

vegetarian_{times} presents

HEALING FOODS

COOKBOOK

vegetariantimes.com

150 ways to enjoy 25 foods you need

- Boost your brain with blueberries
 - Cut cholesterol with pecans
 - Fight pain with cherries, ginger & cayenne
- ... and so much more

Cold & flu
soothers
6 quick and
hearty healing
soups

win
\$750
in must-have
cookware



+ Quinoa the world's
healthiest grain

25 FOODS YOU NEED

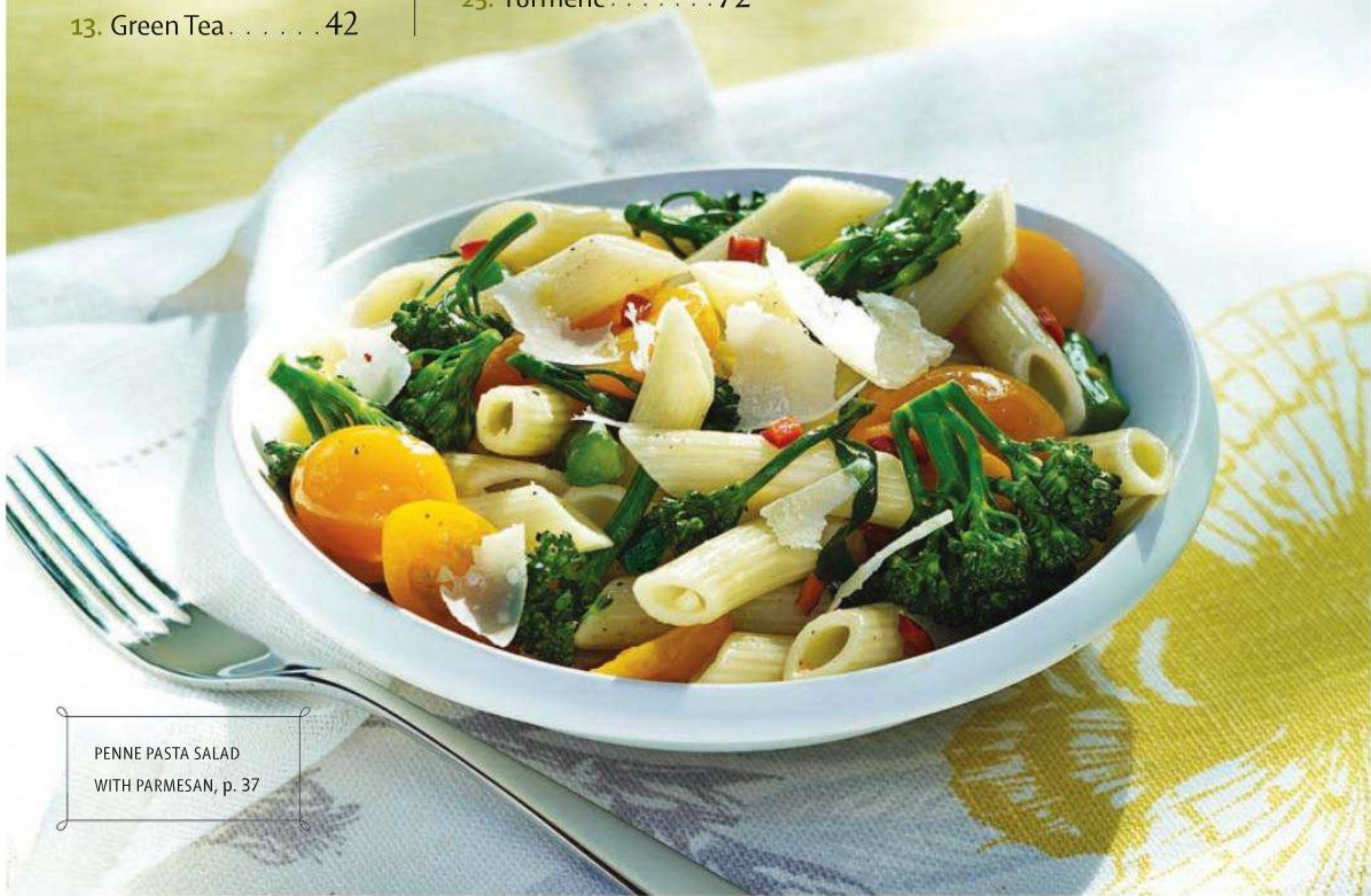
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feed your heart

features

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This cutting-edge eating plan reverses diabetes, wards off heart disease and cancer, and helps you lose weight—without counting calories or cutting portions.

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Keep the beat going long and strong: favor foods that fend off cardiovascular disease.

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win!

Want more inspiration to cook up a healing meal? Visit vegetariantimes.com/getcooking for a chance to win all the goodies below, plus a copy of the *Vegetarian Times Complete Cookbook*—a prize package worth more than \$750.

- Cuisinart 7-Quart Stand Mixer in brushed chrome (\$399)
- Waring Pro Professional Food and Beverage Blender (\$190)
- Shun Classic 3.5-inch Vegetable Knife (\$100)
- Bisbell MagMates magnetic Knife Rack (\$34.99)



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cholesterol-cutters

meals that heal



When it comes to health, your first line of defense can come from the foods you eat. This special issue is dedicated to helping you fight off illness just by enjoying delicious, health-promoting meals.

On these pages, we bring you good news on 25 healing foods—from exotic açai to the humble onion—that deserve to be star ingredients in your daily diet. Tap into their natural powers to fight inflammation, enhance digestion, and protect against everything from colds and flu to heart disease, diabetes, and cancer. Discover their health-giving properties, follow our tips for choosing and using them, and get cooking with some of our all-time best recipes featuring these healing ingredients.

Enjoy, and stay well!

