



Healthy Kitchen



Guidebook

Accelerate your path to nutritional excellence

John Robbins



Ocean Robbins

Dear Food Revolutionary,

Welcome! We're so glad you're here.

Chances are you already have a kitchen that's healthier than most of the folks out there.

That's wonderful, and cause for celebration!

And if you're like most of us, you sometimes get pulled by stress, time crunch, habits, friends or family, into directions that you know aren't the best.

We know how busy you are, and how stressful life can get. In a world where junk food is considered normal, eating real food that's good for you can feel like swimming upstream. But the truth is, you don't have to give up important things like work or time with your family, or to spend a fortune, to enjoy delicious food that can help you thrive.

We know that what you need isn't just the right information about what you SHOULD do. We're here to make it easy and simple for you to actually DO it.

Your relationship with food is very personal. What you like, how it feels in your body, your history, activity level, metabolism, ethical sensibilities, and social environment are all unique to you. Your food world is also affected by your time and financial budget, by what's available and in season in your area, and by your household size and needs. There's no one-size-fits-all way or what to eat.

There are, however, some powerful things we've learned about how to make your food world more fulfilling, healthy, and delicious. They've helped millions of people. And we hope they can be of service to you, too.

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That's why we prepared this guidebook and the Healthy Kitchen Power Hour as our gift to you. It's also why we'll be offering the Six Weeks To A Healthy Kitchen course, where we'll have the chance to get more tangible and specific, and to support you over time. Six Weeks to a Healthy Kitchen will offer meal plans, recipes, coaching, fact sheets, and a community of support. We'll let you know and tell you all about it when registration opens.

Our goal is simple. We want to give you knowledge, tips, recipes and tools to help you create a kitchen and a relationship with food that will truly serve who you are, what you love, and the life you want.

We want to help you and your loved ones move from medical time bombs to health superstars, and from frustrated spectators to empowered agents of change.

And we want to help you love food, and life, more than ever.

Wherever you are on your food journey, we're excited to support you in taking the next step.

Thank you for joining with us.

Bon appétit!



John and Ocean Robbins



The Future of Food

For most of human history, food was about survival. If you were alive 50,000 years ago, or in most of the world even 3,000 years ago, you ate what you could get ahold of that would keep your body going for another day. You probably died pretty young, but you also didn't have a high likelihood of coming down with a chronic disease. For most of human history, getting enough calories to survive was the fundamental purpose of food; and, tragically, for far too many people in the world today, it still is.

But in the last century, with the advent of global transportation mechanisms, the expansion of cropland productivity, and the growth of consumer culture, the central organizing principle of food has become commerce. Modern supermarkets may stock more than 500 different kinds of breakfast cereals – far more than anyone could possibly need for mere survival. Many of us can now choose between eating “Chinese”, “Italian”, “Thai”, “Mexican”, or “Middle Eastern” food – all without having to leave our home town. We have a stunning array of flavors, textures and styles to choose from – and most of us can access food grown 6,000 miles away, and processed 2,000 miles away – at our local store. A vast network of enterprises are now in the business of growing and manufacturing foods for the lowest possible price, and then selling them to as many people as they can, for the highest possible profits.

Our modern food system is financially profitable for a few; but it is morally bankrupt for all of us.

From animals whose lives are the product of unspeakable cruelty, to farm workers who are exposed to so many pesticides and inhumane conditions that their [average](#) life expectancy is 49 years, to consumers who are beset by a toxic food system that is driving epidemic rates of disease, the reality is clear: Our modern food system is killing us.

The truth is that most of us are basing our diets around food-like products that are laced with chemicals, pesticides, hormones, antibiotics, genetically modified organisms, and stunning amounts of added sugar. The average American now [eats](#) more than 150 pounds of added sugar each year, while [less than](#) 5% of our population is consuming the recommended amount of fiber.

