

## Roast Turkey Vegetable Pie

2 1/2 - 3 cups left-over turkey	1/2 cup or more turkey gravy
1-2 cloves minced garlic	1/2 cup chopped onion
1/2 cup thinly sliced organic carrots	1/2 cup chopped celery
1/2 cup fresh or frozen peas	1/2 cup steamed Swiss chard or kale
1 cup organic vegetable broth	1/2 tsp. turmeric
1/2 cup cooked quinoa (optional) <i>or</i>	1/2 cup steamed squash (optional)

This turkey pie is very versatile in terms of the vegetables you can include and making substitutions, eg. zucchini for celery. Make sure you have enough moisture in the filling when preparing it otherwise it will dry out when baked. Once cooled, look at your filling in the pan to see if there is extra liquid at the perimeter.

*Directions:* In a large skillet, put in 3 tbsp. of olive oil and stir-fry your onion, celery and carrots on medium heat. Mix well to get it started during the first two minutes, then lower to simmer and put a lid on it for few extra minutes while getting the other ingredients ready. Add turkey pieces next with turkey gravy. Of course home-made gravy is best; however, if you don't have any left-over use canned gravy. Dark meat is generally moister than breast meat try to include both. If using mainly breast meat, cut it up in smaller pieces to hold more moisture.

After gravy and meat is thoroughly blended and heated, add fresh garlic and turmeric to taste. Lastly, mix in your already steamed Swiss chard or kale which has been cut into small pieces, the peas, and your optional cooked quinoa or squash together with the vegetable broth, adding as much as is needed to keep things moist. Vegetable broth can either be home-made (you can make large batches at a time and freeze in canning jars so that it's ready for soups) or purchase an organic broth in a carton. Remember that most of the cooking is at low temperatures.

*Baking Directions:* To make the crust, refer to *Spelt Pie Crust recipe on page 48*. Place foil around the edges of your pie to prevent burning and remove it during the last 15 minutes of baking. Brush rice milk on the top crust to brown. Cut five V-shaped openings on top to allow steam to escape. Bake 10" pie at 350°F for 55 minutes or until the crust is browned. Smaller pies will take 45 minutes to bake.

This recipe makes one 10" size pie plus a 7" pie. Give the smaller pie to your favourite "single" relative and see them smile. Serve with mashed yams, turnip or rutabaga *or* steamed greens topped with *Maryan's Luscious Dressing*. *Note:* If you would like to receive the Spelt Pie Crust or Maryan's Luscious Dressing recipes, please send your email request to [luczak@rogers.com](mailto:luczak@rogers.com).

## Quinoa Salad

1 cup quinoa, rinsed	2 cups of purified water
1/4 cup chopped fresh cilantro or parsley	1 tbsp. olive oil
2 tbsp. flaxseed oil	2 tbsp. lemon juice
2 cups chopped celery	1/4 cup chopped pecans
Sea salt to taste	

This amazing grain has the highest amount of protein of any grain. Soak quinoa in a bowl of water for at least 3 hours and then grind the grains between your fingers to thoroughly rinse them (about two minutes). Discard the rinsing water. A special sieve is required since grains are so small. In a small pot, combine rinsed quinoa with water. Bring to boil, then lower heat to minimum, cover pot and simmer for 20 minutes. Let the quinoa cool. Meanwhile, in large bowl combine all other ingredients except for nuts and seasoning. Add the latter to cooled quinoa. Let sit for one hour. Serve at room temperature. Add pecans and sea salt at the end. \*Tip: When making quinoa as a side dish for a potato substitute, cook 1 cup of quinoa in 2 cups of water and bring to gentle boil. Reduce to low temperature and cook for about 15-20 minutes until most of the water is gone and it's just moist. Drizzle Maryan's Luscious Dressing on top after serving on the plate.

## Goat Feta Dip

1 cup goat or Greek feta cheese, crumbled	2 tbsp. cold pressed olive oil
1 cup walnuts, chopped very finely	1/4 to 1/2 cup rice milk
1/2 tsp. paprika or cayenne*	pinch of your favourite dried spice

Cover feta with water and soak for at least one hour to remove some of the salt. Drain. In a blender, combine half of the ingredients on low speed. While the blender is still running, add remaining half and blend until smooth. Serve chilled.

How much liquid to use depends upon the desired consistency and if using a blender. With food processors, less liquid is needed. \*Cayenne is great for Type Os; however, if serving to Type As, it's best to avoid cayenne and only use paprika.

