

food can heal

spinach portobello pizzas

serves 5



PORTOBELLOS:

2 teaspoons extra-virgin olive oil, a drizzle
5 medium Portobello mushroom caps
Salt and freshly ground black pepper
1-2 tablespoons balsamic vinegar
(depending on the size of your mushrooms)

STUFFING:

1 tablespoon extra-virgin olive oil
3 cloves garlic, chopped
1 small yellow skinned onion, chopped
16 ounces baby spinach
1 (15 ounce) can fire roasted tomatoes
Salt and freshly ground black pepper

1/4 cup grated Parmigiano-Reggiano

M is for Mushroom

Consuming mushrooms regularly has been associated with decreased risk of breast, stomach & colorectal cancers

Preheat oven to 375 degrees F.

1. Heat 2 tsp oil in a large skillet over medium high heat.
2. Add the Portobello caps and season with salt and pepper. Cook 3 minutes on each side.
3. Add balsamic to the pan and allow the vinegar to cook away as it coats the caps. Transfer balsamic glazed caps to a cookie sheet.
4. Return pan to the stove and add 1 tbsp oil, garlic and onion. Sauté 3 minutes
5. Add spinach to the pan and let it wilt.
6. Add can fire roasted tomatoes to spinach and simmer for 2-3 minutes.
7. Top each mushroom with $\frac{1}{4}$ of the filling and sprinkle with cheese and put in oven for 5 minutes.

To serve as hors d'oeuvres: Cut each mushroom into 4 wedges and serve with toothpicks. Makes 20 pieces.

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white bean confit



1(21 ounce) can cannellini beans
10 cloves garlic, peeled and left whole
 $\frac{3}{4}$ cup extra virgin olive oil
Juice from $\frac{1}{2}$ lemon
15 leaves basil
1 teaspoon fresh rosemary, minced
1 teaspoon salt, or to taste

Place the garlic and oil in a small sauce pan and cook until garlic is wrinkled and starting to brown, remove from heat.

Place all ingredients, including the garlic and oil (see note below) into the food processor and process until completely smooth.

B is for Beans

Eating beans or lentils at least 2xs a week has been found to decrease colon cancer risk by 50%.

O is for Onion

Garlic is in the allium (onion) family & is highly detoxifying of carcinogens.

Serve with vegetables or on toasted bread.

NOTE: You do not have to add all the oil. Start with $\frac{1}{4}$ cup and use as much as needed for consistency. Save the remaining oil in the refrigerator and use in cooking or toss with vegetables.

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asian salmon in lettuce cups

serves 8-10



THE FILLING:

- 2 teaspoons sesame oil
- 1 pound shiitake mushrooms, finely chopped
- 2 large carrots, peeled and very finely chopped
- 4 scallions, very finely chopped
- 2 teaspoons minced ginger
- 1 teaspoon minced garlic
- ¼ teaspoon red pepper flakes
- 4 (7 ½ ounce) cans wild sockeye salmon, flaked into very small pieces

THE SAUCE:

- ¼ cup tamari
- ¼ cup brown rice vinegar
- 2 tablespoons mirin
- 1 teaspoon toasted sesame oil
- 2 teaspoons maple syrup

G is for Greens

Greens reduce your risk of type 2 diabetes

O is for Onion

Scallions are in the allium (onion) family & lower your risk of gastric & prostate cancer

M is for Mushroom

Regular consumption is an excellent strategie for disease prevention

THE LETTUCE CUPS: 2 heads of bib lettuce, washed and leaves peeled to make “cups”

THE GARNISH: Toasted sesame seeds

1. For the sauce, mix all ingredients together with a whisk or shake together in a jar. Set aside
2. Heat a large skillet over medium-high heat. When the pan is hot, add the sesame oil. Saute the mushrooms, carrots, scallions, ginger, garlic, and red pepper flakes for 4-5 minutes, until the mushrooms are cooked and the vegetables are soft.
3. Add the sauce, bring to a boil, reduce heat to simmer and cook for 2-3 minutes.
4. Add the salmon and cook until heated through.
5. Remove pan from heat, spoon the mixture into lettuce cups, sprinkle with sesame seeds and serve.

NOTES: Chop vegetables in mini food processor until very finely chopped & be sure to purchase WILD Pacific/Alaskan salmon only

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chocolate pepita munch

serves 8

S is for Seeds

Seeds are abundant in trace minerals & higher in protein than nuts

2 parts pumpkin seeds
1 part raisins
1 part chocolate chips

Roast pumpkin seeds in a 400 degree oven until lightly toasted.

While the pumpkin seeds are toasting, place raisins and chocolate chips in a large bowl.

Place warm pumpkin seeds in bowl with raisins and chocolate chips and stir until melted.

Spread chocolate mixture on a parchment lined cookie sheet and place in refrigerator to cool. Break into pieces and serve.



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green smoothies

serves 1



G is for Greens

Leafy greens are rich in antioxidants. Antioxidants are our best friends—loyal protectors that repel disease & promote good health.

B is for Berries

Cardioprotective & anti-cancer & reduce inflammation—the precursor to all disease

BASIC RECIPE

2 cups fruit (fresh or frozen)
2 cups any greens
2 cups water
Combine all in a blender and mix until smooth.

THRIVE BERRIE BLISS

1 cup fresh or frozen berries
1 fresh or frozen banana
2 cups spinach
1 cup water
1 cup almond milk

MANGO MADNESS

2 large mangos
1 bunch parsley
2 cups water

PEACHY GOODNESS

6 peaches
2 handfuls spinach
2 cups water

PINK BANANA

1 cup strawberries
2 bananas
½ bunch romaine
2 cups water

GREEN APPLE

1 cup strawberries
4 apples
½ lemon juiced
4-5 kale leaves
2 cups water

HONEYDEW HEALER

2 honeydew melons
1 large bunch kale
2 cups water

MINTY FRESH

6 ripe pears
4-5 kale leaves
½ bunch mint
2 cups water

SWEET SURPRISE

6 bosc pears
1 handful raspberries
4-5 kale leaves
2 cups water