

## A Diet to Improve Detoxification

Toxic metals, PCBs, plastics, pesticides, herbicides, paint fumes, automobile exhaust, second hand smoke. The list goes on and on. We are exposed to toxins all the time in the air we breathe, the water we drink and the food we eat. You can (and should) do your best to avoid toxic exposures, but unless you move to a desert island, you're going to be exposed to various toxicants. However, evidence is mounting that some foods contain specific phytonutrients that help to improve how your body filters and disposes of these toxins. Therefore focusing a dietary program on those kinds of foods and beverages offers the opportunity to make some proactive choices in protecting ourselves in this toxic world.

The purpose of this dietary program is to supply your body with various specific phytonutrients to help improve the complex process of detoxification and elimination that goes on in your body 24/7. While there are a variety of phytonutrients that help in this process, we've chosen those that have the strongest scientific research and designed a 7 day dietary program that is delicious and nutritious. For those of you who want to know the specific phytonutrients and their daily amounts, they are listed below:

Approximate average daily amounts:

- Lignans: 100 mg
- Glucosinolates: > 100 mg (from two + servings of cruciferous vegetables)
- Catechins > 500 mg
- Isoflavones >30 mg
- Ellagic acid: 250 mg
- Proanthocyanidins: 250 mg
- Garlic: 1000 mg
- Rosemary: 100 mg
- Turmeric: 1000 mg

### Detoxification Diet

Recipes are included for menu items in **BOLD**, with an \*

#### DAY 1

##### **Breakfast**

Fruit Smoothie: Blend whey powder (= to 15-20 gm protein), 6 oz. unsweetened soy milk with 2 Tbsp. ground flax meal, ¼ cup raspberries, 1 cup strawberries and one or two ice cubes

1 cup green tea

##### **Lunch**

Turkey sandwich on 100 % rye or gluten-free bread with avocado, sliced tomato, and lettuce

##### ***Asian Salad\****

1 cup green tea

**Afternoon snack:** ¼ cup almonds

## Dinner

Broiled wild salmon

### ***Rice and Veggie Torte\****

Fresh apple

1 cup green tea

## DAY 2

### Breakfast

***Steel Cut Oats***, topped with:

Organic Greek yogurt or soy yogurt, 2 Tbsp ground flax seeds, and ¼ tsp ground cinnamon.

Garnish with 2 Tbsp chopped pecans and ¾ cup fresh or frozen unsweetened raspberries

1 cup green tea

### Lunch

Leftover ***Rice and Veggie Torte***

### ***Edamame and Asparagus Salad\****

1 cup green tea

**Afternoon snack:** Mixed Berries: 1 cup strawberries and ½ cup blueberries

### Dinner

### ***Vegetable Dal Curry\****

### ***Rosemary Roasted Potatoes\****

### ***Artichokes\****

1 cup green tea

## DAY 3

### Breakfast

Organic Cottage cheese or plain yogurt topped with 1 cup raspberries, 2 T. chopped hazelnuts, 2 Tbsp flax, and ¼ tsp ground cinnamon

Hardboiled egg

(or, you may substitute smoothie from Day 1 if you wish, but use the flax, berries and nuts from day 3)

1 cup green tea

### Lunch

### ***Cauliflower Leek Soup\****

Tuna salad on rice cakes, whole wheat bread, or low carbohydrate tortilla

1 cup green tea

**Afternoon snack:** 1 medium nectarine

### Dinner

Broiled flank steak using free range beef

Baked yam or sweet potato, topped with coconut oil

***Sesame Broccoli with Garbanzo Beans\****

Mixed green salad with thinly sliced red onion, artichoke hearts, carrots, dressed with ***Vinaigrette Dressing\****

***Tofu Lemon Cream\****

1 cup green tea

**DAY 4**

**Breakfast**

***Scrambled Greens\****

1 orange

1 cup green tea

**Lunch**

***Beans and Greens Soup with Rosemary\****

Steak salad: Mixed greens of your choice, leftover sliced steak, cherry tomatoes, ¼ cup finely chopped red cabbage, additional chopped vegetables of your choice, ¼ cup kidney beans, garnished with 2 Tbsp. chopped pecans, tossed with ***Vinaigrette Dressing \****