*Note:* cow or sheep feta (Greek feta) can be substituted for a milder flavour or use half goat's and half cow feta. Some people need to acquire a taste for the goat's feta. Please note that Greek feta is the most expensive (however, the tastiest), then goat feta and cow's feta the most economical. Type Os are better off having just the sheep feta or goat feta.

## Squash and Ginger Soup

1-2 tbsp. organic unrefined coconut oil or ghee      2 celery sticks, chopped  
2-3 large acorn squash, skinned and chopped      2 medium carrots, chopped  
2 medium onions, chopped      3 cloves garlic, minced  
3-4 inch long piece of ginger root, grated (or less)  
1/2 cup purified water (according to desired thickness)  
Sea salt or Herbamare to taste

Sauté carrots, onions, celery, and garlic in oil in a frying pan. Transfer ingredients to a medium sized pot with lid and add ginger and cooked squash. Bake the squash and then scoop out and mash. Add 1/2 cup or more water and simmer for 30 minutes, stirring occasionally.

If you like your soup on the thicker, creamier side, take out a couple of cups of the soup (once it's cooled) and purée and then add back to the pot and see if it has your desired creaminess. Add Celtic sea salt or Herbamare to taste.

## Ela's No-Grains Carrot Cake

1 1/2 cup nut flour\*      1 1/2 cup grated carrots  
3 tbsp organic cane sugar      1/2 cup butter (optional)  
1 whole egg      2 egg yolks  
1 tsp. baking soda      1 tsp cinnamon  
1 tsp vanilla      pinch salt

Preheat oven to 350 F. Butter an 8-in. square or round cake pan. Line bottom with parchment paper. Place butter (if using) in a food processor, add sugar, mix well. Add egg and egg yolks one by one while food processing it until well combined. Add soda, salt, cinnamon and vanilla. Mix thoroughly. \*Add nut flour (almond or walnut, can be both mixed) and carrots and mix lightly, running food processor on a low speed and for a short time. Spoon mixture into a greased and lined baking pan.

Bake at 350°F for 45-60 minutes. Let cool. Remove from pan, cut into squares or wedges and serve. Serves 8.

*Tip:* Parchment paper is excellent for lining pans. Note: Kitchener residents may be interested to know that Ela Glinka, holistic nutritionist, resides in Kitchener.

## Turnip Fries

Peel turnips and cut into french fries. Generously brush with Olive Oil and salt with Celtic Sea salt. Space evenly apart on cookie sheet and bake for at least 35 minutes at 375°F until browned. Turn at least twice for even baking. \*Sweet potatoes can be used in this recipe. The best herbs are rosemary and thyme. Use foil tent and shake fries often to prevent sticking and burning.

\*Remember that sweet potatoes are purple on the outside and white on the inside. They are from Jamaica and can be a bit of a challenge to find in the grocery store. Interestingly, with the avoid nightshades for arthritis and inflammation rule, sweet potatoes are the exception. They can be eaten without causing inflammation whereas all other forms of potatoes including yams, white potato, etc. as well as tomatoes, peppers and eggplant are the night shades which should be avoided when an inflammatory condition persists, eg. asthma, arthritis, lupus, IBS, etc.

## Potato Zucchini Pancakes

3 cups grated sweet Jamaican potato (purple outside/white inside)  
1 cup grated zucchini (you can adjust ratio of potato & zucchini)  
1/4 cup rice flour (non-gluten version) or spelt flour\*  
3 large organic eggs  
1 tsp. baking powder (no-aluminum)  
1 tsp. sea salt (optional)  
dash of pepper (optional)

Grate the sweet Jamaican potato and zucchini and set aside.

Break the eggs into a small bowl and whisk well adding the dry ingredients. The 1/4 cup of rice flour can be increased to 1/3 cup depending upon the consistency of the batter and size of the eggs. When mixed, fold in the potato and zucchini. Note that the more zucchini you use the lighter and more moist texture you will have.

