower, cucumber, etc,
- 1/2 cup aromatic vegetables chopped – try onion, celery, and carrots or  
substitute:  
one of or a combo of any of these;, garlic, leeks, shallots, scallions,  
etc.
- 2 Tablespoons olive oil
- 3 Tablespoons lemon juice  
or substitute any vinegar, lime, orange, or grapefruit juice
- small handful of chopped fresh herbs-try basil and mint  
or substitute any herb including cilantro, parsley, tarragon, oregano, etc.
- salt and pepper

Mix everything in a large bowl and toss together well. This dish stores very well and makes a very satisfying and quick full meal.

## Salad Ideas

Use a base of greens like mixed baby greens, or torn romaine leaves, or endive, or baby spinach, or shredded cabbage.

Be creative with additions. Mix and match ingredients including:

Hearts of palm

Artichoke hearts

Roasted or raw fennel

Lightly steamed chopped asparagus

Roasted kohlrabi, turnips, beets

Jicama diced or julienned

Winter squash, peeled and raw and grated on large holed grater

Add legumes, nuts, or seeds if desired:

1 to 2 Tablespoons of pecans, pine nuts, pumpkin, or sunflower seeds

¼ cup thawed green peas, rinsed garbanzo, kidney, or lima beans

Try dressing your salad with olive oils you have infused with flavor

Dried rosemary, sage, mint, oregano, thyme, tarragon, etc

Dried lemon, orange, lime peels (just use colored portion of peel, cut into thin strips and dry in low oven or just on a wooden cutting board covered with a paper towel or cotton cloth until fully dry.

Cover with olive oil and let it sit in jar in refrigerator for 5 to 10 days, then strain and use.

#### BASIC DRESSINGS:

Try using different acids in your dressings: apple cider, wine, rice vinegars; grapefruit, lime, lemon juices.

½ cup olive oil

½ cup of a vinegar or fresh lemon

1 Tablespoon Dijon mustard

Salt and pepper

2 Tablespoons olive oil

½ cup nonfat Greek yogurt

2 Tablespoons fresh minced herbs (basil, mint, oregano, cilantro, tarragon, etc)

1 clove minced garlic

## THANKSGIVING PEPPERS

- 3 cups cooked and cooled quinoa
- 6 to 8 peppers depending on size (red or green bell, poblano or cubanelle as you like)
- 1 large whole Eggplant
- 3 cups cooked and cooled lentils (or substitute any canned bean you like better):
- 4 Tablespoons chopped walnuts (optional)  
Leave out or substitute pumpkin seeds, sunflower seeds, etc.
- 1 cup chopped onion
- 2 cups chopped celery (with the leaves)
- 3 cups mushroom cut in quarters
- 6 cloves whole peeled garlic
- 2 Tablespoons olive oil
- salt and pepper
- 1 cup of chopped sage, thyme, parsley, and rosemary if desired. or 2 Tablespoons of dried "poultry mix spices"

Preheat oven to 350. Place whole eggplant on a baking sheet and bake for about one hour (until it "collapses"). Toss the onions, celery, and mushrooms with the oil and put on a baking sheet with salt and pepper and bake for about 40 minutes along with the eggplant, toss occasionally to prevent burning, until soft and lightly caramelized. Cool the eggplant until you can handle it. Slice in half and scoop out the "meat" of the eggplant into a large bowl. Chop roughly. Add the vegetables, quinoa, and lentils or beans, walnuts if desired, and the chopped herbs. Add salt and pepper if needed and lightly mix all the ingredients together. Cut the tops off the peppers and loosely stuff them with the stuffing mixture. Place peppers on a baking sheet sprayed with a little olive oil. Bake for 30 to 60 minutes until pepper is fully cooked (bell peppers will take about 45 to 60, poblanos and cubanelles about 30).