Ryvita crackers or rice cakes

1 cup green tea

**Afternoon snack**

Almond milk smoothie with 1 cup raspberries, ¼ tsp. ground cinnamon, and 2 Tbsp flax

**Dinner**

***Curried Vegetable Stew\****

***Orange, Roasted Beet, and Arugula Salad\****

Leftover ***Tofu Lemon Cream\****

1 cup green tea

**Day 5**

**Breakfast**

Cold cereal (Crispy Rice, Puffed Rice, etc) with 2 Tbsp flax, almond or rice milk, and ¼ cup straw.

1 cup green tea

**Lunch**

***Lentil soup\****

***Leftover Asparagus and edamame salad***

1 cup green tea

**Afternoon snack:** 20 Green grapes

**Dinner**

***Roast Chicken with Rosemary\****

Artichoke (or add artichoke hearts to the salad at lunchtime)

Whole wheat or brown rice pasta with olive oil and sautéed crushed garlic cloves, topped with ½ cup steamed kale or collard greens tossed with additional olive oil and crushed garlic cloves

Fresh fruit salad: mango, sliced kiwi, 1/3 cup blueberries, and 1 cup raspberries  
1 cup green tea

## DAY 6

### Breakfast

Poached eggs on a bed of spinach, sautéed in olive oil with 1 clove crushed garlic  
½ grapefruit  
1 cup green tea

### Lunch

Leftover *Curried Vegetable Stew\**

1 plum  
1 cup green tea

### Afternoon snack

Smoothie with almond milk, 2 Tbsp flax meal, ¼ tsp ground cinnamon, ¾ cup raspberries and ½ cup blackberries

### Dinner

*Stir-fried Tofu with Ginger Broccoli\**  
*Rosemary Roasted Cauliflower & Pine Nuts\**  
1 cup green tea

## Day 7

### Breakfast

Fruit Smoothie:  
Blend 6 oz. unsweetened soy milk with Whey protein powder, 2 Tbsp. ground flax meal, 1 ½ cups raspberries, ¼ tsp cinnamon, and one or two ice cubes  
1 cup green tea

### Lunch

Leftover *Roast Chicken with Rosemary\**

### *Quinoa salad\**

1 cup green tea

**Afternoon snack:** ½ cantaloupe, topped with ½ cup blueberries

### Dinner

*Tempeh Stir-fry\** with fresh minced garlic (use 1 clove per person)  
Brown rice  
*Roasted Brussels Sprouts\**  
Fresh apple  
1 cup green tea

## RECIPES

**Asian Salad** – yields 10 servings

### **Dressing**

2/3 cup grapeseed or canola oil  
1/3 cup rice vinegar, (be sure to use 'unseasoned' – no sugar added)  
1 Tbsp. sesame oil  
3 Tbsp. Dijon mustard  
1 clove garlic, minced  
1 3-inch piece of fresh ginger  
1 tsp. agave syrup or pure maple syrup  
Salt and pepper to taste

Whisk all ingredients together and set aside. This can be made up to several days ahead of time and stored in the refrigerator.

### **Salad**

1 medium head of Napa cabbage, end cut off and cut into quarters  
8 oz. bean sprouts  
1 small jicama or daikon, peeled and sliced into thin pieces  
1 bunch green onions, thinly sliced, dark green end discarded  
1 large red pepper, cut in half and sliced very thin  
1 stalk of celery, sliced thin  
½ cup slivered almonds  
1 bunch cilantro, chopped, (set aside several Tbsp. for garnish)

Slice each quarter of cabbage very thin and place into a large serving bowl. Add bean sprouts, jicama or daikon, green onion, pepper and celery and mix well to combine. Add half the cilantro and half the dressing and toss well. Allow to sit for a few minutes to blend. Add more dressing as needed, being careful not to make it too wet. It will become wetter as it sits; wait until serving before adding more if needed. Refrigerate if not serving immediately. Just prior to serving toss in almonds and garnish with remaining cilantro.