Fry in skillet using olive or coconut oil on medium heat until golden brown. Press down the batter so it's as thin as possible right from the start as this mixture tends to burn easily on the outside yet be uncooked in the middle unless you monitor the heat and use this pressing technique. Use either a 1/2 to 1 tsp. of organic sugar as topping or maple syrup. Some people may not require any sweetener because the potatoes are sweet enough to begin with. :o)

## Miso Wakame Soup

2 1/2 cups purified water  
1 tsp. minced fresh ginger  
2 tsp. grated carrot  
4-inch piece of wakame seaweed\*  
1 tbsp. miso dissolved in 1 tablespoon of warm water\*\*  
1/4 cup extra firm tofu cut into small, bite size cubes

2 green onions, chopped  
1/2 cup sliced bok choy  
1 tsp. of olive oil

Soak the *wakame* in water for 15 minutes, drain, cut into 1-inch pieces. Sauté tofu, bok choy and carrots in olive oil. In a medium saucepan, combine the water, most of the green onion (reserve 1 tsp. for garnish), and ginger. Bring to a boil over high heat; reduce heat to low and simmer for 5 minutes. Remove from heat and stir in dissolved miso. Add wakame and sautéed tofu, bok choy and carrots. Garnish with reserved green onion and serve.

\*Wakame is a Japanese sea weed harvested from deep cold sea. Health food stores and Asian markets would carry it. Dehydrated wakame should be stored in an airtight container in a dark, dry place. Cooked wakame should be refrigerated. Wakame is rich in magnesium, potassium and trace minerals.

\*\*Miso is a fermented soya bean paste which comes in different types often distinguished by colours such as white, red or light-colored. If you are a beginner try the lighter variety first with the grains added, eg. rice miso. Store miso paste in a container in the fridge for up to a year. Miso is rich in calcium, iron, and zinc.

## Asparagus Soup

1 - 2 tbsp. organic butter  
3 - 4 large yellow onions, chopped  
5 cans chicken or vegetable broth\*  
3 1/2 lbs. fresh asparagus, cut tops off and set aside, cut stalks into 1" pieces

sea salt to taste

Sauté onions in butter until soft and golden. Heat broth, and add cooked onions and 1" asparagus stalk pieces (break off tough ends). Cook on low until asparagus stalks are soft. While cooking, add sea salt. Purée, then return to heat and add asparagus tops. Cook for 10 more minutes (take off heat before tops become too soft). For a cool soup, refrigerate. \*Note: Type Bs and ABs use vegetable broth.



## Introducing the Green Smoothie!

Whole foods blending refers to blending fruits and vegetables without peeling or coring. Unlike juicing, the idea is to deliver the nutrients from the entire food which includes its very valuable fiber. Juicing separates the fiber and creates too much of a sugar rush. During the past two years, I've created some excitement and raised awareness about Green Smoothies. I've made more than 200 green smoothies recipes. I'm happy to include a sampling in this book!

Before you delve in, presuming you have even heard of a Green Smoothie, it's important to know a few things first. As you may have guessed, they are relatively new and only being discovered by people who are shopping for the more well-known fruit smoothie. Whereas it's true that the green smoothie's colour doesn't exactly create a consumer rush to clear them off the shelves; word is getting around that dark leafy greens are super healthy. Just to be clear, however, there is a difference between what you can buy and what you can make.

My green smoothies contain a minimum of 40 per cent dark leafy greens and the other 60 percent consists of several pieces of fruit and water. A store-bought version contains apple juice as the leading ingredient along with other purees/juices and the greens are the powder form of spirulina, barley and wheat grass. In this 3<sup>rd</sup> edition of *Simply Delicious & Nutritious*, I felt compelled to include a sampling of Green Smoothie recipes, and although there are just a few to "wet your appetite", rest assured that my E-Book will soon be available!

If I may highlight a few things, at the top of my list is clearly stating that my version of a wholesome, delicious and super nutritious Green Smoothie can only be made in a commercial blender. Specifically, the Waring Xtreme MX1050 blender, which has the power to breakdown the cellular structure of green leaves to release valuable minerals. Otherwise you just get "pieces" of leafy greens with nutrients that will just pass through your digestive system instead of feeding the cells in your body. Its unique design plus 3.5 HP (like a lawn mower) and 45,000 RPMs is why Waring has achieved international fame in the world of commercial blenders.

My advice is that if you are curious about the Green Smoothie, and either have or know someone who has a commercial blender, whether it's a Vita-Mix or Champion or whatever (being a 1 or 2 HP), give my recipes a go, and if it tastes "just okay", know that if you made it with the Waring blender that we endorse (and sell) that you would be blown away with how smooth yet textured and definitely flavourful it

is. And the Waring doesn't require assembly. The blade is intact and cleaning requires just running the blender with soap and water for one minute.