Katherine M. Tomlinson

vegetarian times presents

HEALING FOODS COOKBOOK

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açaí

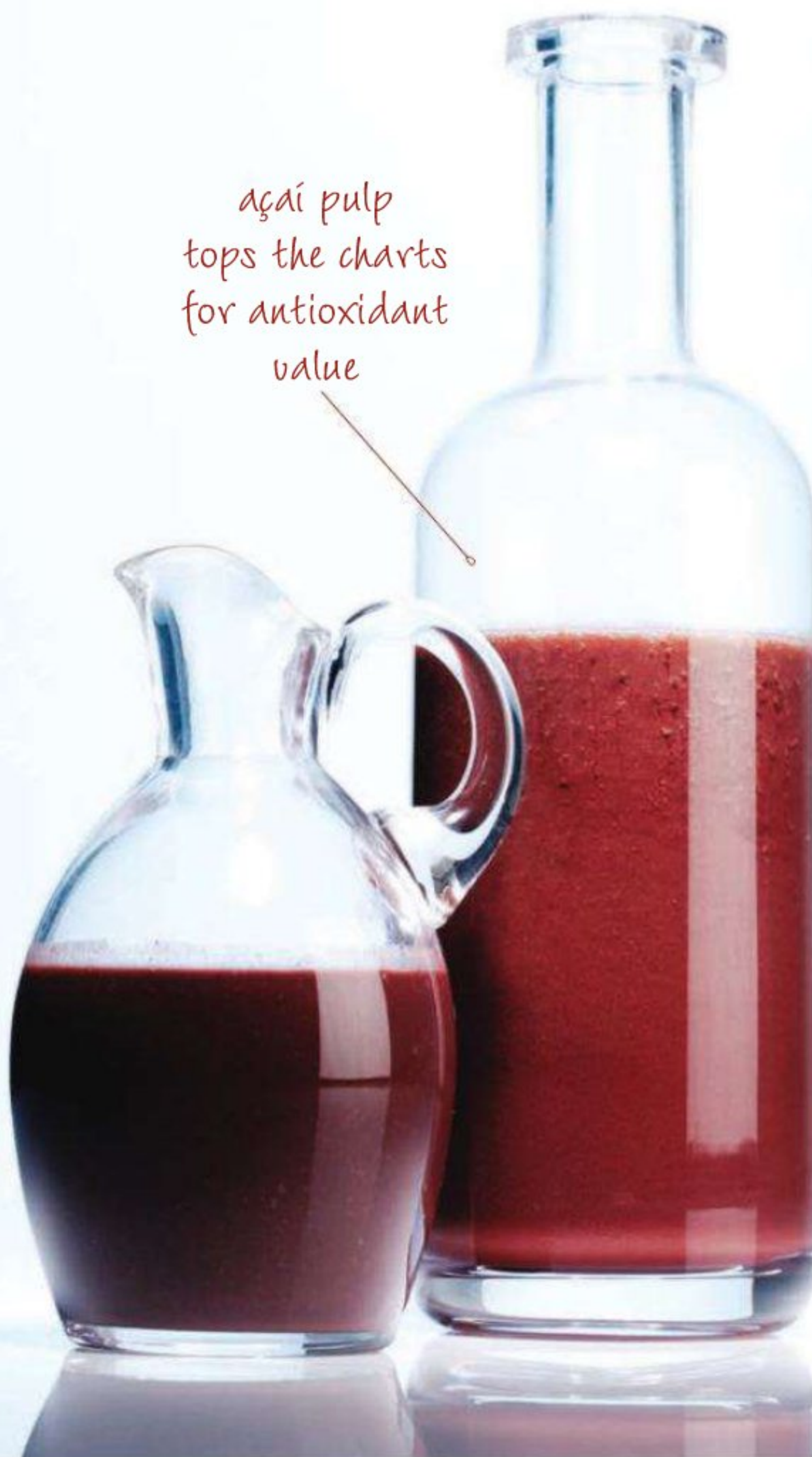
Dig into this flavorful South American fruit for a delicious dose of disease prevention

A berry-like fruit that grows on palm trees in the Brazilian Amazon, açai (pronounced ah-sigh-ee) may reign supreme among fruits for its disease-fighting antioxidant value based on recent research. "With a score of 6,576 on the oxygen radical absorption capacity (ORAC) test, açai pulp has more antioxidant activity than blueberries, strawberries, and red wine combined," says David Grotto, RD, LDN, author of *101 Foods That Could Save Your Life*. Açai is particularly high in anthocyanins, potent pigments that give it its deep purple color and battle cancer, heart disease, diabetes, inflammation, obesity, and other age-related illnesses. >

*açaí pulp
tops the charts
for antioxidant
value*

choose it & use it

Rarely imported whole because it's so fragile, açai is available in pulp, juice, powder, and concentrate. The pulp packs the most powerful antioxidant punch. Find flash-frozen açai berry pulp in the freezer section of natural food stores. Add it to smoothies and yogurt or use it to make ice cream or sorbet. The pure pulp is sour and slightly bitter, but when sweetened, it tastes like concentrated blueberries with a hint of chocolate.



This deep purple sorbet's flavor is reminiscent of chocolate-dipped blueberries.



Açaí Sorbet

SERVES 8 | VEGAN | GLUTEN FREE

The rich color and complex flavor of açai produce a vibrant sorbet. Agave nectar works like a dense sugar syrup to keep the sorbet smooth and creamy and helps prevent the formation of ice crystals.

- 4 pure açai pulp smoothie packs (4 oz. each), thawed
- $\frac{3}{4}$ cup agave nectar
- 2 Tbs. lemon juice
- Raspberries, for garnish, optional

Whisk together all ingredients, and pour into 9-inch-square metal baking pan.

Put pan in freezer. Stir mixture with fork every half hour, scraping up frozen bits. When sorbet is firm enough, serve with raspberries, if using. Store in airtight container for up to 1 week.

PER SERVING: 132 CAL; 1 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 27 G CARB; 0 MG CHOL; 5 MG SOD; 2 G FIBER; 24 G SUGARS

avocado

Reap the heart-healthy benefits of this nutrient-packed, melt-in-your-mouth marvel

Avocados are revered for their buttery taste and texture, a quality that stems from the “good” monounsaturated fats they contain. It is also these fats that make avocados champions for heart health. Studies have found that oleic acid, one of the monounsaturated fats in the smooth green flesh of the fruit, helps to lower total cholesterol and LDL cholesterol levels significantly. Also rich in potassium, fiber, folate, and vitamin K, the luscious fruit of guacamole fame is surprisingly versatile: Brazilians use it to make ice cream, and in the Philippines it’s blended into a creamy avocado shake.

this rich, creamy fruit cuts artery-clogging cholesterol

choose it & use it

When ripe, avocados yield to gentle pressure. Select firm ones for later use. Hard fruit will ripen faster if stored in a paper bag along with an apple. Mash Hass avocados for guacamole; slice firmer varieties, such as Fuerte and Bacon, for salads or sandwiches. Add diced avocado to soups or replace eggs and butter with it in baked desserts. The simplest use: cut an avocado in half, salt it, and eat from the nubby exterior—it makes a handy serving bowl.



Avocado Chimichurri Bruschetta

SERVES 6 | VEGAN | 30 MINUTES OR FEWER

Avocado cubes are folded into chimichurri—an Argentinean sauce made of parsley, cilantro, garlic, vinegar, and oil—for a Latin variation on an Italian starter.