### **Rice and Veggie Torte** - yields 4-6 servings

2 tsp. olive oil  
4 cloves garlic, minced  
1 medium onion, chopped finely  
1/3 cup sunflower seeds  
1 tsp. curry powder  
1 cup finely chopped arugula  
1 cup finely chopped turnip greens or bok choy  
2 cups broccoli florets  
2 cups cooked brown rice  
1 large tomato, chopped  
1 tsp. each basil and thyme  
2 eggs

2 egg whites  
½ cup part skim ricotta cheese  
1 tsp. Dijon mustard  
1/3 cup low fat milk  
2 Tbsp. parmesan cheese  
Paprika for garnish

Heat olive oil over medium heat in a wok or sauté pan. Add garlic, onion, seeds and curry powder, and arugula, and sauté for about 3-4 minutes. Transfer to a medium mixing bowl. Bring a large pot of water to a boil and immerse broccoli florets and turnip greens or bok choy for 2 minutes. Drain well and mix with sautéed garlic mixture. Add rice, tomato, basil, and thyme. Preheat oven to 375 degrees. Oil a 10 inch pie plate.

In separate bowl, combine eggs, egg whites, ricotta, mustard, milk, and parmesan cheese. Add to rice mixture and mix well. Put mixture into prepared pie plate. Sprinkle with paprika and bake for 25-30 minutes or until firm in the center. Let cool slightly before serving.

### **Steel Cut Oats**

Soak oats overnight in a heavy saucepan, using about 1/3 cup of oats per person, your choice of unsweetened almond or soy milk. Use at least double the amount of milk. Cover and refrigerate. Add additional milk or water in the morning and bring to a boil, lower heat and simmer, covered, until the consistency is to your liking. This should take about 10-15 minutes.

### **Asparagus-Edamame Salad** – yields 6 servings

1 lb. medium asparagus, ends discarded  
1 (16-oz.) package frozen edamame (green soy beans), defrosted and drained  
2 Tbsp. olive oil, divided  
¼ lb. arugula (or use ½ watercress)  
¼ cup shredded parmesan, optional  
2 tsp. balsamic vinegar  
Salt and pepper to taste

Cut asparagus stalks into ¼-inch diagonal slices, separating tips. In a wok or large sauté pan, stir-fry asparagus stalks in 1 Tbsp. olive oil over medium heat until slightly browned. Add tips and continue to stir-fry for another 4-5 minutes. Remove from heat and toss with defrosted edamame, salt and pepper. Pile arugula (or arugula and watercress) in a salad bowl and toss with remaining 1 Tbsp. olive oil. Top with asparagus and edamame, and sprinkle with optional shredded parmesan. Drizzle with balsamic vinegar and serve immediately.

**Vegetable Dal Curry** - yields approximately 4 servings

2 tsp. cold-pressed, extra virgin olive oil

1/2 cup chopped onion

2-3 tsp. turmeric powder

1/2 tsp. coriander powder

1/4 tsp. ground cumin

2 medium carrots, sliced

2 cups cauliflower florets

2/3 cup red lentils, well-rinsed

1 ¼ cups water (add more if needed)

Sea salt to taste

2 cups cooked brown rice

In a large sauté pan or wok, heat olive oil over medium heat. Add onion and spices and sauté until onions are softened, about 5 minutes. Add carrots and cauliflower and stir to coat. Then add lentils and water and bring to a boil. Reduce heat to a simmer and cook for about 40 minutes. Add salt to taste and serve immediately with brown rice.

**Rosemary Roasted Potatoes** – yields approximately 8 servings

3 tablespoons Olive Oil

3-4 Tbsp. chopped fresh rosemary

1/2 teaspoon garlic powder

Salt and pepper, to taste

2 pounds new potatoes, cut in half or fourths (red skin, Yukon Gold, fingerling)

Heat oven to 425 degrees F. Stir together oil, rosemary, garlic powder, salt and pepper in large bowl. Add potatoes. Toss well until coated. Spread evenly in 15x10-inch baking pan. Bake 30 to 35 minutes, stirring occasionally until potatoes are fork-tender and golden brown.