Toxic food is contributing to epidemic rates of illness. You only have to look around to see the sad reality of the Standard American Diet. In the US, [more than](#) 2/3 of the population is now overweight or obese, and heart disease and stroke are [killing](#) more than 700,000 people every year. The National Institutes of Health [reports](#) that in the 1960s less than 2% of America's kids had a chronic health condition. Today it's over 25%. And [one in three](#) American children is expected to get diabetes.

Behind every one of these numbers is human beings who are suffering, and lives and loved ones that are being lost. It's deeply personal for all of us. Who in your family has been impacted by diabetes, cancer, Alzheimer's, or heart disease?

As you probably already know, all of these conditions are directly linked to lifestyle and food choices.

Survival and commerce are great and important. But if we're to survive as people, and perhaps even as a species, we have to upgrade our food operating system. If Food 1.0 was Survival, and Food 2.0 was Commerce, then we at The Food Revolution Network are calling for Food 3.0, which is Health.

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In Food 3.0, we make healthy people and a healthy planet the fundamental organizing principle of our food lives. We restore dignity and integrity to our food system. We treat animals and farm workers with respect. And In Food 3.0, healthy food, understood to be a basic human right, is affordable and available to everyone, of every ethnic and economic background.

Food 3.0 means vastly lower rates of chronic illness – which saves [trillions](#) of dollars in medical care, and a healthier and more capable population. Food 3.0 means a more sustainable and productive economy. There's plenty of money to be made in Food 3.0, and it's not at the expense of ethics, health, or the future of our world.

What does this mean to you? Chances are that Food 3.0 means a higher quality of life, with more energy, better sleep, a stronger immune system, and the best chance you can have at a long and healthy life. It doesn't make all your problems go away – not by a long shot. But it helps. A lot. And it gives you the energy you need to better meet life's challenges.

Food 3.0 isn't just some idealistic hippies' dream, either. It's beginning to become reality for millions of people. Since 1987, organic food sales in the United States have [increased](#) over 26-fold, and [consumption](#) of feedlot beef has dropped by more than 19 percent. In the last ten years, farmers' markets have [increased](#) over 3-fold, and sales of natural foods have [grown](#) to be a \$100 billion industry.

The times are changing, and even some of the world's largest corporations are beginning to take notice.

Food 3.0 is about your life, your health, and the well-being of all you love. And you don't have to wait for any company or government, or even your own family members, to reclaim your relationship with food.

What you eat literally becomes you. When you say no to consuming the products of a toxic food culture, you can reclaim eating as an act of communion with your own conscience and with the sacred gifts of life itself.

Welcome to the future of food.

Shall we get started?

Kitchen Prayer

May this kitchen be so filled with peace that all who eat food prepared here receive peace.

May this kitchen be so filled with happiness that all who eat food prepared here receive happiness.

May this kitchen be so filled with goodwill that working here is a joy.

Bless this kitchen.

Bless all who work here.

Bless the food that is prepared here.

May this kitchen and the work done here be a blessing to all who live.

— John Robbins

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What do we mean by food that's healthy for people and for the planet?

At the Food Revolution Network, we want to help you eat more real, organic, sustainable, plant-strong, non-GMO, humane, locally grown, and fair trade food. Here's why...

Real

Decades of food science have resulted in the cheapest, most abundant, most addictive, and most nutritionally inferior food in the world. The sheer number of chemical food additives in use today is staggering, particularly since some of them have simply been declared safe by the companies making them, without testing or oversight from any governmental agency. In today's world, eating real food is an act of liberation. When you eat food that comes from plants, instead of food that is manufactured in plants, your body will thank you for the rest of your life.

Organic

The number of chemicals that are used in the growing and production of industrial food is not only alarming. It is also rising at an exponential rate, with the result that these highly toxic agrochemicals are increasingly contaminating our bodies and the environment. Even the umbilical cord blood of newborn infants has been [found](#) to be polluted by pesticides.