- 2 Tbs. lemon juice
- 2 Tbs. red wine vinegar
- 3 cloves garlic, minced (1 Tbs.)

- $\frac{3}{4}$ tsp. salt
- $\frac{1}{2}$ tsp. red pepper flakes
- $\frac{1}{2}$ tsp. dried oregano
- $\frac{1}{4}$ tsp. freshly ground black pepper
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ cup chopped fresh cilantro
- $\frac{1}{4}$ cup chopped fresh parsley
- 2 avocados, peeled, pitted, and cubed
- 6 $\frac{1}{2}$ -inch-thick slices whole-grain or ciabatta bread, toasted

Combine lemon juice, red wine vinegar, garlic, salt, red pepper flakes, oregano, and black pepper in small bowl. Whisk in olive oil, then stir in cilantro and parsley. Fold in avocados. Spoon avocado mixture onto toast slices, and serve.

PER SERVING: 247 CAL; 5 G PROT; 18 G TOTAL FAT (3 G SAT FAT); 20 G CARB; 0 MG CHOL; 431 MG SOD; 6 G FIBER; 2 G SUGARS

blueberries

Fresh or frozen, these juicy beauties pack a triple threat of antioxidants

These treasured North American natives do more than add sweetness and dramatic color to recipes. They boast an antioxidant triple threat. Anthocyanins give the berries their vivid blue hue and seem to positively affect a variety of the body's functions, including vision, circulation, and brain activity. Pterostilbene helps keep cholesterol in check, and epicatechins, the curative substances also found in cranberries, promote urinary tract health. Interestingly, in a 2008 study, wild blueberries beat their cultivated cousins as well as two dozen other fruits, including blackberries, strawberries, and raspberries, for health-promoting antioxidant activity. >

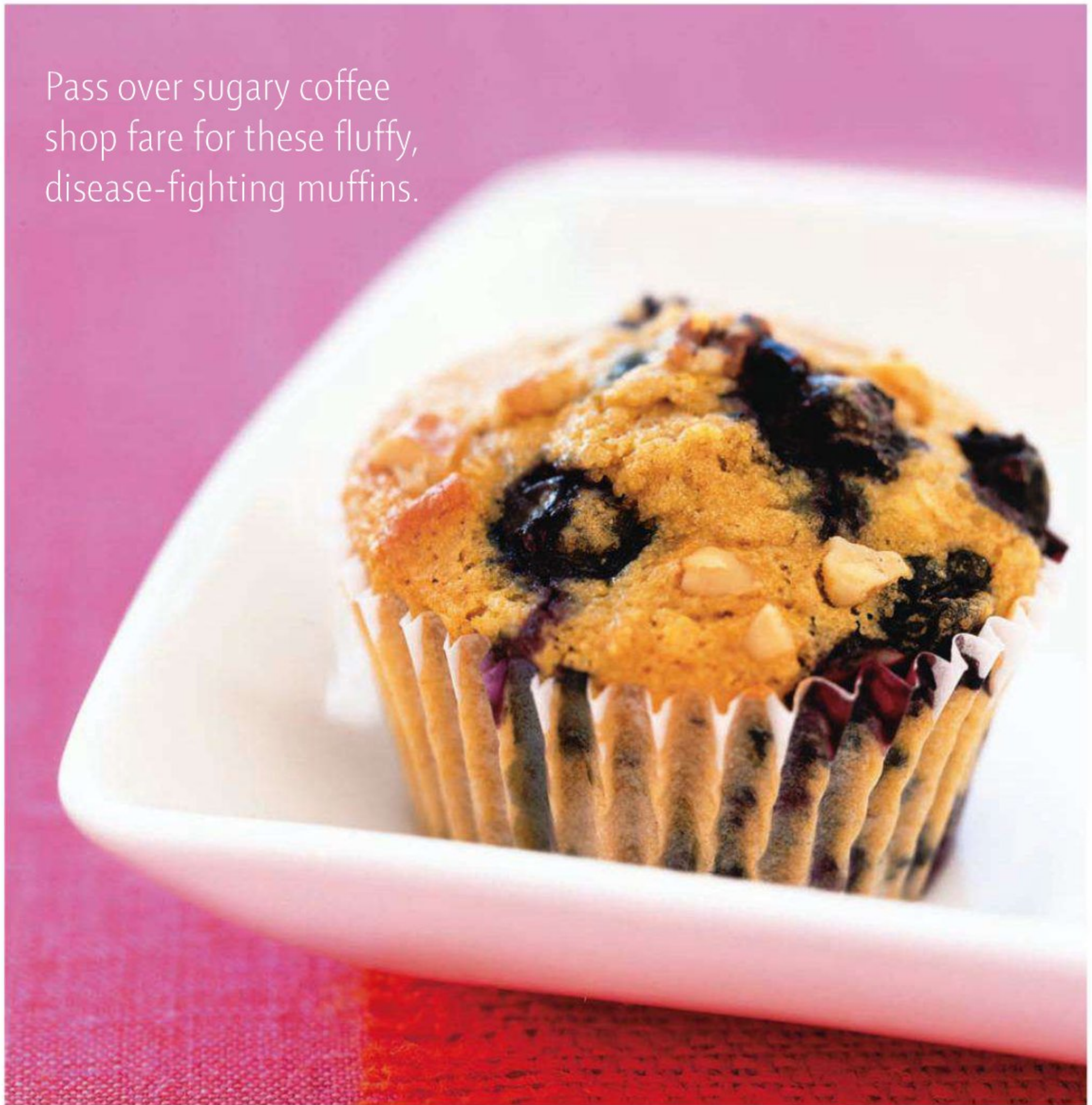
among berries, these boast the strongest health benefits



choose it & use it

Enjoy blueberries' benefits year-round via frozen and dried versions, which maintain the same antioxidant content as fresh. Smaller, darker, and more intensely flavored than the standard variety, wild blueberries are also available frozen. Look for fresh in August and September and select dark, plump berries with a whitish bloom. Avoid those with pinkish rings at the stem, a sign that they're not quite ripe.

Pass over sugary coffee shop fare for these fluffy, disease-fighting muffins.



Blueberry-Hazelnut Muffins

MAKES 12 MUFFINS

These fiber- and protein-rich treats laced with health-promoting blueberries will keep you going until lunch.