**Artichokes** – yield: 1 per person

Slice about 3/4 inch off the tip of the artichoke. Pull off any smaller at the base and on the stem. Cut off stem, leaving ½ inch. Rinse artichokes in cold water. Put 2 inches of water into a large pot and insert a steaming basket. Add artichokes and cover. Bring to a boil and reduce heat to simmer. Cook for 25 to 35 minutes or until the outer leaves can easily be pulled off.

Artichokes may be eaten cold or hot. They should be served either with a healthy mayonnaise (such as Vegenaïse) or melted butter. If you use mayonnaise, try adding a little bit of balsamic vinegar and mixed in.

Pull off outer petals, one at a time. Dip wide fleshy end in melted butter or sauce. Place in mouth, dip side down, and pull through teeth to remove soft, pulpy, delicious portion of the petal. Discard remaining petal. Continue until all of the petals are removed. With a knife or spoon, scrape out and discard the inedible fuzzy part (called the "choke") covering the artichoke heart. The remaining bottom of the artichoke is the heart. Cut into pieces and dip into sauce to eat.

**Cauliflower Leek Soup** – yields approximately 8 servings

2 large leeks (about 1½ lbs)

2 Tbsp. coconut or olive oil

1 large head cauliflower, divided into large florets

3 cups broth, chicken or vegetable stock, or water

1 cup (8 oz.) plain non-fat Greek style yogurt (gives a creamier taste without the extra calories)

Salt and pepper to taste

Cut the leeks in half, lengthwise, and cut each half into ½ inch thick slices. Rinse well to remove any dirt stuck between the layers. Heat oil in a soup pot, and cook leeks over medium heat, stirring frequently until softened, but not browned. Add cauliflower and broth, stock, or water, and bring to a boil. Using broth or stock gives it a richer flavor. You may not need to use salt; taste carefully before adding salt. Lower heat to a simmer and cook until cauliflower is very soft. Remove from heat and allow to cool slightly. Using a blender or food processor, puree about ½ the soup in batches, and return to soup pot. Stir in yogurt and mix well to combine. Season to taste with salt and pepper. Gently reheat and serve. If you like a completely pureed soup, you may blend the entire pot, but it is nice to have some lumpier consistency.

**Sesame Broccoli with Garbanzo Beans** – yields approximately 6 servings

2 heads of broccoli (about 1 bunch)

Salt to taste

2 Tbsp. olive oil

1 bunch green onions, sliced thin

3 cloves garlic, slivered

1 (15-oz) can garbanzo beans, drained and rinsed

¼ tsp. turmeric

2 Tbsp. lemon juice

1 Tbsp. sesame seeds

1 Tbsp. sesame oil

Cut broccoli into bite-sized florets. Cut the stems into small pieces and peel if they are tough. You should have a total of 6-8 cups. In a large skillet, bring ½ cup water to boil. Add broccoli and sprinkle with salt. Cover and cook about 4 minutes, until broccoli is slightly tender but not soft. The water will have evaporated. Remove from pan to a serving dish. Add olive oil to the skillet and sauté garlic and green onions over low heat for 1 minute. Add garbanzo beans and continue to sauté for about 4-5 minutes.



Return broccoli to skillet, and add lemon juice and turmeric. Cook for 2 more minutes until broccoli is warmed. Sprinkle with sesame seeds and season to taste with salt and pepper. Return to serving dish and drizzle sesame oil over before serving.

**Balsamic Mustard Vinaigrette Salad Dressing** – yields 1 ¼ cups dressing

*This is a basic vinaigrette that tastes yummy on all salads*

1/4 cup balsamic vinegar

1/4 cup water

1 tsp. Dijon mustard

Herbs (dried rosemary, oregano, basil, parsley, tarragon, or any herb of choice) to taste

1/3 cup cold-pressed, extra virgin olive oil

1/3 cup flaxseed oil (or use all olive oil)

Sea salt to taste

Freshly ground pepper to taste

1 clove garlic, minced

Measure all ingredients, except oils, into a jar with a tight-fitting lid. Shake vigorously or use a whisk. When well-combined, add oils and shake again. Store in refrigerator. Mixture will harden while refrigerated. Remove and allow to soften 5-10 minutes before using. Use this dressing for any salad or any veggie you wish. You may double the recipe to keep some at your work place for a quick salad dressing. Remember to store in refrigerator.

