



Week Four Participant Manual:
**Everyday Foods that are Nutritious
and Delicious**

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JOURNALING

- What are your thoughts on the foods that make up your current diet?
 - Things to think about:
 - Do you eat enough plant based foods such as beans, fruits and vegetables?
 - Do you eat too much red meat?
 - Do you have whole grains incorporated into your diet?
 - What are some things you are willing to change in regards to your current eating habits?



The Secrets of a Healthy Kitchen

Pedestrian Foods

Getting Iron out of a Vegetarian Food Source

- Beans are a great source of iron.
- To get the iron out of a vegetarian food source you need to have a vitamin C source present.
- So when you have your beans have a vitamin C rich food too.
 - Examples:
 - Black beans and pineapple
 - Hummus and tomatoes, red bell pepper, or carrots
 - Pinto beans and salsa
 - Lentils and onions
 - Kidney beans and tomato sauce
 - Green peas and carrots

Cabbage, Cholesterol and Cancer

- The cholesterol lowering benefits of cabbage are enhanced when eaten in the steamed form vs. the raw state.
- Cabbage aids in the prevention of cancer. A component of cabbage works to stop the cell cycle of cancer formation before it starts.

Bulgur

- Made from precooked wheat berries.
- Good carbohydrate source for blood sugar control.
- A grain that is a good source of protein.
- Contains heart healthy omega-3 fatty acids and folate.

What is gluten sensitivity?

Gluten is a protein found in wheat, rye, and barley. In addition, it is found in ingredients that are derived from these products.

First off, we must understand that gluten intolerance is different from celiac disease. Both people do indeed need to avoid foods that contain gluten; but with celiac disease there is a severe allergic reaction (it is an autoimmune condition). This is also coupled with malabsorption of essential nutrients.

The cause of celiac disease and gluten sensitivity are unknown and is currently being researched.

With gluten sensitivity a person may still experience forms of discomfort but it's not an autoimmune condition.

Some of the more common symptoms of gluten sensitivity include:

- Frequent gastro-intestinal problems such as heart burn, bloating, pain, gas, constipation and/or diarrhea—with bloating, diarrhea and gas being the most common
- Extreme fatigue
- Extremely dry skin or rash
- Pain in joints

Do you think you have a sensitivity to gluten? Try this test on yourself.

For a couple of weeks cut out foods that contain gluten and replace those with gluten-free alternatives.

Take note of how you feel before and after. Before you cut out gluten, write down what you ate and how you felt after you ate it. Then cut out gluten and do the same thing. At the end of the two weeks, compare your notes.

Check out these web-links for foods and ingredients that contain gluten and those that are gluten free:

Foods and Ingredients that contain Gluten:

<http://www.celiac.com/articles/182/1/Unsafe-Gluten-Free-Food-List-Unsafe-Ingredients/Page1.html>

Foods and Ingredients that are Gluten-free:

<http://www.celiac.com/articles/181/1/Safe-Gluten-Free-Food-List-Safe-Ingredients/Page1.html>



Cooking Beans and Grains without a Recipe

Here are some suggestions of ingredients that complement specific beans. Experiment with them and decide on the ratios that you like best.

Mediterranean Red Bean Salad

Red kidney beans, green bell pepper, green onion, garlic, parsley, olive oil, lemon juice, salt

White Bean Dip

Pureed white kidney, navy or cannellini beans, bean juice, garlic, lemon juice, olive oil, cilantro, rosemary or parsley, salt

Refried Beans

Pinto beans, oil, sautéed onion, salt (try adding cumin or chili powder)