Pesticide residues in food are regulated by the Food Quality Protection Act, but independent scientists have repeatedly found that the "allowable" levels for specific pesticides still [pose](#) substantial health risks. The pesticides used in U.S. food production have been [linked](#) to cancer, birth defects, autoimmune diseases, asthma, autism, Parkinson's, Alzheimer's and many other diseases.

[Studies](#) comparing the concentrations of pesticides and their metabolites in people eating conventional vs. organic diets have shown 1) that diet is the primary route of exposure, and 2) that the more organic food you eat, the less you are exposed to these highly toxic chemicals. Children are particularly vulnerable to the effects of pesticide exposure because their developing organ systems are less able to detoxify poisonous chemicals.

Sustainable

Sustainable food helps protect the environment, saves family farms, enhances biodiversity, protects rural communities, empowers workers, has higher nutrient value, replenishes topsoil, and tastes better. Current industrial food production practices, on the other hand, seem to assume that we have another Earth handy to use after we finish trashing this one.

Plant-strong

It's almost impossible to exaggerate how disastrous are the [health](#), [humanitarian](#), and [environmental](#) impacts of large scale animal agriculture. But as great as it is, the measure of the devastation is also the measure of how much is to be gained by a shift toward a whole-foods plant-strong diet.



On a personal level, eating a whole-foods plant-strong diet greatly enhances the health of your [cardiovascular system](#), strengthens your [immune system](#), reduces your risk of [cancer](#) and many other illnesses, and enlarges your capacity to enjoy life. On a planetary level, it also markedly lowers your environmental footprint, [saves](#) a tremendous amount of greenhouse gas emissions, and spares animals from the abysmal conditions of factory farms.

When you eat mostly (or all) plants, you're taking a powerful stand towards protecting the whole earth community, and for a long, healthy and happy life.

Non-GMO

The vast majority of corn, soybeans, canola, cotton, and sugar beets grown in the U.S. are genetically engineered (GE), which makes them Genetically Modified Organisms (GMOs).

Monsanto and its allies [claim](#) that GE crops increase yields and are a solution to hunger and malnutrition. But after spending billions of dollars and over 30 years of research, the promises that GE crops would feed the world and provide enhanced nutrition have proven to be an abject failure. In fact, a [comprehensive study](#) evaluating the performance of GE crops by the Union of Concerned Scientists was titled "Failure To Yield" precisely because this claim was found to be completely untrue.

Monsanto also [claims](#) that GE crops use fewer and safer chemicals. But GE crops have in fact [increased](#) overall usage of pesticides by hundreds of millions of pounds. More than 85 percent of the GE crops planted in the world today have been genetically

engineered by agrichemical companies like Monsanto to be able to withstand massive sprayings of the companies' proprietary herbicides. A recent, [peer-reviewed assessment](#) based on pesticide data from the USDA shows that these crops have resulted in an increase of 527 million pounds of herbicides being sprayed in the U.S. compared to what would likely have been the case without GE crops.

Monsanto and the other biotech companies spend billions of dollars in advertising, marketing, lobbying, and opposing ballot initiatives that would require GE foods to be labeled. This massive spending has perpetrated myths that are utterly false. The truth is that many credible scientists have significant concerns about the [safety](#) of these crops for human and animal consumption, and that the environmental impacts are documented and alarming.

Humane

Something has happened to the way animals are treated in modern meat production that is a disgrace to the human spirit, and a violation of the ancient human-animal bond. On one hand, the corporations that run industrial factory farms tell the public that they treat farm animals like members of their own families. But on the other, they fight hard to get legislation passed that exempts farms animals from even the most minimal protection from cruel treatment. This has produced a heartbreaking situation. More animals are being subjected to more torturous conditions in the production of meat, dairy products and eggs in the U.S. today than has ever occurred for any reason anywhere in world history.

You don't have to be a vegetarian or an animal rights activist to find these conditions appalling. Respect for animals is fundamental to our humanity.

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Locally Grown

Locally grown food is full of flavor. When crops are picked at their peak of ripeness, they taste better. When you buy produce at a local farmer's market, you often get food that has been picked within 24 hours of your purchase. Foods that have traveled a great distance have to be picked days if not weeks before they are ripe.