**Lemon Cream with Blackberries or Raspberries** – yields 4 servings

1 tablespoon grated lemon zest

1/4 cup fresh lemon juice

1/2 cup honey

1 package (12 ounces) silken tofu, firm or extra-firm, drained

1 cup fresh blackberries or raspberries

Combine 2 1/2 teaspoons of the lemon zest, lemon juice, honey, and tofu in a blender.

Puree ingredients until smooth, scraping down sides of blender with rubber spatula as necessary.

Divide lemon cream evenly among four bowls or serving glasses. Garnish each portion with berries and reserved lemon zest. Serve immediately or refrigerate. You can make the lemon cream in advance, cover it, and keep it in the refrigerator for three days

**Scrambled Greens** - yields 1 serving

*Increase the amounts as needed for more servings.*

2 large eggs

1 tsp. olive or grapeseed oil

salt and pepper to taste

¼ tsp. dried basil or oregano or 1 Tbsp. if using fresh herbs

½-¾ cup finely chopped kale or baby bok choy  
Watercress for garnish, optional

Beat eggs, salt and pepper, and basil or oregano in a small bowl. Heat a frying pan, over medium heat and add ½ tsp. oil and greens, cooking until greens have wilted, about 2-3 minutes. Turn onto a plate. Add remaining ½ tsp. oil to frying pan and return to heat. Add eggs and let set for a moment; then stir while cooking for about 1 minute. Return greens to pan; mix and stir eggs and greens until cooked to your liking. Serve immediately, garnished with optional watercress.

### **Beans and Greens Soup with Rosemary** – yields 6-8 servings

4 cups sliced yellow onions (approximately 3 onions)  
¼ cup extra virgin olive oil  
3 garlic cloves, minced  
2 cans white cannellini beans, drained  
6 cups chopped greens such as escarole, spinach, bok choy, or kale  
1 large branch fresh rosemary (6 to 7 inches)  
2 quarts chicken stock or broth  
1 bay leaf  
Salt and freshly ground black pepper to taste

In a large stockpot over low to medium heat, sauté the onions with the olive oil until the onions are translucent, 5 to 10 minutes. Add the garlic and cook over low heat for 2 more minutes. Add the drained white beans, rosemary, chicken stock, and bay leaf. Cover, bring to a boil, and simmer for 30 to 40 minutes, until the beans are very soft. Remove the rosemary branch and the bay leaf. Pass the soup through the coarsest blade of a food mill, or place in the bowl of a food processor fitted with a steel blade and pulse until coarsely pureed. Return the soup to the pot to reheat and add greens, cooking until they are wilted. If you are using escarole or kale, they will need a few minutes longer than more tender greens. Season to taste with salt and pepper.

### **Curried Vegetable Stew** - yields 6 servings

1 ½ Tbsp. coconut or olive oil  
2 medium-large onions, diced  
3 garlic cloves, minced  
6 small new potatoes, unpeeled, washed and diced  
4 medium carrots, scrubbed and sliced  
2 cups water  
1 small head cauliflower, broken into bite-sized pieces  
1 bunch baby bok choy, chopped  
2 cups fresh green beans, cut into 1 inch pieces (or 1 [10-oz.] package frozen cut green beans, thawed)  
2-3 tsp. grated fresh ginger  
1-2 tsp. curry (depending on your taste for curry!)  
3 tsp. turmeric  
1 (15-oz.) can lite coconut milk  
1-2 Tbsp. red curry paste, for those who prefer a zippier taste! (optional)  
Salt to taste  
1 ½ cups frozen baby peas, thawed

Sauté onion in oil for 3-4 minutes over medium heat in a large, heavy soup pot. Add garlic and sauté another minute. Now add potatoes, carrots, and 2 cups water. Bring to a simmer and cover. Cook for about 10 minutes. Potatoes will not be fully cooked yet.

Add the cauliflower, bok choy, green beans, and spices. Cover and continue simmering gently for about 10-15 minutes, until veggies are tender. Mash some of the potatoes against the side of the pot to thicken it some. Now stir in the coconut milk and the curry paste if using, being sure that the paste is well mixed in. allow to sit for an hour or more to blend flavors. Just before serving, stir in defrosted baby peas and reheat, adding salt if needed.

