

DR. CARIANNA'S LIVE WELL FOOD PRINCIPLES

Vegetables and Fruits: 5 or more per day

Legumes, Oats, or Barley 2 times per day

Plenty of Water

Moderate Protein

Moderate Complex Carbohydrates

Don't Skip Meals

This 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 protein and whole grains.

Eat lots of vegetables, fresh fruit as desired, aiming at a minimum of 6 one-cup vegetable servings (up to three of these can be fruits) per day. Vegetables provide lots of insoluble fiber, which tells the brain that you are well fed and helps to lower metabolism. Vegetables are loaded with antioxidants, the coveted amazing nutrients that fight cancer-causing changes to the cells of the whole body. They are packed with vitamins and minerals which nourish our cells and that means they help to build our energy and sense of well-being. Diets that are dominated by vegetables and fruits are associated with improved emotional outlook, less chronic illness, healthier body weight, and longer life.

The other cornerstone of this healthy diet is including "soluble" or "water-soluble" fiber in your diet every day, preferably a ½ cup servings one to three times per day. First let's outline the two basic forms of dietary fiber, "insoluble", doesn't dissolve in water (or therefore can't be absorbed into your bloodstream at all). Insoluble fiber prevents constipation, keeps your colon clean and reduces colon cancer risk. It fills you up and sends messages to the brain that you are well fed, which can speed up metabolism. Insoluble fiber is found in fruits and vegetables, and in many whole grains. *Soluble fiber", on the other hand, dissolves in water (and therefore in blood) and it is absorbed into your body. This is the fiber that helps to keep your blood sugar balanced, helps to raise your good cholesterol (HDL) and lower your bad cholesterol (LDL). Water-soluble fiber makes your stomach feel full on less calories and volume, and the improvement in blood sugar balance sends signals to your brain that keeps you satisfied longer and

reduces sugar and carbohydrate cravings. Soluble fiber also reduces insulin sensitivity, which again, helps to keep glucose balanced, fights “metabolic syndrome”, and helps to prevent the occurrence of both hypoglycemia and diabetes. Including soluble fiber as an essential part of your regular diet can transform your health. The main dietary sources of water-soluble fiber are legumes, oats, and barley. Nuts have some soluble fiber, especially almonds, and some vegetables and fruits contain smaller amounts (especially apples, pears, onions, sweet potatoes, carrots, beets, Jerusalem artichokes, cucumbers, strawberries, celery, and broccoli). Paying attention to including these foods, especially beans, barley, or oats, is key to reaping the benefits of this approach to eating. If you eat little or no fiber now, start this approach gradually. Fiber supplies the gut with nutrients that are processed by beneficial bowel bacteria. If you rarely eat fiber you may have less of these beneficial bacteria, which may make you experience an increase in intestinal gas when you begin. You may need to add a probiotic formula, either as a supplement (1 probiotic twice per day is usually adequate) or add a cultured food to your diet regularly (a couple of spoonful's of good quality low-fat yogurt, or a swallow of kefir twice per day) is a good idea. If you never or rarely eat beans your GI tract may not be regularly making an enzyme which digests the complex carbohydrates in beans and you may need to add this enzyme, alpha-galactosidase.' It is found in products like “Beano”. If needed use it temporarily until your body adjusts and begins to manufacture it by itself in response to your change in diet. Legumes also have the added benefit that they are very high in protein, and many vitamins and minerals.

Stay well hydrated. It is difficult to overstate the importance of water to our health. The number one cause of daytime fatigue is being mildly dehydrated, so if you are tired more often than you would like, pour yourself some water. Water is essential to maintaining a healthy internal temperature, a healthy blood pressure, and heart rate. Inadequate water intake can contribute to chronic headaches, muscle cramps, skin complaints, constipation, sinus pain, frequent colds due to diminished immune response, dry eyes and skin, and premature aging. If that's not enough to inspire you, short-term memory and focus problems are worsened or even caused by a lack of water. In almost 4 out of 10 people, thirst is mistaken for hunger and drinking enough water dramatically can decrease food cravings and unnecessary calorie intake, helping 40% of people lose weight just by drinking enough water, and a glass of water is guaranteed to immediately stop hunger pains. Aim at 8 to 10 glasses per day but increase this if you are very large, or if you lose a lot of fluids from sweating.