[Local fruits and vegetables](#) also have more nutrients. Food imported from far-away places has often sat in distribution centers before it arrives at your local store. Studies have shown that vitamins, phytochemicals, antioxidants and many other important nutrients decrease as fresh food ages.

Local food supports your local economy. The money you spend goes to local growers and farmers. It stays in your local community where it is reinvested in local businesses and services.

Local food is safer. The more steps there are between you and your food's source, the more chances there are for contamination. Food grown in distant locations has a higher potential for food safety issues at harvesting, washing, shipping and distribution.

Local food has a lower carbon footprint. Shipping food across distances burns fossil fuels and generates more greenhouse gas emissions.

Local food connects you to people and the planet. When you take advantage of farmer's markets, farm to table programs, and CSAs (Community Supported Agriculture), you strengthen your connection to your bioregion, and know a lot more about your food and the people whose labor provides it for you.

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Fair Trade

Coffee is the world's [second most valuable](#) traded commodity- after oil. Chocolate is pretty popular, too. Unfortunately, both coffee beans and cocoa beans are often picked by people who are [not paid nearly enough](#) to have a decent life, and in some cases by [child slaves](#). Some coffee industry executives say the labor issue isn't their concern. "This industry isn't responsible for what happens in a foreign country," says Gary Goldstein of the National Coffee Association, which represents the companies that make Folgers, Maxwell House, Nescafe, and other brands.

If you prefer to buy coffee, chocolate, and other foods that are grown and harvested under fair trade conditions rather than sweatshop labor conditions, your best bet is to purchase Fair Trade Certified products.



Let us bless the source of life
That brings forth bread from the earth.
Let our lives be a blessing
To the earth that sustains us,
And to all the creatures that,
Like us,
Call this planet home.

— John Robbins



So, how do you do it?

Just like bad habits can bring sickness – good habits can bring health. It's the stuff you do day in and day out, when you aren't even thinking about it, that most shapes your destiny. Even if you already eat more healthfully than most of the people in your life, are you wanting more? Do you want to shift any habits, or discover ways to eat and live in a healthier way?

Or do you want some tips to make healthy eating easier or more affordable?

If you do, then you're in the right place!

Presenting...

The Six Weeks To a Healthy Kitchen 3-Part Power Program: Plan, Prepare, & Play!

The Six Weeks to a Healthy Kitchen 3-Part Power Program can guide your cooking and eating adventures. This plan is crafted to help you prepare simple, delicious, healthy, real food - food that nurtures you and is kind to the planet. Most importantly, it honors your precious time and resources, and makes preparing and eating food at home a more streamlined and enjoyable process.

You'll learn all about the 3-Part Power Program, and get tangible support putting it into practice, in Six Weeks to a Healthy Kitchen. Here's a brief overview...

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I. Plan Ahead

A. Plan Your Menu

Cooking healthy foods at home does take some time and advance planning. But not as much as you might think. Author and chef Colleen Patrick-Goudreau points out that if you have the time to pack the family into the car, drive to a restaurant, find a parking spot, stand in line, decide what to order, wait for the food, eat the food, wait for the bill, pay the bill, then drive home (not to mention the time to earn the money to pay for all that) – then you have time to chop some vegetables!



Here are 14 quick tips to save time and money:

- 1) **Create a Meal Plan.** Don't wait until dinner-time to decide what to have for dinner.
- 2) **ZipList** is a 3rd party app used by millions of people every day, and by thousands of bloggers. It's a simple app and easy for anyone to use, but it's also a breakthrough that can help you organize and update your shopping list with ease. ZipList remembers what you like, it is organized by different sections of the store, and it makes it super easy to add or subtract things

from your shopping list. It integrates with smartphones for in-store shopping convenience, but if all you have is a computer, you can easily print a list before you leave the house. All the recipes in Six Weeks to a Healthy Kitchen are fully ZipList integrated, so you can add needed ingredients to your shopping list in a matter of a few seconds.

