

## Tofu Frittata

**Prep and Cook Time:** 30 minutes

### Ingredients:

- 1 cup onion, chopped fine
- 4 cloves garlic, minced
- 1 cup zucchini, diced
- 1 cup red bell pepper, diced
- 2 cups finely chopped kale (remove stems)
- 1 cup chopped fresh tomato
- ¼ cup chicken or vegetable broth
- 2 TBS red wine vinegar
- 5 oz firm light tofu, drained
- 4 egg whites
- 1 TBS dried Italian seasoning
- ¼ tsp turmeric
- salt and white pepper to taste
- 2 TBS chopped fresh parsley

### Directions:

1. Chop onions and garlic and let sit for 5 minutes to bring out their health-promoting benefits.
2. Prepare rest of vegetables.
3. Pureé tofu with egg whites, Italian seasoning, and turmeric in blender.
4. In 10-inch stainless steel pan, heat 2 TBS broth. When broth begins to steam add onion, garlic, zucchini, bell pepper, kale, and tomato and Healthy Sauté for about 1 minute over medium low heat, stirring often.
5. Add ¼ cup broth and red wine vinegar. Pour tofu mixture over vegetables, cover and cook over low heat until mixture is completely firm and cooked, about 12 minutes. Top with chopped parsley. **Serves 4**

## Super Carrot Raisin Salad

Try this unique version of carrot salad as a starter to your evening meal, but don't save this recipe just for dinner—enjoy it for lunch or as a snack any time of day!

**Prep and Cook Time:** 15 minutes

### Ingredients:

- 2-3 medium carrots (2 cups peeled and shredded)
- ½ cup raisins

- 1/2 cup chopped fresh or canned pineapple
- 1 TBS chopped cilantro
- **Dressing**
- 2 TBS canned coconut milk
- 1/4 tsp turmeric
- 1/2 TBS honey
- 1 tsp orange zest
- 1 TBS fresh lemon juice
- 1 TBS extra virgin olive oil
- salt and white pepper to taste

### Directions:

1. Blend all dressing ingredients together in blender adding olive oil a little at a time at end.
2. Shred carrots in food processor or use a hand grater, which will take a little more time. Depending on how big they are, it will take about 2 or 3 carrots.
3. Mix carrots with raisins and pineapple, and toss with desired amount of dressing. Stir in chopped cilantro.

### Lemon Fish with Puree of Sweet Peas

The combination of lemon flavored fish, with the sweet peas in this recipe is a delicious and healthy way to have a complete meal in just 25 minutes. The peas are a not only a great alternative to rice but add extra nutrition and flavor to your meal.

Prep and Cook Time: 25 minutes

### Ingredients:

- 1 1/2 lb cod filets (thick cut)
- 3 TBS finely [minced lemon rind](#)
- 4 TBS fresh lemon juice
- 3 TBS [chopped fresh parsley](#)
- 1/4 tsp salt
- pinch cayenne
- Pureed Peas
- 1 medium [onion coarsely chopped](#)
- 4 medium cloves [garlic, coarsely chopped](#)
- 3 + 1 TBS chicken or vegetable [broth](#)
- 15oz frozen sweet peas
- 4 TBS sunflower seeds
- salt and white pepper to taste

### Directions:

1. Preheat oven to 400 and prepare ingredients.
2. Chop garlic and let sit for 5 minutes to enhance its health-promoting qualities.
3. Mix together minced lemon rind, lemon juice, chopped parsley, salt and cayenne. Rub cod filets generously with mixture and place in baking dish. Place fish in oven and bake for about 10-15 minutes.
4. While fish is baking, heat 1 TBS broth in a 10 inch stainless steel skillet. [Healthy Sauté](#) onion in broth over medium heat for about 4 minutes, stirring frequently, until translucent. Add garlic and continue to sauté for another minute. Add rest of broth, peas, sunflower seeds, salt and pepper, and heat for about 3 minutes.
5. [Puree](#) pea mixture in blender, scraping the sides with a rubber spatula from time to time to mix well.
6. Serve cod with peas. If there is a little juice in the fish pan you can drizzle it over the fish and peas. Serves 4 Serving suggestions: Serve with
  - o [Tomato Dandelion Salad](#)

#### Healthy Cooking Tips:

Choose cod filets that are cut as thick as possible for best results. Thin cuts have a tendency to just fall apart. Make sure your lemon rind is finely minced for the best results in flavor. Big pieces of lemon rind will be too strong tasting and coat the fish less evenly. Pureed peas are so good, you may want to double the recipe. If you do, blend them in at least 2 batches, and be patient with blending them. It is worth it to stop the blender 2-3 times to scrape the sides with a rubber spatula. This will grind the sunflower seeds well, and make them smooth. If you choose to do this you should cook and blend the peas before baking the fish, as doubling the peas will take longer. That way the fish is ready to serve fresh out of the oven. The peas can simply be put back into the skillet you sautéed them in and reheated.