Black Beans

Cumin, cayenne, chili powder, lime juice, salt

Lentils

Curry powder, tomatoes, onions, garlic, salt

Couscous

Sautéed veggies in butter or olive oil, herbs of choice, pine nuts, salt

Oats

Nuts, cream, dried fruit or pinch of brown sugar, cinnamon

Bulgur

Olive oil, lemon juice, diced tomatoes, and cucumber, parsley, salt

Quinoa

Black beans, tomato, lime juice, salt, cumin, cilantro

Recipes

Barley Casserole

You'll Need

- 1 cup barley
- 3 Tablespoons butter
- 21 ounces chicken or beef broth
- 8 ounces water
- ½ cup sliced, mushrooms
- 1 medium onion, sliced
- Salt and pepper

Directions

- Preheat the oven to 350 F.
- On stovetop, saute the barley in 2 tablespoons in butter until lightly brown. Then add broth and water and bring to a boil.
- Then place in a casserole dish. Cover and bake for 40 to 45 minutes or until the liquid is absorbed.
- While casserole is baking sauté the onions and mushrooms in a tablespoon of butter.
- When barley is finished mix in onions and mushrooms season with salt and pepper, serve.

Play with Your Food

- Switch up the mushrooms with carrots or other veggie of choice
- Or simply add additional veggies
- Prepare with sweet onions

Lentils and Bulgur

You'll Need

- 1 cup brown lentils
- 1 cup medium grain bulgur
- 2 large onions, sliced
- 3 cups water
- 1 teaspoon cumin
- 1/4 cup olive oil
- Salt and pepper to taste

Directions

- In a skillet on low-medium, heat the olive oil. Once oil is heated, place onions in skillet.
- It is best to start onions on low-medium heat and then reduce heat to low and let them just take their time. Stir occasionally. Remove when onions are slightly browned.
- While onions are caramelizing. Prepare beans and bulgur. Get a medium pot and combine lentils, and water. Cook over medium heat for approximately 16 minutes or until lentils are soft.
- Remove lentils from heat and add bulgur, stir, and let sit until rest of water is absorbed. Add more water if necessary.
- Add cumin powder, salt, pepper onions and oil that onions were fried in to the lentil, bulgur mixture.

Play with Your Food

- Leave out cumin
- Top with plain yogurt
- Top with diced tomato

Quinoa Corn Chowder

You'll Need

- 1 tablespoon olive oil
- 4 cups vegetable broth
- 1 large yellow onion, chopped
- 14 ounces coconut milk
- 3 garlic cloves, chopped
- 2 bay leaves
- 1 large potato with skin, cubed
- 1/8 to 1/4 teaspoon cayenne
- 3 cups corn kernels (fresh or canned)
- 1/2 teaspoon salt
- 1/2 cup uncooked quinoa
- 1/2 cup red bell pepper, diced
- Pepper to taste

Directions

- In a large pot on low medium, heat the oil. Sauté onion, garlic, red bell pepper, quinoa, potato and corn for approximately 7 minutes.
- Next add stock and the bay leaves and simmer for 30 minutes. Add milk and seasonings and increase heat for a few minutes.
- Remove from heat, adjust seasonings as needed and serve.

Play with Your Food

- Add one chopped chili pepper
- Use 6 shallots chopped, instead of 1 large onion
- Use chicken broth instead of vegetable broth
- Use regular milk instead of coconut milk

Black Bean Salsa

You'll Need

- 1, 14.5 ounce can black beans, drained (or use black beans that have been cooked from the dried state)
- 1, 14.5 ounce can corn drained (or use fresh corn)
- 1, 12 ounce jar salsa
- ¼ cup cilantro, chopped
- 1 ½ tablespoons fresh lime juice

Directions

- Mix all of the above together and use this as your base.
- Serve on top of a salad, or baked potato. Or serve, in a wrap, or in a taco shell. Or serve as dip with some corn chips.

Play with Your Food

- Add some chopped vegetables or fruit such as bell pepper, carrots, yellow onion, red onion, green onion, avocado, tomato or mango.
- Add some cooked chicken or fish or shrimp.
- Add a chopped chili or jalapeno for a spicy flavor. Or add some chili powder.