- 1 cup whole-wheat pastry flour
- $\frac{3}{4}$ cup all-purpose flour
- 1 cup sugar
- $\frac{1}{4}$ cup wheat germ
- 2 tsp. baking powder
- 2 tsp. lemon zest
- Pinch ground nutmeg

- $\frac{3}{4}$ cup low-fat sour cream
- $\frac{1}{4}$ cup low-fat milk
- 2 large eggs
- 2 Tbs. olive oil
- 1 cup fresh or frozen blueberries (preferably wild)
- $\frac{1}{2}$ cup chopped blanched or toasted hazelnuts

1. Preheat oven to 350°F. Combine flours, sugar, wheat germ, baking powder, lemon zest, and nutmeg in medium bowl. Whisk together sour

cream, milk, and eggs in large bowl. Stir dry mixture into wet mixture. Add oil, and mix to combine. Fold in blueberries and hazelnuts.

2. Line 12-cup muffin pan with paper cups. Scoop $\frac{1}{2}$ cup muffin batter into each mold. Bake 25 minutes, or until toothpick inserted in center of one muffin comes out clean. Transfer muffins to wire rack to cool.

PER MUFFIN: 229 CAL; 5 G PROT; 9 G TOTAL FAT (2 G SAT FAT); 34 G CARB; 41 MG CHOL; 21 MG SOD; 3 G FIBER; 17 G SUGARS

cayenne

Turn up the flavor and keep sore throats and sinus congestion at bay with a dash of this fiery spice



cayenne hampers pain signals headed for the brain



Made from dried ground cayenne chilies, cayenne pepper is one of the most readily available, easy-to-use sources of capsaicin, a healing substance that gives all peppers their fiery heat. The capsaicin in cayenne has the capacity to soothe a sore throat (even better than lozenges, which can dry tissues, increasing irritation). Cayenne also makes an excellent expectorant: a small taste releases fluids in the mouth, throat, and nasal passages that thin mucus, break up congestion, and flush out irritants, helping to stave off bacterial infections. Used topically in ointments, capsaicin provides significant relief from muscle and joint pain.

choose it & use it

Cayenne pepper adds zip to foods ranging from hot cocoa to chili and from peanut brittle to your favorite curry dish. It's potent, so start small and taste as you go, leaning toward mild heat—some foods seasoned with cayenne become spicier over time. Caution: nursing mothers and children under 2 should avoid cayenne.



Chilean Corn Chowder

SERVES 8 | VEGAN

This chowder is inspired by *pastel de choclo*, a Chilean corn and meat pie. Spice it to your taste with cayenne. The more you add, the more of its health-promoting benefits you'll enjoy.

- 4 cups low-sodium vegetable broth
- 1 rib celery with leaves, chopped
- 2 cloves garlic, minced (2 tsp.)
- 1 bay leaf
- 1 whole thyme sprig, plus 2 Tbs. chopped fresh thyme, divided
- ¼ cup olive oil
- 1 medium onion, peeled and diced (1 cup)
- ¼ cup all-purpose flour
- 1 lb. small white potatoes, diced (4 cups)
- 4 cups frozen corn kernels
- 2 cups chopped vegan turkey roast, or 3 frozen vegan chicken cutlets, thawed and chopped, or 1 5.5-oz. pkg. vegan turkey slices, coarsely chopped
- 4 plum tomatoes, peeled, seeded, and diced (2 cups)
- 1 medium avocado, diced (1 cup)
- ¼ cup coarsely chopped cilantro
- 2 Tbs. lime juice, plus lime wedges for garnish, optional
- Cayenne pepper to taste

1. Bring broth, celery, garlic, bay leaf, and thyme sprig to a boil in large pot. Cover, reduce heat to low; simmer 10 minutes. Transfer to large bowl; set aside.

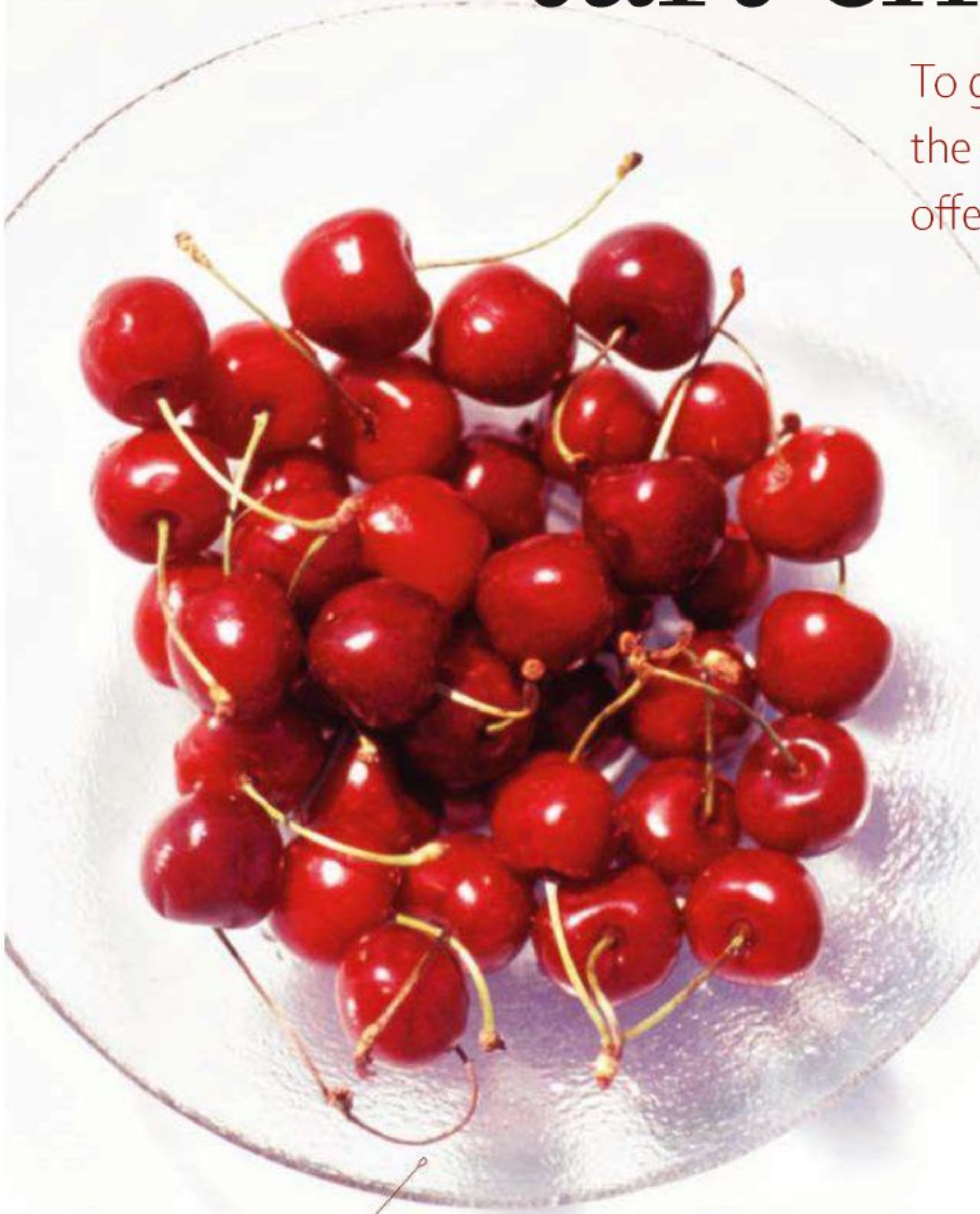
2. Heat oil in same pot over low heat. Sauté onion 6 to 8 minutes, until translucent. Gradually add flour; cook, stirring constantly, 5 minutes, until smooth and beginning to dry. Gradually add broth; blend with flour. Stir in potatoes and chopped thyme. Raise heat to medium-low; simmer 15 to 20 minutes, until potatoes are tender, stirring occasionally.
3. Add corn and vegan turkey, reduce heat to low, and cook 7 to 10 minutes more, stirring occasionally.
4. Stir in tomatoes, avocado, cilantro, and lime juice. Season with cayenne. Serve with lime wedges, if using.