- 3) **Shop Less Often.** For some families, a trip to the grocery store is a daily activity. Shopping once a week instead of once a day can save you hours of time driving, parking, and waiting in line, and it will also cut down on “impulse purchases” which tend to be less healthy items and which [make up](#) approximately 40% of the average shopper’s expenditures. If you plan ahead, and make good use of your freezer, you can trim your food shopping to once a week or even less.
- 4) **Buy in Bulk.** Most natural food stores, and increasing numbers of supermarkets, now have bulk bins. You can often save more than 30 percent on the cost of food by buying in bulk rather than purchasing prepackaged items. Grains, seeds, legumes, nuts, dried fruit, and nutritional yeast are just some of the many foods that are often available in bulk bins. This may seem like an unusual way to shop, but in fact it’s the way people have shopped throughout most of shopping history. When you shop in bulk, you can stock your pantry, refrigerator and freezer with foods that you’ll then always have on hand when you need them. Having your pantry well supplied with the staples you most frequently use is one of the surest ways to help you swiftly and happily put healthy meals on the table.

- 5) **Consider Pre-Cut Veggies.** Buying these may cost a bit more money, but can also save time.
- 6) **Choose Convenience Foods Wisely.** There are many ready-to-eat foods that have sacrificed an enormous amount of nutritional value in order to be so convenient. They may have added vitamins and present themselves as nutritional superstars, but actually be nearly void of genuine nutritive value. Other ready-to-eat foods are nearly the equal of home cooked, and represent legitimate ways to save time without sacrificing health. In Six Weeks To A Healthy Kitchen, we’ll show you how to separate the marketing hype from the truth, and to choose those convenience foods that are actually good for you.
- 7) **Make a One-Course Feast.** If you’re tight on time, plan simple dinners where everything is in one dish (for example: spaghetti with veggies and lentils cooked into the sauce; tostadas with beans, rice and veggies all put on top; or a stew with potatoes, veggies and tofu all cooked together). This saves prep time and it also saves cleanup time since you don’t have as many pots to clean when you’re done.
- 8) **Get the Right Gear.** There is some kitchen equipment that can make an enormous difference in how quick and easy it is to prepare healthy food. Of course, you can improvise and be creative when you don’t have certain things. But having the right blender, food processor, pressure cooker, knives, cutting boards, colanders, etc. can make it infinitely easier to prepare healthy food fast. We’ll get into specific recommendations for every budget in Six Weeks to a Healthy Kitchen.

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II. How to PREPARE super healthy foods super quick

Sometimes the last thing you'll want to do when you get home from work in the evening is to go shopping, chop a bunch of veggies, or start cooking something that's going to take two hours before it's ready to eat. That's where planning and preparing can make all the difference.

Here are a few more of our many time-saving tips that will help have a healthier kitchen with less time and effort:

- 9) **Chop Vegetables in Advance.** Store them in airtight bags or containers in the fridge. That way, when you're hungry, you've got the ingredients for a stir-fry, a salad, as soup, or steamed veggies right at hand. Plus, chopping your veggies in advance saves a lot of cleanup time. Veggies that work well to wash and cut in advance include onions, cabbage, green beans, carrots, kale and broccoli. Softer or easier to spoil veggies and herbs like bell peppers, lettuce, tomatoes, parsley and cilantro are best left until the time when you're preparing your recipe. Place each item separately into a container with a lid, unless you know you will want to cook them together and want to store them in one container.
- 10) **Build Your Base.** Once or twice a week, cook a substantial quantity of a legume and/or grain of your choice. Use it in various meals in the following days.
- 11) **Sauce It Up.** Once or twice a week, make a sauce, dressing, or condiment you can then use on salads, in combinations of the legume and grain you've cooked, and on steamed or stir-fried veggies.