The Simply Delicious & Nutritious Cook Book, 3<sup>rd</sup> edition features Green Smoothie Recipes. It is best to attend a Green Smoothie demo; however, in order to understand how to plan, shop and make smoothies as well as determine your specific program. *Here's some of the benefits of attending a Green Smoothie class:* 1) you'll better understand how to measure the leafy greens - bunches vs. leaves vs. cups; 2) how fruits and specialty ingredients are prepped is important - with a commercial blender, you want to include the skin, core and seeds of an apple or pear where minerals are stored; 3) the opportunity to learn how to shop for ingredients; 4) the awesome handouts on the specialty ingredients like maca, gogi berries, lucuma, seabuckthorn berries; 5) the explanation of how much to make and drink based on your program; and 6) the unique opportunity to sample several delicious drinks to discover your favourites!

The leafy greens that are selected most often include the following: Swiss chard; kale; spinach; lambsquarter; dandelion; collard greens; romaine lettuce; chicory or endive; and leaf lettuce. For flavour enhancement, lemon balm, mint, arugula and lemon grass are often included. The most popular super foods chosen include gogi berries; maca; cacao; lucuma; seabuckthorn berry; sprouted flaxseed; and sprouted barley grass juice, with the last three ingredients coming from a local farmer.

About 20 different fruits have been used in the making of my roster of 200 recipes. More typically pineapple; pear; and apple for their lovely fiber and easy availability. Raspberries; strawberries; blueberries; and mango in frozen form more often than fresh. And when in season, peaches, nectarines, plums and locally grown berries. Less often, figs, loganberries, passion fruit and papaya have been chosen.

Green smoothies last three days in the fridge compared to fruit smoothies that have a 24-hour lifespan after having Vitamin C is added. With two adults in the home, two recipes can be made every three days in order to embark on a Green Smoothie program that will deliver cleansing, revitalization and energy plus!!

In the summer of 2009, the Centre for Healthy Living will be launching Green Smoothie classes through webinars! Please keep checking our website for updates or ask to have your email added to our group list and you will be sure to receive the announcement. Our Website is: [www.waytogonutrition.com](http://www.waytogonutrition.com) and the email is [luczak@rogers.com](mailto:luczak@rogers.com) and phone number is 519 680-2884.

### Apple Lemon Kale Smoothie

5 leaves of organic kale (remove stems for better taste)  
4 gala or granny smith apples (or more)  
1 organic lemon (can use juice only or partial rind added)  
1 tbsp. gogi berries      1 tbsp. chia seeds      2 cups water

Organic kale has more delicate stems than the typically larger kale found in the grocery isle. Cut off the stems and if the stem supporting the leaf is particularly thick, you may wish to trim some of this out. Only include lemon peel when shopping organic. Depending upon the size of the apples, at least four are required. Do a taste test to determine if there is sufficient sweetness. A description of the gogi berries and chia seeds can be found in the introduction.

### Spinach Cucumber Green Smoothie

3 handfuls of spinach leaves      1/2 cup cucumber chunks  
1 medium bunch mint      2 bosc pears  
2 golden delicious apple      1 delicious apple  
1 oz. sprouted barley grass juice      2 cups water

Cucumber has a "cool taste" so it's well matched to mint. Spinach comes in bunches of various sizes. Organic spinach usually has small leaves. It may be difficult to interpret "handful". In most cases, the whole bunch equals 3 handfuls. If you lose too many leaves due to being soggy, cut back on other ingredients.

### Swiss Chard Cacao Pear Green Smoothie

3 Swiss Chard leaves      1 large banana  
1 large bosc pear      1 large Anjou pear  
2 o. sprouted barley grass juice      1 tbsp. cacao\* (*health food ingredient*)  
1 1/2 cups water (*less water is required in this recipe as less ingredients used*)

Swiss chard leaves vary from small to large to extra large. This recipe calls for 3 medium-large leaves where the stem is cut off and partially removed if particularly thick in the underside of the leaf. Bosc pears are the sweetest when crisp regardless of ripeness. Bartlett pears are very sweet when yellow. Anjou pears are the least sweet. Take note of your results based on the pears you choose.