PER SERVING: 279 CAL; 9 G PROT; 11 G TOTAL FAT (2 G SAT FAT); 38 G CARB; 0 MG CHOL; 151 MG SOD; 6 G FIBER; 4 G SUGARS

tart cherries

To get the biggest benefit that the smallest of stone fruits has to offer, opt for the sour variety

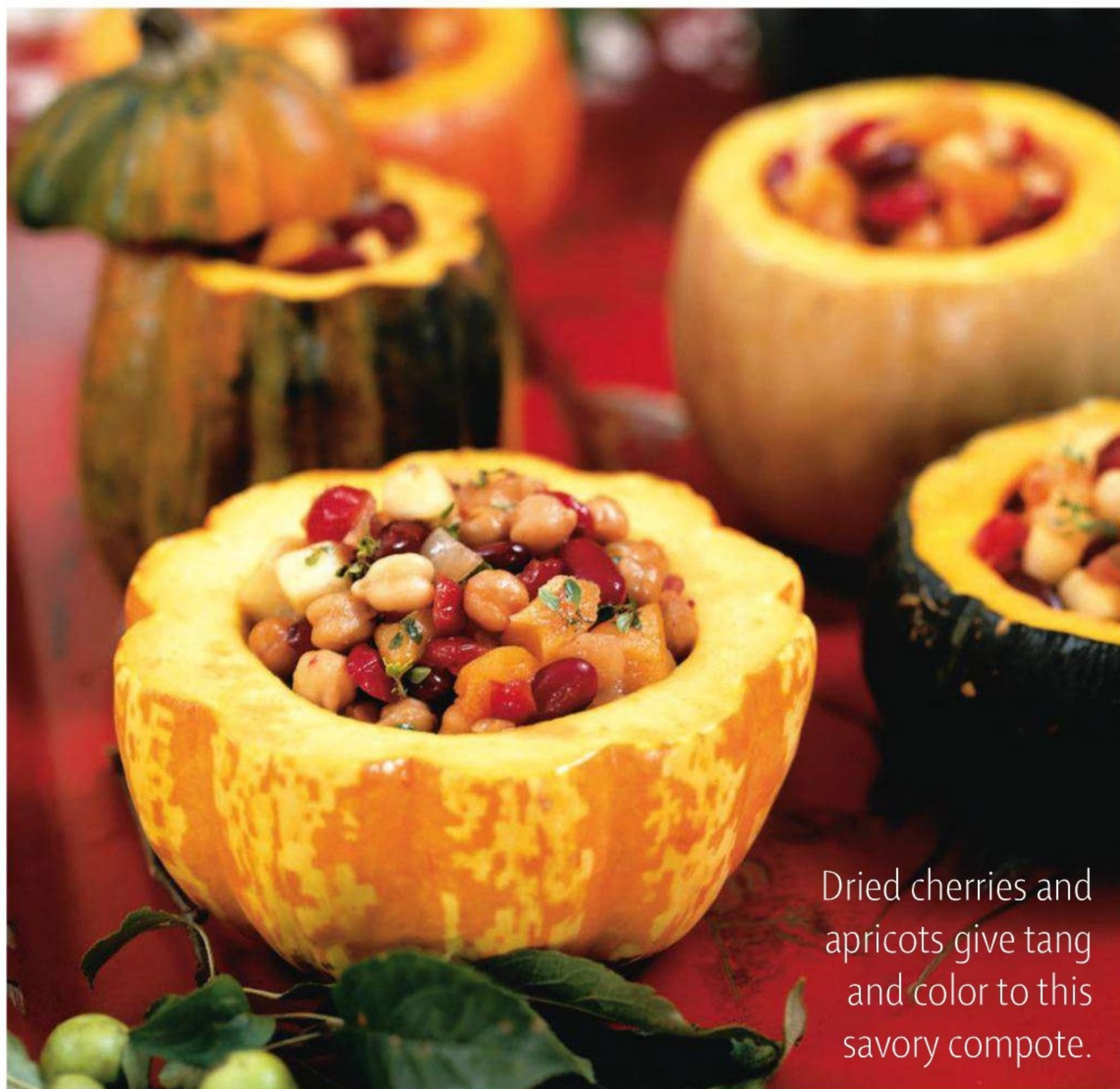
Keeping inflammation at bay is what cherries do best. That's because they contain anthocyanins, antioxidants whose anti-inflammatory effects may help reduce pain. As a rule, the darker the cherry's color, the higher the anthocyanin content. Although both sweet and tart cherries contain anthocyanins, generally, tart cherries, such as Montmorencys, Morellos, and Early Richmonds, have been found to have higher concentrations than sweet cherries, such as Bing, Royal Ann, Rainier, Tartarian, and Lambert. Tart cherries are slightly lower in sugar too. The smallest of the stone fruits is also beneficial as a natural source of melatonin, an antioxidant hormone that helps regulate biorhythms and sleep patterns. ➤

A clear glass bowl filled with a large quantity of bright red tart cherries, some with their stems still attached. The bowl is set against a light, neutral background.

the deeper a cherry's color, the greater its pain-relieving potential

choose it & use it

Rarely sold fresh because they are so tart, tart cherries have a distinct bright red color. Cherry juice concentrate gives you the biggest antioxidant bang for your buck, and it's sold year-round at grocery stores. Next best are dried cherries, which have considerably higher amounts of the health-giving compounds than canned or frozen.