#### **7-Minute Healthy Steamed Butternut Squash**

Prepare this butternut squash recipe in a matter of minutes. While whole butternut (kabocha or hubbard) squash can take about one hour to cook, you can have great-tasting squash in 7 minutes by cutting it into 1-inch cubes. And you also get 510% of your daily value for vitamin A. Enjoy!

**Prep and Cook Time:** 7 minutes

#### **Ingredients:**

- 2 cups butternut squash
- 3 TBS extra virgin olive oil
- 1 tsp lemon juice
- sea salt and pepper to taste

#### **Directions:**

1. Fill the bottom of the steamer with 2 inches of water.
2. While steam is building up in steamer, peel and cut butternut squash into 1-inch cubes.
3. Steam **covered** for 7 minutes. Squash is done when it is tender, yet still firm enough to hold its shape.
4. Transfer to a bowl. For more flavor toss squash with the oil, lemon juice, salt and pepper while it is still hot. Research shows that carotenoids in foods are best absorbed when consumed with oils.

## Serves 2

### How do organic foods compare to non-organic foods in terms of nourishment?

From a research standpoint, I believe that scientific comparisons of organic and non-organic foods show the clear benefits of organic. However, I also recognize that there are a relatively limited number of studies in this area and that the results have been controversial. Virginia Worthington, as part of her doctoral dissertation at John Hopkins University analyzed (and later published) 41 existing studies that compared organic to non-organic foods. On average, she determined the organic foods to contain:

- 27% more vitamin C
- 21.1% more iron
- 29.3% more magnesium
- 13.6% more phosphorus

In her review, she also noted that while five servings of organically grown vegetables (lettuce, spinach, carrots, potatoes, and cabbage) provided the daily recommended intake of vitamin C for men and women, their conventionally grown counterparts did not. Organically grown foods were also found to contain, on average, about 5% less nitrates than conventionally grown foods. While nitrates have not been conventionally spotlighted as toxic risk factors in food, they nevertheless appear (in the 216th spot) on the 2007 CERCLA Priority List of Hazardous Substances as published by the Agency for Toxic Substances & Disease Registry at the U.S. Department of Health and Human Services. This review of organic foods also determined them to be lower in protein than their non-organic counterparts but to contain higher quality protein in terms of amino acid composition.

Other studies on organic versus non-organic foods have found fewer statistical differences between their nutrient content, and in some cases, greater amounts of some nutrients in non-organic versus organic foods. These studies also typically show large amounts of variability in the nutrient contents of different foods, both organic and non-organic.

From my perspective, it makes sense that certain crops, grown under certain very favorable environmental circumstances, would be likely to show greater concentrations of certain nutrients than other crops grown under less favorable environmental circumstances, even if non-organic farming methods were used in their cultivation. Basic patterns in sunlight, rainfall, temperature, and other factors would always remain critical in the final chemical composition of the foods. For this reason, when I consider the research as a whole, I believe it clearly shows the nutritional advantages of organically grown versus non-organically grown food.

A second and equally important consideration with all organic foods is the absence of unwanted contaminants. Organically grown foods are very important for the chemicals they are missing! The stringency of the federal organics legislation makes it illegal for most synthetic pesticides to be used in organic production. Sewage sludge is also prohibited. The absence of potentially toxic residues on organic food has also been studied, and organic foods have been compared to non-organic foods in this regard.

In a study reviewing data sets gathered by the U.S. Department of Agriculture, researchers found that in a comparison of 8 fruits and 12 vegetables, 73% of the non-organic crops were found to contain pesticide residues, in comparison with 6-27% of organic crops (depending on the exact crops that were compared). For some non-organic fruits (apples, peaches, pears, and strawberries) and for one non-organic vegetable (celery), over 90% of the non-organic food samples showed pesticide residues.

Additionally, 12-62% of the non-organic crops were found to contain multiple pesticide residues, and in some cases as many as 14 different pesticide residues. In the case of organic crops, this range was only 1-7%. About two-thirds of the time, a lower quantity of the pesticide levels was found in organic versus non-organic foods.