- 12) **Love Leftovers.** Somehow we have developed a cultural stigma against eating leftovers. Perhaps that stems from the days before refrigeration, when leftover food could quickly spoil and become a health hazard. But today, you can cook twice as much as you intend to eat in a meal, refrigerate the leftovers, and voila, you have home made fast food at your fingertips. Or, you can use leftovers creatively, making something original from them. In *Six Weeks To A Healthy Kitchen*, you'll learn how to make big, hearty and delicious stews using inexpensive ingredients. These stews provide ready-to-go food that you can keep in the fridge for the next few days. Or you can freeze a few meals worth that you can later reheat anytime you need them.
- 13) **Be Organized.** At the risk of sounding obsessive compulsive, it really does help to keep your kitchen well-organized. That way, when you're ready to prepare a meal, you can more easily gather the ingredients and equipment you'll need. If your fridge and pantry are well organized, you can see at a glance what you have available. This leads to less waste, and saves money and time. And it makes you feel like you've got this aspect of your life together.
- 14) **Clear the Way.** There's very little that can turn you off to cooking a meal more than walking into a dirty, cluttered kitchen. While it's often easy to think it will be easier to clean things up later (whenever later is!), part of preparing for having fun in the kitchen is to keep up with the dishes as they are used, sweeping up the floor before the dirt or food threatens to crawl up your legs, and putting food items away in their own special location. It's a great joy to walk in the kitchen and create delicious, nourishing foods if the space is open, clean and neat. If you live with others, try to engage them in cleaning up as they go, too. Now you are ready to play in the kitchen!

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III. Play!

A. Whip Up Some Fast and Awesome Meals

So, you've done a great job planning for your week and shopping for the meals you've planned; and you've prepared by getting chopped veggies in the fridge along with a whole grain that you've cooked. You've either cooked a legume or have canned beans on hand. Your kitchen is clean and waiting for you. And now you get to play with making some easy, healthy and delicious meals!

At first using recipes is the easiest way to have time-tested food that turns out well most of the time. In *Six Weeks To A Healthy Kitchen*, we'll offer dozens of tested, reliable, easy-to-follow, quick, simple and healthy recipes, all fully integrated with ZipList for your shopping list convenience.

If you can make meal prep into a time of creativity, fun, and relaxation from a busy day, it may help you enjoy your play time even more. Everyone has their own ways of making a moment special. Some of the ways that some people like to spruce up their cooking time include: Turning on some relaxing music; pouring a glass of wine or a glass of water with a squeeze of lemon in it; listening to books on tape or educational presentations; watching a movie or favorite TV show; saying a prayer or lighting some incense to clear the space; or talking to a friend on the phone using a headset. What ways do you have to help give yourself the message that this is a nourishing activity?

B. Enjoy Your Meals at Home, with Friends, or On the Go

Eating used to be a time for family bonding. It used to be a time when people took time to appreciate their food, relaxed together, and enjoyed each other's company. It used to be a time when the heart was fed. It could be that way again.



If you live by yourself, how would it feel to sometimes invite someone else, perhaps a family member or a friend, to eat the food you make? Can you imagine inviting people over to your house for potlucks? What would it be like for you to show people that these foods can be delicious, and show them the adventures you've been up to in your kitchen?

If you eat alone, this is a perfect opportunity to truly savor each bite, and to experience the deep nourishment and blessing of your food.

It isn't always practical to sit down and eat at home, and sometimes you may need to take your food on the road. But, if you have prepared it yourself, you can eat your meal at your desk or in a meeting or even while driving (which we don't recommend but know is sometimes necessary), knowing you are eating the healthiest fare possible, made lovingly by your own hands. Do you think that might lead to better digestion, and a more nourished body, than picking up salty, greasy fare at a fast food establishment that you hurriedly drove through?