Dried cherries and apricots give tang and color to this savory compote.

Cornucopia Compote

SERVES 8 | GLUTEN FREE

Dried cherries and apricots give tang and color to this savory compote. Served in festive acorn squashes, this dish will be the star of your table. You can make the filling up to three days ahead, refrigerate it, then stuff and bake just before serving.

- 2 Tbs. olive oil
- 2 medium-sized onions, thinly sliced
- 1 15.5-oz. can chickpeas, drained
- 3 cups red kidney beans, rinsed and drained

- 1 cup dried tart cherries
- 1 cup snipped dried apricots
- 2 tart apples such as Granny Smith, peeled, cored, and chopped
- ½ cup port, brandy, or dry white or red wine
- ¼ cup honey
- 1 Tbs. fresh thyme leaves
- 8 small acorn squashes (1 lb. each), halved and seeded
- Fresh thyme sprigs for garnish

1. Heat oil in large nonstick skillet over medium-high heat. Add onions, and sauté until medium brown, about 10 minutes.

Stir in chickpeas, kidney beans, dried cherries, dried apricots, apples, port, and honey. Bring to a simmer. Remove from heat. Season with thyme leaves, and salt and pepper to taste.

2. Preheat oven to 350°F. Pack squash halves with filling, place on baking sheet and bake, uncovered, 25 minutes. Cover with squash tops, and bake 20 to 30 minutes more, until squashes are tender. Garnish with thyme sprigs, and serve.

PER SERVING: 510 CAL; 13 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 108 CARB; 0 MG CHOL; 620 MG SOD; 17 G FIBER; 44 G SUGARS

dark chocolate

It sounds too good to be true, but it's not: this adored treat can soothe your soul and improve heart health

With about double the antioxidant capacity of red wine and nearly three times that of green tea, cocoa tops the healthful food charts. The easiest way to get the benefits of cocoa is by eating dark chocolate—the darker the better. (The milk in milk chocolate reduces its antioxidant content.) A 2007 report in *The Journal of the American Medical Association* cites studies showing that procyanidins and epicatechins, the main flavonols in cocoa, can improve heart health by reducing both blood pressure and cholesterol levels—and these compounds may also lift your mood.

indulge with
70 percent
cocoa or more

choose it & use it

Look for brands of dark chocolate with no less than 70 percent cocoa. Choose cocoa powders that are not Dutch processed—the Dutch process destroys some of the flavonols. Recommended “dosages” range from 1 ounce of dark chocolate to a steaming cup of hot cocoa a day, but health experts agree on one thing: the purer the cocoa source, the better the chocolate is for you.





TRIPLE DARK
CHOCOLATE TART



Simple to make, these luscious truffles are loaded with cocoa.

DARK CHOCOLATE TRUFFLES

Triple Dark Chocolate Tart

SERVES 12

The rich flavor and curative qualities of bittersweet chocolate and cocoa powder are further enhanced in this elegant tart with cocoa nibs, roasted cocoa beans that have been crushed into small pieces.

COCOA NIB CRUST

- 1½ cups all-purpose flour, plus more for dusting
- ½ cup unsweetened cocoa powder
- ⅛ tsp. salt
- 6 Tbs. butter, softened
- ½ cup confectioners' sugar
- 1 tsp. vanilla extract
- 2 tsp. cocoa nibs, optional

FUDGE FILLING

- 12 oz. bittersweet chocolate, chopped
- 1 12-oz. can reduced-fat evaporated milk
- 1 Tbs. butter
- 1 tsp. vanilla extract
- Fresh berries for garnish, optional

1. To make Cocoa Nib Crust: Sift flour, cocoa powder, and salt into medium bowl. Set aside. Beat butter and confectioners' sugar with electric mixer until soft and creamy. Beat in flour mixture

just until combined. Add vanilla extract and 2 Tbs. water; mix with spatula until soft dough forms. Wrap dough in plastic wrap, and chill 1 hour.

2. Preheat oven to 400°F. Coat 8-inch removable-bottom fluted tart pan with cooking spray. Roll chilled dough on well-floured work surface into ⅛-inch-thick circle. Transfer crust to prepared tart pan, and press into bottom and up sides. Trim excess dough from edges and use it to repair any cracks or holes. Sprinkle cocoa nibs, if using, over bottom of crust, and gently press into crust with fingertips. Cover crust with parchment paper, and weigh down with uncooked rice or beans. Bake 7 minutes. Remove rice or beans and parchment. Reduce oven heat to 350°F and bake 5 to 7 minutes more, or until crust is dry and pale brown. Cool.

3. To make Fudge Filling: Place chopped chocolate in large heat-proof bowl. Bring evaporated milk to a boil in saucepan. Remove from heat, and pour over chocolate pieces, whisking until chocolate melts and mixture is smooth. Whisk in butter and vanilla extract. Pour filling into crust, and cool, then refrigerate 2 hours or more. Remove tart from

pan, and serve garnished with fresh berries, if using.

PER SERVING: 312 CAL; 6 G PROT; 20 G TOTAL FAT (11 G SAT FAT); 36 G CARB; 23 MG CHOL; 107 MG SOD; 4 G FIBER; 18 G SUGARS

Dark Chocolate Truffles

MAKES 30 TRUFFLES | VEGAN | GLUTEN FREE

Truffles are usually made with heavy cream, but you won't miss it in these luscious dark chocolate confections.

- ¼ cup walnut, almond, or canola oil
- 6 oz. high-quality dark chocolate (70% cocoa), finely chopped
- ½ cup unsweetened cocoa
- ½ cup chopped nuts

1. Heat ⅓ cup water, oil, and chocolate in bowl in microwave on high 1 minute. Stir; heat 1 minute more, or until chocolate melts. Whisk until smooth. Chill 6 hours, or overnight.

2. Place cocoa and nuts on separate plates. Form chilled chocolate into ¾-inch balls. Roll truffles in cocoa or chopped nuts. Chill until ready to serve.

PER TRUFFLE: 66 CAL; 1 G PROT; 5 G TOTAL FAT (1 G SAT FAT); 4 G CARB; 0 MG CHOL; 0 MG SOD; 1 G FIBER; 3 G SUGARS



cinnamon

Well-loved for the sweet warmth it brings to foods, this spice may be an effective treatment for type 2 diabetes

choose it & use it

While American recipes celebrate cinnamon in heaping teaspoons, other cuisines tap its subtler side. Small amounts mellow sharp flavors and infuse warmth, depth, and delicate sweetness. Half a stick scents a pot of rice. A shake over squash enhances its sweetness. A dash tames bitterness in winter greens. A dusting in flour enlivens piecrust, and a pinch in quiche fillings adds richness.