Jazzed Up Garbanzo Beans

You'll Need

- 1 green chili (deseeded and finely chopped)
- 1 can of garbanzo beans (save 1/3 cup of liquid from the can, drain the rest) or 1 ½ cups cooked beans from the dried state (reserving 1/3 cup of the cooking liquid)
- 2 garlic cloves (finely chopped)
- 1 medium yellow onion (chopped)
- 2 tablespoons olive oil
- ¼ teaspoon ground ginger
- ½ teaspoon chili powder
- ½ teaspoon cumin
- ½ teaspoon ground coriander
- ½ Tablespoon lemon juice

Directions

- Place the olive oil in a pan that can be covered. Heat on low-medium. And once oil is heated, add onion.
- Sauté the onion, until slightly browned. Add the chili, garbanzo beans, garlic, ginger, chili powder, cumin and coriander. Cook for approximately 2 minutes.
- Next add the liquid from the beans cover and simmer for about 10 minutes.
- Remove from heat, add the lemon juice and serve.
- Enjoy with pita or naan bread, rice or by itself!!

Play with Your Food

- Serve with a dollop of sour cream
- Serve with a dollop of yogurt
- Use fresh ginger
- Serve topped with diced tomato

Beans and Greens

You'll Need

- 4 large garlic cloves, thinly sliced
- 3 tablespoons extra virgin olive oil
- Pinch red pepper flakes
- 1 can or 1 ½ cups cooked cannellini beans (reserving 1/3 cup liquid)
- 1 ½ pounds of chopped kale
- Salt and pepper to taste

Directions

- In a medium pot, sauté sliced garlic and red pepper flakes in oil on low heat until aroma is released.
- Add the chopped kale and sauté until all kale is completely wilted.
- Next add beans and simmer until they're heated through but still firm.
- Add salt and pepper to taste.
- Serve with a nice piece of crusty bread.

Play with your Food

- Serve topped with parmesan cheese.
- Serve topped with crumbled hot Italian sausage.
- If you want the dish to be more like a soup add a bit of water or more bean juice.



Cole Slaw

You'll Need

- 4 cups thinly sliced green cabbage
- 1/4 cup of apple cider vinegar
- 2 teaspoons to 1 tablespoon honey or sugar
- 1 1/2 teaspoons of celery seed
- Salt to taste

Directions

- In a small bowl whisk together vinegar, sugar or honey and set aside.
- In a separate bowl mix together cabbage and celery seed.
- Next, pour a small amount of the dressing on the cabbage mixture and mix together until combined and until desired amount of dressing is achieved.
- Season with salt and chill before serving.

Play with Your Food

- Substitute some of the green cabbage with red cabbage
- Add some shredded carrots
- Add some green onion

Lentil Loaf

You'll Need

- 1 cup cooked lentils
- 1 egg
- 1 cup oats
- 3/4 cup grated white cheese
- 1/3 cup chopped onion
- 3 sliced whole wheat bread, crumbled
- Diced vegetables-bell pepper, celery, carrots (1 ½ cups total is a good amount)
- Dried herbs of your choice such as basil, oregano, etc
- Pinch of salt
- Garlic powder
- Approximately 1/3 cup Ketchup

Directions

- Preheat oven to 325 degrees
- Mix all ingredients together (using your hands is helpful) Add approximately 1/8 cup of ketchup to mixture.
- Bake in a loaf, 8x8 pan or other pan (about 2 inches deep) covered for 45-60 minutes. Uncover the last 5 minutes and bake with ketchup on top.

Play with Your Food

- Add a splash, hot sauce
- Add a splash of soy sauce

½ cup of dry lentils equals approximately 1 cup cooked lentils.

To cook lentils, put them in a pot and cover with ¼ of an inch of water. Boil the water and then lower to a simmer. The lentils will absorb the water and will expand. Lentils are done when they are soft. If water has all been absorbed and lentils are still not soft, add a bit more water to the pot. If the lentils become soft, and there is still extra water in the pot, just drain off extra water.