To maintain good health we need between 40 and 60 grams of protein daily. Protein is vital for strong muscles, skin, hair, and organs. It is central to $\frac{1}{2}$ cup. So a healthy meal of $\frac{1}{2}$ cup brown rice, $\frac{1}{2}$ cup beans, and 1 cup of our daily energy, to repair of our tissues, to growth in children and during pregnancy, and to keeping our immune systems healthy. Legumes contain about 7 to 10 grams of protein per $\frac{1}{2}$ cup serving. Nuts and seeds have about 3 to 4 grams in 2

tablespoons. Most whole grains and vegetables also contain about 3 grams per vegies gives you plenty of protein, totaling about 18 to 22 grams. It's easy to get to your desired level without adding animal sources. However, poultry, fish, and shellfish contain between 16 and 30 gr of protein per ¼ pound serving and eggs are about 12 grams for 2 egg whites or whole eggs. So feel free to add these healthy choices to your regular diet as well, just don't forget the soluble fiber along with it.

Healthy complex carbohydrates include high fiber whole grains, like brown rice and quinoa, legumes, and some high fiber vegetables, like sweet potatoes. Include about ½ cup portions in your meals as desired.

Including calcium rich foods in your diet is important, particularly for children and women. Bone health is greatly affected by dietary calcium and Vitamin D, and the newest research strongly suggests calcium supplementation is not as effective as once thought. Therefore, pay attention to including calcium rich foods daily. High calcium foods include dairy products, but other good sources are tofu and soy products, most beans (legumes), almonds, sesame seeds, collard greens, and broccoli. Dairy is in fact a healthy group of foods for many people. However, dairy foods are complex and as such, there are people who don't respond well to dairy in their diet. Dairy fats, as with any animal fats, are saturated fats. Saturated fats tend to raise bad cholesterol (LDL), and are associated with increased cardiovascular risks. They also store pesticides and hormones at high levels, so if you eat dairy, try to choose low fat varieties, and buy organic whenever feasible. But if your body has no negative response to dairy, feel free to eat lowfat sources such as yogurt and skim milk in moderation.

Whenever possible, eliminate processed foods.

Try to eliminate all "nonfoods" which includes food colorings, high fructose corn syrup, all food additives, hydrogenated fats, and artificial sweeteners.

Whole grains are always better than flours, so try to emphasize them in your diet.

Avoid white flour and processed grains including white rice, white pasta, grits, breads, white potato, and sugar. These are "high glycemic foods" which cause your blood sugar to spike up and down.

COFFEE, GREEN AND BLACK TEA

Tea and coffee are 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 and coffee may interfere with good sleep patterns or cause agitation in some people so use them in moderation, use naturally decaffeinated varieties, or limit their use to early in the day.

BREAKFAST:

**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**

OR

**1 whole egg any style or one egg and an extra 1 to 2 egg whites scrambled,
1/2 cup cooked breakfast grain (see recipes)
Whole grain (1/2 cup cooked)
Vegetables or Whole fruit (any fruit in whole form, not dried or juiced as this concentrates natural sugars and eliminates healthy fiber)
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
1 fried egg
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*

*1 cup Savory Breakfast Grains (see recipes)
1 whole and 2 egg whites, scrambled
Coffee or 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 5 ounces of fish, chicken, or ¼ block tofu, ginger, garlic, natural soy sauce, splash of sesame oil (use 1 tablespoon olive oil to cook)**½ cup cooked brown rice**Yogurt sauce**Fruit**Water**Green salad with vegetables**5 ounces of grilled chicken, fish OR ½ cup beans**1 Tablespoon sunflower or pumpkin seeds**2 Tablespoons of healthy dressing or nonfat yogurt***THE IMPORTANCE OF REGULAR MEALS AND SNACKING**

We often feel that food between meals is unhealthy but we do it anyway, in physical response to dropping blood sugar, or emotional response to things like tension, anxiety, sadness, or even boredom. In fact for most people, eating regular meals and eating something between meals is an excellent plan. It sends messages to the brain that we are well nourished,

that there is plenty of food available, and keeps blood sugar levels steady which keeps us feeling at our best mentally and physically.

The brain responds to lapses in food intake by slowing the metabolism, interpreting that lapse as a sign of food scarcity. This is why drastic up and down dieting tends to lead to higher weight gain over time in spite of initial weight loss. The human brain evolved in an environment of sporadic access to food. When you skip meals, when your blood sugar drops often, or when you drop food intake dramatically for an extended period of time (dieting) the hypothalamus in the brain responds. It slows your metabolism as a survival mechanism. The brain chooses to pad your body with extra fat to avoid future times of scarce food supply.