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Five Contemplations Before Eating

- 1) This food is a gift of the earth, the sky, numerous living beings, and much hard and loving work.
- 2) May we eat with mindfulness and gratitude so as to be worthy to receive this food.
- 3) May we recognize and transform unskillful states of mind, especially our greed and learn to eat with moderation.
- 4) May we keep our compassion alive by eating in such a way that reduces the suffering of living beings, stops contributing to climate change, and heals and preserves our precious planet.
- 5) We accept this food so that we may nurture our brotherhood and sisterhood, build our community, and nourish our ideal of serving all living beings.

- Recited before meals in Thich Nhat Hanh's Order of Interbeing, a Buddhist community that spans the globe

C. Eat in Gratitude and Thanksgiving

A key ingredient in enjoying a healthy kitchen and the meals you prepare there is having gratitude for the food, for your kitchen itself, and for the friends or family with whom you share meals. [Recent studies](#) have concluded that the experience and the expression of gratitude can have profound and positive effects. These studies have found that gratitude doesn't just make you happier, but it also, remarkably enough, makes you healthier.

Since researchers have concluded that expressing gratitude can have deep and positive effects on your health, we suggest that you may want to find ways to bring thankfulness into your preparation and eating of food. When you sit down to eat, whether by yourself or with others, you can take a moment to reflect on the gifts of food in front of you, the effort that went into bringing it to your table, and the blessings that abound with eating healthy meals.

The saying of grace is, at least in its original intent, a way of connecting to our sense of gratitude and kinship with life. It is a means of caring for ourselves. It is a way to slow down, to relax, to let go of the busy-ness and worries of the day, and to be open to the food we're about to receive. It enables us to acknowledge and bond with the others with whom we are sharing the meal. It is a way to join with them, and all the people and elements that have made our meal possible, in a spirit of appreciation. It is not so much the words we say, as the state of mind and heart we evoke, that is important. It is a way to honor the deep human need to express our common unity in the mystery of life.

We give thanks to all who have come before us,
We give thanks to those who dug the wells
from which we drink,
We give thanks to those who built the houses
in which we live,
We give thanks to those who grew the food
which we eat,
May our lives be a blessing to those yet to come.

— John Robbins

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Recipes for a Healthy Kitchen

There is a world of easy, nutritional deliciousness in a healthy kitchen. Here are three fun recipes excerpted from the Six Weeks To A Healthy Kitchen course. All three of these recipes can be made in 15 minutes or less, if you have planned and prepared for them in advance. They're tasty, nutritious, and delicious!

Kale and Blueberry Salad



Serves 4 as a side salad (2 as a main dish)

Preparation time: 20 minutes

Kale and blueberries are two superfoods that pair together deliciously. This is a great salad you can prepare in advance and bring to work for lunch, or take to a potluck or picnic. Unlike salads made with lettuce that will wilt very quickly once dressed, kale salad can last several days.

- 2 Tablespoons sesame tahini
- 3 Tablespoons lemon juice or apple cider vinegar
- 2-4 Tablespoons water (approximate)
- 1 bunch or head of kale (about 8 ounces with stems removed)
- 1 cup blueberries, fresh or frozen (thawed)
- 2-4 Tablespoons chopped, de-pitted black olives, Kalamata or dry, wrinkled variety
- ¼ cup finely chopped onion (yellow, white or red)

In a small bowl, make the dressing by beating the tahini and lemon juice together with a fork. Add water, one Tablespoon at a time, beating together until smooth. Add just enough water for a thick, creamy consistency. Some brands of sesame tahini are stiff and dry and will require more water than other brands that are pourable. Salt to taste.

Rinse and dry kale leaves. Remove the stalk from the kale by cutting or ripping the leaves off. Roll the leaves together and cut in thin threads about 1/4 inch to 1/2 inch thick.

Place in a bowl, pour in the dressing and massage the leaves with your hands for a few minutes. This will soften the kale. Add in the olives, onion and blueberries. Toss and serve. Serves 2 as a main dish or 4 as a side salad.

Variation: Use mango or papaya in place of blueberries.