### **MacSpinach Parsley Smoothie**

2 bunches spinach	1 small bunch parsley
1/2 cup cucumber chunks	1 oz. sprouted barley grass juice
3 Macintosh apples	1 large bosc pear
1 cup fresh apple	1 1/2 cups to 2 cups water

Macintosh apples have a very distinctive flavour. The parsley will over power this drink if too much is used so take note that "small" means small (just few leaves) or add an extra piece of fruit to sweeten if necessary. Spinach could be measured in a 2-cup glass measuring cup where the leaves are gently stuffed into two cups. With recipes that have fewer greens, start out using less water. Sprouted barley grass juice is exceptionally healthy - you could easily double the amount in this drink.

### **Collard Greens Lemon Grass Smoothie**

4-5 collard green leaves	1/2 stem lemon grass (chopped, 1 tbsp)
2 granny smith apples	2 Bartlett pears
1 1/2 cup pineapple	1 cup frozen mango
2 cups water	

Lemon grass is used for making herbal teas. It's sold in the herb section in major grocery stores. For smoothies, peel off the outside layers and then finely chop the stem. It's best to put this ingredient in the blender at the beginning of making the drink, along with the collard greens, so that it will be pulverized.

### **Minty Pear Mixed Green Smoothie**

1 handful spinach leaves	1 handful endive lettuce
1 large leaf collard greens	1 large leaf kale
1 medium bunch of mint	2 small Bartlett pears
1 small granny smith apple	3 small white flesh nectarines
1/2 cup fresh pineapple	1 oz. gogi berries
2 cups purified water	

\*endive lettuce is a bitter lettuce with curly leaves found next to romaine lettuce.

## Chunky Mixed Fruit Smoothie

1 large anjou pear or gala apple	6 oz. juice (or 3 oz ea. juice & rice milk)
1/2 cup fresh pineapple chunks	1 tbsp. Genestra Berry EFA Plus
1 cup frozen blueberries	1 tbsp. lecithin granules
1 frozen banana or 1 cup mango	2-3 tbsp. protein powder
1-2 tbsp. gogi berries (optional)	1-2 tbsp. sprouted flaxseed
3/4 tsp. buffered Vitamin C powder	handful of soaked almonds (30-35)

Choose fruit and fruit juice from your Super Beneficial list for added health benefits. It's good making your smoothie with juice alone and then comparing that with a thicker, creamier version using a non-dairy milk -- rice milk or almond milk (both are neutral for all types). The almonds have to be soaked overnight (discard water). Put them in the blender first with the liquid. If using a super food like dried gogi berries, add at the beginning as well. We recommend Waring Xtreme Hi-Speed commercial blenders to make the smoothest thick drinks.

The Berry EFA Plus is a Genestra product that contains the omega 3 oils with an awesome berry concentrate. For variety, you can also add walnuts, tahini, or hemp hearts. Sprouted flaxseed is superior to milled flaxseed. Lecithin granules reduce gallstones. Protein powders are best matched to your blood type and your needs; however, it's important to *stir it in after* blending. All blood types can have hemp seed protein although you'll probably use less due to the taste. There are also raw forms of whey protein that are options. At our Centre, we promote Genestra's Pro-Rice protein powder because it's non-allergenic and St. Francis Go-Protein formula which tastes divine and has acidophilus (probiotic) in it as a bonus. Refrigerate leftovers in a glass jar and add 1/4 tsp. extra of Vitamin C to preserve it.

## Grasshopper Green Smoothie

1 bosc pear or granny smith apple	6 oz. pineapple juice
2 thick rings cut-up fresh pineapple	3-6 oz. soy or almond milk*
3 sliced ripe kiwi	1 medium sliced ripe avocado
1 medium size frozen banana	1 tbsp. ground (or soaked) almonds

Place the fruit in the blender and pour juice/milk on top with added ground almonds and vitamin C powder. Remember to add less liquid or more fruit (e.g. both pear & apple) to achieve your desired thickness. *Helpful Hint:* remove the white stems in the kiwi because they may sour the drink. \*Type O & B should use almond milk.

## HOW TO ORDER A COOK BOOK

The *Simply Delicious and Nutritious Cook Book* is sold through the Centre for Healthy Living in London, Ontario. To order your copy, please complete the bottom portion of this form to: [luczak@rogers.com](mailto:luczak@rogers.com) or call (519) 680-2884. The cost is \$35 if picked up in person or add \$10 if mailed within southwestern Ontario using priority post.

For mailing to other locations, please provide your Postal Code and we will quote you the correct amount based on postage and appropriate taxes. After you complete and send back this form, an invoice will be forwarded verifying the amount to pay. Please mail your cheque or pay using the convenient method of interact email transfer. Thank you for your order!

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