The spice that we know as cinnamon is actually *Cinnamomum cassia*, a darker, spicier, less-expensive cousin of true Ceylon cinnamon. Just ½ teaspoon a day of cassia has been found to regulate blood sugar levels, according to a study at the U.S. Department of Agriculture's Human Nutrition Research Center in Beltsville, Md. The results may mean that cassia can be helpful in the treatment of type 2 diabetes. Cassia is also prized for its potential antifungal, antibacterial, and antiparasitic qualities, which may make it effective against yeast infections and the bacteria that cause stomach ulcers.

*a little cinnamon
renders big
results in flavor
and health*



Caribbean Coconut Rice

SERVES 4 | GLUTEN FREE | 30 MINUTES OR FEWER

This cinnamon-scented rice pilaf goes especially well with Indian, Asian, and Caribbean entrées. It's so good and so simple, though, you'll probably find yourself making it often to accompany weeknight meals.

- 2 tsp. unsalted butter**
- 2 tsp. minced fresh ginger**
- 1 clove garlic, minced (1 tsp.)**

- 1 3-inch cinnamon stick**
- 1 cup jasmine rice, rinsed and drained**
- ¾ cup light coconut milk**
- 1 tsp. sugar**
- ½ tsp. kosher salt**
- ¼ tsp. grated lime zest**
- ⅛ tsp. white pepper**
- ¼ cup toasted shredded, unsweetened coconut, optional**

Melt butter in saucepan over medium heat. Add ginger, garlic, and cinnamon

stick, and sauté 1 minute, or until fragrant. Stir in rice, and sauté 2 minutes, or until rice grains are opaque. Add coconut milk, sugar, salt, lime zest, white pepper, and ¾ cup water, and bring to a simmer. Stir once, cover, reduce heat to low, and simmer 15 minutes. Fluff rice with fork, cover, and let rest 5 minutes. Garnish with toasted coconut, if using.

PER SERVING: 143 CAL; 2 G PROT; 6 G TOTAL FAT (4 G SAT FAT); 20 G CARB; 5 MG CHOL; 245 MG SOD; 1 G FIBER; 1 G SUGARS

coffee

Wake up flavors in favorite recipes and boost your brain power with this antioxidant-packed brew



Your cup of joe may be more than just a morning pick-me-up—it might actually ward off several common diseases. Studies have linked three to five cups of java a day to reduced risk of brain and neurological disorders such as Alzheimer’s and Parkinson’s, as well as cancers of the colon, breast, and liver. A study at the University of Minnesota School of Public Health found that coffee drinkers also have a moderately reduced risk for type 2 diabetes. And caffeine isn’t responsible, so decaf offers equal benefit. Researchers suspect that rather than one compound, a synergy among substances in the complex biochemical mixture provides the protection. >

get the same preventive edge from caf or decaf

choose it & use it

Coffee enriches flavors in gravies, stews, and tomato-based recipes such as pasta and barbecue sauces, baked beans, and chili. Choose a good-quality roast and store it in an airtight container at room temperature. Brew it fresh and a little stronger for cooking. Substitute it for half of stocks or broths, add it to vinaigrettes and marinades, or grind beans in a pepper mill and add a bit to spice mixes.



Mulling spices flavor and flaming deepens this brew's warming appeal.

Café Brûlot

SERVES 8 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

Prepared at the table, this spiked java is very festive—ladling flaming coffee into cups is a showstopper.

Peeled zest of 1 orange
Peeled zest of ½ lemon
8 sugar cubes

1 small stick cinnamon
½ tsp. whole cloves
½ cup brandy
3 cups hot, freshly brewed dark roast coffee

1. Rub orange and lemon zests over sugar cubes. Put 1 sugar cube into each of 8 demitasse cups or small mugs.

2. Combine orange and lemon zests, cinnamon stick, cloves, and brandy in chafing dish. Ignite mixture with long match, being careful to avoid flame. Add hot coffee to flaming mixture, stir, and ladle servings into prepared cups.

PER SERVING: 50 CAL; 0 G PROT; 0 G TOTAL FAT (0 G SAT FAT); 3 G CARB; 0 MG CHOL; 0 MG SOD; 3 G FIBER; 5 G SUGARS

cranberries

Indulge in any form of these festive crimson berries to fend off maladies from tooth decay to heart disease

Cranberries aren't just for Thanksgiving anymore: starting your day with a shot of their crimson juice or tossing dried cranberries into salads and side dishes can confer copious health benefits. Antioxidant proanthocyanidins in cranberries have an antiadhesive quality that repels bacteria, preventing urinary tract infections. And mounting research suggests the Teflon-like mechanism also works in the stomach and mouth, deterring ulcer-causing bacteria and tooth-decaying plaque. Beyond that, new research suggests that a powerful blend of antioxidants in cranberries—flavonoids, polyphenols, and high levels of beta-carotene, lutein, and vitamin A—might help increase heart-healthy HDL (“good”) cholesterol levels.



reap rewards
from fresh, dried,
frozen—even sauce
and juice

choose it & use it

Find fresh cranberries in produce departments September through December. The best are firm, plump, and light to deep crimson. They last up to two weeks in the fridge and a year in the freezer. For maximum benefits, drink 8 ounces of juice cocktail (27 percent cranberry) or ½ ounce unsweetened 100 percent juice, morning and evening; or eat ¼ cup fresh or frozen berries or ⅓ cup sauce or dried berries.



Puréed Cranberry Soup

SERVES 10 | GLUTEN FREE | 30 MINUTES OR FEWER

Chock-full of curative cranberry power, this soup has a gorgeous burgundy color that's perfect for holiday dinners. Both sweet and tart, it's meant as an appetizer—so serve it in small cups, not large bowls. Add sugar to suit your taste.

- 3 cups fresh or frozen cranberries, rinsed well and stemmed
- 5 cups organic cherry juice or cranberry-cherry juice

- 1 cup sugar
- $\frac{1}{4}$ tsp. ground cloves
- 1 tsp. ground cinnamon
- $\frac{1}{4}$ tsp. ground white pepper
- 1 tsp. almond extract, optional
- 2 Tbs. cornstarch
- $\frac{1}{2}$ cup dried cranberries
- 1 $\frac{1}{2}$ cups low-fat sour cream for garnish, optional
- 10 small mint sprigs, optional

1. Bring fresh cranberries, juice, sugar, cloves, cinnamon, white pepper, and

almond extract, if using, to a boil in 3-qt. saucepan over medium heat. Cover, reduce heat to low, and cook 15 minutes. 2. Transfer soup to blender, and purée. Strain, return to saucepan, and bring to a boil over medium heat. Blend cornstarch with 2 Tbs. water, and stir into soup. Add dried cranberries; cook 5 minutes. 3. Serve hot or cold with dollop of sour cream and sprig of mint, if using.