Nutrition Information

Number of servings: 4, Serving size: 127g, Calories: 108, Fat: 5.1g, Saturated fat: 0.7g, Carbohydrates: 14g, Sugar: 4.7g, Sodium: 58.8mg, Fiber: 2.4g, Protein: 4.2g, Cholesterol: 0mg

Recipe by Caryn Hartglass

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Quinoa With Walnuts



Makes 4 servings

Prep time: 10 minutes

Total time: 41 minutes

- 2 Tablespoons olive oil
- 1 celery stalk, chopped small
- 1 medium carrot, chopped small
- 1 medium onion, chopped small
- 6 button mushrooms, sliced thin
- 2 cups water
- 1 cup quinoa, soaked 5 minutes, rinsed and drained
- 1/2 teaspoons black pepper
- 1/2 teaspoon dried rosemary
- 1-2 Tablespoons soy sauce* or coconut aminos
- 1/2 cup chopped walnuts
- 1/4 cup chopped fresh parsley

1. Heat oil in a saucepan over medium-high heat. Add onion, celery, and carrot and stir about 5 minutes.
2. Add mushrooms and continue stirring 1 minute.
3. Stir in quinoa, water, pepper, rosemary and soy sauce.
4. Cover and bring to boil. Then turn down heat and simmer 25 minutes.
5. Toss cooked quinoa in a bowl with walnuts and parsley.
6. Serve hot or cold.

Nutrition Information

Number of servings: 4, Serving size: 154g, Calories: 351, Fat: 19.7g, Saturated fat: 2.3g, Carbohydrates: 35.9g, Sugar: 2.9g, Sodium: 173.1mg, Fiber: 5.47g, Protein: 9.9g, Cholesterol: 0mg

* To avoid GMO-containing versions of these items, use organic or non-GMO certified

Recipe from *The New Good Life*, by John Robbins

Cheesy Tahini-Lemon-Herb Dressing & Sauce



Makes 1 ¼ cup (10 servings of 2 tablespoons each)

Prep Time: 15 minutes

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I love a creamy and very flavorful dressing. This one fits the bill! I put it on massaged kale, orange peppers, avocado, lettuce, arugula, red cabbage, fennel, and white beans, but any salad would be enhanced by it. Since this is so tasty, you might want to double the recipe and keep more in the refrigerator. You can also put it over steamed veggies, baked potatoes, or brown rice and vegetables, or you can even marinate tofu in it.

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- 1-2 dates, pitted (1 large one or 2 small ones)
 - 3/4 cup water
 - 2-4 medium cloves garlic
 - 1/4 cup sesame tahini
 - 1/2 cup each nutritional yeast
 - 1/2 cup lemon or lime juice (if you don't like things tangy, reduce the amount a bit or replace it with a little more water)
 - 2 tablespoons of chia seeds
 - 1/2 teaspoon salt
 - few dashes hot sauce (if you like a zesty dressing) or Bragg Liquid Aminos (for a savory taste)
- Optional: Add 1/4 cup fresh (not dried) parley or chives, or 1-2 tablespoons fresh (not dried) basil or oregano
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1. Soak the date(s) in the water for 15-30 minutes, using warm water if you are in a hurry.
2. Combine the rest of the ingredients in a bowl, except for the herbs.
3. Put the dates and the water in a blender along with the garlic and lemon/lime juice and blend to chop the date and the garlic.
4. Add the bowl of the other ingredients and blend.
5. Add the herbs and blend briefly to chop finely and incorporate.
6. Add more water to desired consistency, and blend for a few seconds.
7. Serve, or refrigerate for up to one week.



Nutrition Information

Serving size: 2 tablespoons or 31 g, Calories: 72.1, Fat: 4.8 g, Saturated fat: 0.6 g, Carbohydrates: 5.8 g, Sugar: 1.9 g, Sodium: 133 mg, Fiber: 2.3 g, Protein: 3.7 g, Cholesterol: 0 mg

Recipe by Tracy Childs, Veg-Appeal, www.veg-appeal.com



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