So don't skip meals. And grab a healthy snack between meals. Healthy snacking starts with good planning. Bring your snacks with you to work. Have a bowl of washed and ready to eat fruit on your counter. Have washed and pre-cut raw veggies in your fridge, whole grain crackers and hummus, raw almonds in small containers in your desk drawer. Humans generally feel better eating reasonable portions of food often. So plan for this. If you don't, the candy dish on your coworkers desk starts to call your name, the potato chips in the cabinet suddenly seem like a great idea, the fast food drive through is like a magnet to your car. And your well-intentioned food plans can go out the window. So plan for a human response. Don't skip meals and have lots of healthy food choices around for between meal snacking.

SNACKS:

Fruits

Vegetables

Whole Grain Crackers

Lowfat yogurt

Small amount of nuts or seeds

Herbal, green or regular hot or iced tea

Sample snacks:

Whole strawberries

Sliced fennel

Apple or other whole fruit

Carrots and celery

Cubed melon or fruit salad

Raw almonds or other nuts

Nonfat Greek yogurt

DINNER:

Vegetables: always try to include at least 2

Salad

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

Water

Optional: ½ cup cooked whole grain*

5 to 7 ounces of fish, chicken, or tofu

Sample dinners:

Lentil soup

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

Cantaloupe

Iced tea

5 to 7 ounces of fish or chicken, roasted or grilled,

marinated for 15 minutes in olive oil, lemon juice, salt and pepper

½ cup quinoa with

Tomato sauce (jarred or 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)

½ cup brown rice pilaf

Roasted cauliflower with garlic and rosemary

Large salad

Water

VEGETABLES AND FRUITS:

This is a vegetable based diet. 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. Half your plate at almost every meal should be vegetables and/or 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 for our purposes corn, yucca, sweet potato, and yams are counted as starches rather than vegetables (in grain category).

Avoid genetically modified foods if possible, in a nutshell, this essentially means avoiding corn and soy products that are not organic (or labeled non-GMO).

VEGETABLES: Explore new vegetables or reintroduce old favorites

- 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: Include a wide variety to keep your diet healthy and interesting

- 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

LEGUMES AND NUTS AND SEEDS

You should eat ½ cup of legumes OR 2 Tablespoons of nuts or seeds at most meals. 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 soluble fiber and 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

WHOLE GRAINS AND HEALTHY CARBOHYDRATES: *Eat ½ to 1 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

OIL *Limit fats in your cooking, but healthy fats are very important* for skin, hair, and especially nerve and brain function. Be sure to have **at least** 2 tablespoons per day for adults and at least 3 for children and pregnant women. Choose healthy oils, especially any olive oil you like for cooking or olive or flax oil for raw foods. If you prefer other oils be sure they are organic.

HERBS, SPICES, AND CONDIMENTS

Emphasize the use of fresh flavors. Herbs and spices improve digestion; make food very enjoyable, which makes life richer and food more satisfying. 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 try to select items that are low in fat, sugar, flour, and are chemical 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 don't 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 and get creative.

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 continue, your health will improve and your experience of life will always be better than if you were not exercising.

LET'S BE REALISTIC

This may sound like a very hard lifestyle approach. Actually it doesn't have to be at all. It is simply the basis for a healthy approach to food. You may choose to use Dr. Carianna's Cleansing Program first to jump start you into this plan or use aspects of this to improve your present diet. You could choose to eat with these precepts Monday through Friday, or one week of the month. Or you can just keep it in mind to help you make better choices some or most of the time. People who follow these food principles move their health and wellness in the right direction, so do what you can, and try to treat yourself well. You deserve it. This approach to eating can also help to break the cycle of dietary cravings, especially sugar, starches, and dairy.

Most people choose to have a more varied diet than this, which is fine. You can be very healthy if you use this as a general guideline and eat other foods that you love in moderation, knowing that you try to include the healthy basics in your diet as well. For example, if you are having pizza, be sure to have a big salad and toss some garbanzo beans on it. Keep tracking that you have your 5 vegies or fruits and water-soluble fiber and you can still have the occasional steak, or ice cream sundae. It should not be a diet of deprivation; rather it is a way to encourage healthy choices and give the body what it needs to reduce cravings for unhealthy food, to reduce and prevent illness, and to improve your quality of life.

Give yourself an advantage and start some habits that make it easier for you to make good choices. Try to keep unhealthy choices out of your fridge or in the back, out of sight. Go shopping and stock up on lots of varieties of foods on a regular day weekly. Wash and prepare them ahead when you can so there are plenty of choices available when you are hungry. Also, try to cook grains or even a few meals ahead and have leftovers so you can throw a desirable meal together in just a few minutes.