### **Orange, Roasted Beet, and Arugula Salad** – yields 6 servings

2 large beets  
1 navel orange  
1 Tbsp. olive oil  
2 tsp. balsamic vinegar  
3 Tbsp. orange juice  
1 teaspoon Dijon mustard  
sprinkle of salt and freshly ground pepper  
2 bunches arugula, washed well and dried  
4 ounces nonfat feta cheese, crumbled, optional

Preheat oven to 450 degrees. Wrap each beet in aluminum foil and place on a baking sheet. Roast for 40 to 50 minutes. Pierce with the tip of a sharp knife to test for tenderness. Remove from oven, and when cool enough to handle, rub off skins. Slice into chunks.

While beets are roasting, slice off ends of orange with a sharp knife. Peel and break into segments. Cut each segment into 2-3 pieces. Set aside.

### **Lentil Soup** - yields 4 servings

2 cloves garlic, minced  
1 medium onion, chopped  
2 large carrots, sliced or chopped  
2 stalks celery, chopped  
1 ½ cups red and/or green lentils, well rinsed  
2 quarts water or broth  
Pinch rosemary, thyme or any herbs of your choice  
2 cups chopped bok choy  
Salt to taste

Combine first 6 ingredients and bring to boil. Add seasonings. Reduce heat to medium-low and simmer, partially covered, until lentils are soft. Green lentils need about 45 minutes to 1 hour, while red lentils only need 20-30 minutes. Puree half of the soup in the blender if you prefer a creamy soup.

### **Roast Chicken with Rosemary**

1 whole chicken, rinsed under cool water  
Salt and pepper to taste  
1 small whole onion  
1/3 cup chopped fresh rosemary

Preheat oven to 425 degrees F. Season chicken with salt and pepper to taste. Put the onion in the cavity and rub rosemary inside the bird. Place chicken in a roasting pan, and roast in the preheated oven for 30 minutes. Turn down oven temperature to 325 and continue roasting until chicken is cooked through and juices run clear (30-60 minutes more). Cooking time will vary, depending on the size of the bird.

**Stir-Fried Tofu with Ginger Broccoli** - yields approximately 4 servings

1 pound extra firm tofu  
2 Tbsp. tamari (low sodium soy sauce)  
3 Tbsp. olive oil, divided  
1 bunch scallions, thinly sliced  
2 tsp. peeled and minced fresh ginger  
2 minced garlic cloves  
1 Tbsp. arrowroot or cornstarch  
1 Tbsp. dry sherry  
½ tsp. cayenne or ¼ tsp. hot-pepper flakes  
2 cups broccoli florets  
2 cups sliced mushrooms  
1 red bell pepper cut into thin strips  
1 tsp. sesame oil  
Sea salt and pepper to taste

Slice tofu into cubes. Toss with tamari soy sauce and set aside for 5-10 minutes. In a wok or large skillet, heat 1 Tbsp. oil over medium heat and add scallions, ginger, and garlic; stir-fry for 30 seconds. Drain tofu, reserving tamari, and add tofu, stir-frying for 2 more minutes. Remove from pan and set aside. Using a fork or small whisk, mix reserved tamari with arrowroot or cornstarch, sherry and cayenne in a small bowl. Set aside. Heat another 1 Tbsp. oil in wok over medium high, and add broccoli, mushrooms, and bell pepper, and stir-fry for 2 minutes. Add ¼ cup water and bring to boil. Cover wok and reduce heat to low, simmering vegetables about 5 minutes until slightly tender. Return tofu to wok. Stir reserved tamari mixture into wok and cook over medium heat until thickened and thoroughly heated; do not overcook vegetables. Add sesame oil, salt and pepper to taste and adjust seasonings if you desire a spicier dish. Serve immediately or make ahead and refrigerate until ready to serve. Reheat carefully; flavors are enhanced when the dish sits overnight.