SOME HELPFUL RECIPES

COOKING GRAINS

To cook grains you are not very familiar with follow these steps.

1. Bring water to boil with small amount of salt.
2. Add grain, cover pan and lower heat to very low.
3. Cook for the correct time.

OR

1. Toast the measured grain in a dry hot pan for 2 to 3 minutes, tossing occasionally to avoid burning.
2. Add the measured water and salt or vegetable or chicken stock instead
3. Bring to a boil.
4. Reduce heat to very low and cover pan.
5. 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 or "Irish", about 30 minutes; rolled, quick cooking and oat bran are also fine and faster to cook)
- Quinoa *Rinse first 1 cup grain to 2 cups water for 10-15 minutes

GRAIN SALAD IDEAS

(make your own creations with these ideas as a base)

- 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, complete, and quick full lunch or dinner.

SAVORY BREAKFAST GRAINS (a great alternative to breakfast potatoes or grits)

- * olive oil
- * 1 medium onion, diced
- * 1 red pepper, diced
- * 1 yellow or green pepper, diced
- * chopped parsley, basil, or tarragon to taste
- * 3/4 cup raw steel cut oats (Irish oats) OR 1 cup raw barley
- * salt and pepper, cayenne if desired

Add 1 to 2 Tablespoons of olive oil to heavy skillet over medium low heat. Add onion and peppers and a little salt to prevent browning and sauté until soft. When vegies are soft, turn the heat to medium high and add the raw oats or barley. Allow the grain to toast for about 3 minutes over the heat, stirring occasionally to prevent burning. Add 1 1/2 cups water, bring to a boil, then turn down heat to very low and cover pan until liquid absorbs (about 30 minutes for steel cut oats, and 45 minutes for barley). Salt and pepper to taste and add some fresh chopped herbs. Serve with eggs any style as an alternative to breakfast potatoes. This stores well in the fridge. Reheat in a medium hot skillet with a little water.

BEAN SALAD

- *1 can red kidney beans
- *1 can cannellini beans
- *2 cups frozen peas , thawed but still cold
- *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 very thinly and soak in a bowl of cold water for 10 minutes. Drain well. Rinse canned beans in fresh water and drain well. Add the beans and peas 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.

MEDITERRANEAN ROASTED VEGETABLES (GIAMBOTTA)

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

VEGETABLE AND BARLEY SOUP

- * boiling water
- * 2 medium onions, diced
- * 2 cloves garlic, minced
- * 2 sprigs fresh rosemary or 1 teaspoon dry (optional)
- * 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 or sauce
- * 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 sauce, frozen peas, rosemary, 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
- * 2 large sprigs of fresh tarragon or thyme (optional)
- * 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, tarragon or thyme, 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.

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.

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

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.

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).

SWEET POTATO CRUNCH

- * Small sweet potatoes or yams
- * olive oil
- * salt and pepper

Preheat oven to 400 degrees. Lightly grease a cookie sheet with olive oil. Scrub unpeeled sweet potatoes and bake on the cookie sheet until fork tender, between 35 and 70 minutes, depending on size. Cool just enough so you can handle the potatoes. With a potato masher slightly smash the potatoes right on the cookie sheet. This should rupture the skin and leave leaving irregular chunks on top. Push any sweet potato that comes through the masher back onto the potato. Drizzle lightly with olive oil. Sprinkle with salt and pepper and just a little nutmeg. Place back in 400 degree oven until crunchy on top. Serve with roasted chicken or fish and a hearty serving of vegetables.

FISH OVER GREEN PEA SMASH

- * 4 filets of any fish you desire
(salmon and haddock work especially well, but any will do)
- * Olive oil
- * 10 ounce package of frozen peas
- * 1 teaspoon chopped fresh sage or basil (optional)
- * water
- * 2 cloves garlic, chopped
- * salt and pepper

Add peas, fresh herbs and chopped garlic to a pan. Add $\frac{3}{4}$ cup water and bring to a boil. Cook until peas are heated through. Add salt and pepper to taste. Puree soup with a stick (immersion) blender or in a food processor (careful not to burn yourself).

Lightly salt and pepper fish, place on a pan. Lightly drizzle with a little olive oil. Broil for 5 to 7 minutes (depending on thickness of fish)

Put $\frac{1}{4}$ cup of the pea smash on plate and smear it over plate with spoon. Place fish on top and serve with vegies and a salad.