**Rosemary Roasted Cauliflower & Pine Nuts** - yields approximately 5 servings

*Adapted from "Chakra Foods for Optimum Health" by Deanna Minich, PhD., CN, Conari Press; San Francisco, 2009.*

1 head cauliflower, broken into florets  
2 cloves of garlic, peeled and minced  
2 Tbsp. extra virgin olive oil  
1 Tbsp. fresh rosemary, finely chopped  
½ cup raw pine nuts  
Sea salt and fresh-ground pepper to taste

Preheat oven to 425°. Place cauliflower florets in a large mixing bowl. Add garlic and stir throughout. Pour in olive oil and ensure that all cauliflower pieces are drizzled with oil. Sprinkle with rosemary, pine

nuts, salt, and pepper. Transfer mixture evenly onto baking sheet and set, uncovered, in oven at 425° for 20-25 minutes or until the top and edges of cauliflower are lightly brown. You may stir about half way through if they are becoming too brown. Serve immediately.

**Quinoa Salad** – yields 8-10 Servings

1 ½ cups quinoa, rinsed several times  
3 cups water, or chicken broth or vegetable broth (or a combination)  
1 cup fresh or frozen peas (frozen baby peas should be just defrosted)  
3 cups chopped broccoli, raw or lightly steamed  
½ cup chopped red onion  
1 can or jar artichoke hearts, drained and cut in half  
1 red or yellow bell pepper, chopped  
1 pint cherry tomatoes  
½ cup chopped black olives (optional)  
1/3 cup olive oil  
2 Tbsp. balsamic vinegar or lemon juice  
1 or 2 crushed garlic cloves  
2-4 Tbsp. fresh dill, chopped (or 1 Tbsp. dried dill)  
2 Tbsp. chopped fresh parsley  
salt and pepper to taste

Rinse quinoa well (quinoa tastes bitter if not well rinsed). Bring 3 cups water or broth to a boil. Add rinsed quinoa and bring back to boil. Simmer uncovered for about 15 minutes until liquid is well absorbed. Transfer to large bowl with a small amount of olive oil to prevent sticking, and allow to cool. In the meantime, mix together remaining oil, vinegar or lemon juice, parsley, and garlic in a small bowl. Add veggies to quinoa and toss well with dressing mixture, dill, salt and pepper. Chill before serving.

**Tempeh Stir-Fry** - yields 4 servings

¼ cup creamy unsweetened peanut butter  
3 Tbsp. wheat-free tamari (soy sauce), divided  
2 Tbsp. rice vinegar (unsweetened)  
1 Tbsp. olive or coconut oil, divided  
2 8-oz. packages soy tempeh, cut into 1-in. pieces  
4 garlic cloves, minced  
1 lb. white mushrooms, sliced  
1 bunch scallions, cut into 1-in. pieces  
2 red bell peppers, cut into thin strips

Combine peanut butter with 2 Tbsp. of the tamari soy sauce and the vinegar in a small bowl, and stir until smooth.

Heat ½ Tbsp. of the oil in a large non-stick skillet or wok over high heat. Add tempeh and cook, stirring frequently, until golden, about 4 minutes. Add remaining Tbsp. soy sauce and toss to coat. Transfer tempeh to a plate.

Heat remaining ½ Tbsp. oil in the same skillet over medium-high heat; add garlic and cook 30 seconds. Add mushrooms, scallions and bell peppers; cook until the vegetables are crisp-tender, about 4 minutes. Add tempeh and peanut butter mixture, toss until all ingredients are well coated and serve.

**Roasted Brussels Sprouts** - yields approximately 4 servings

*This can be served fresh out of the oven or at room temperature.*

2 Tbsp. olive oil, approximately

$\frac{3}{4}$  - 1 pound (approximately) Brussels sprouts

Salt to taste

Preheat oven to 425 degrees. Brush 1 or 2 baking sheets with some olive oil. Leave the Brussels sprouts whole if small and cut in half if large. Toss with olive oil and spread evenly on the baking sheet(s). Roast in pre-heated oven for about 10 minutes. Shake around or toss with a spoon so that they brown evenly. Roast for another 5 minutes. Taste at this point to see if they are done to your liking. Allow to cool for a few minutes before sprinkling with salt and serving. They may also be served at room temperature.