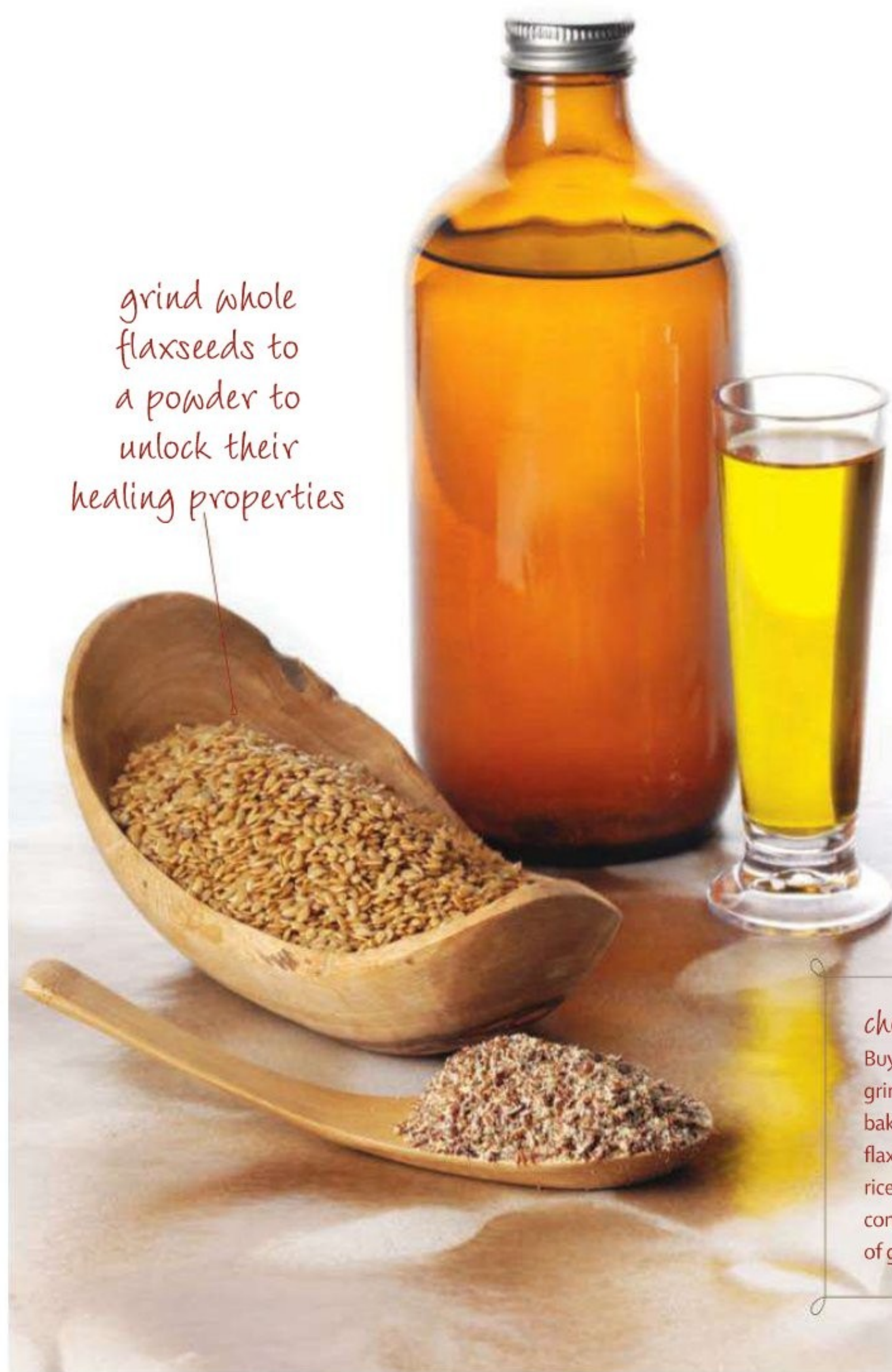
PER SERVING: 330 CAL; 0 G PROT; 0 G TOTAL FAT (0 G SAT FAT); 83 G CARB; 0 MG CHOL; 25 MG SOD; 3 G FIBER; 75 G SUGARS

flaxseeds

Inside these tiny kernels are big health benefits: digestive comfort, vascular health, maybe even cancer deterrence

The seeds of the flax plant are in the research spotlight. Because of their fiber, ground flaxseeds have shown promise as a treatment for constipation and irritable bowel syndrome, lessening symptoms significantly more than psyllium fiber. Fiber is also thought to be behind flaxseeds' success in reducing cholesterol levels, and further evidence indicates that flaxseeds might help combat certain cancers, including breast and prostate cancers. Both the seeds and oil contain alpha-linolenic acid, an omega-3 fatty acid similar to those in fish oil that may offer some of the same benefits, such as reduced risk of heart disease and stroke.

grind whole flaxseeds to a powder to unlock their healing properties



choose it & use it

Buy ground flaxseeds (flax meal), or grind seeds in a coffee grinder. Add ground seeds to smoothies, hot cereal, yogurt, or baked items such as veggie meatloaf, bread, and muffins. Mix flaxseed oil into salad dressings, steamed veggies, or cooked rice (avoid cooking with it—high heat destroys its beneficial compounds). Replace each egg in recipes with 1 tablespoon of ground flaxseeds dissolved in 3 tablespoons of water.

Deep-Dish Skillet Pizza

SERVES 6

Try this homemade pizza, featuring a crispy, flax-enriched crust.

DOUGH

- 1 tsp. light brown sugar
- ½ 0.25-oz. pkg. dry yeast
- ¾ cup whole-wheat pastry flour
- ½ cup all-purpose flour
- 1 Tbs. flax meal or ground flaxseed
- 2 tsp. olive oil, plus more for oiling bowl and skillet
- ¾ tsp. salt

TOPPING

- 2 Tbs. olive oil
- 3 garlic cloves, minced (1 Tbs.)
- 8 cups loosely packed kale
- 1 cup sliced mushrooms

- 1 tsp. ground fennel seeds
- 2 Tbs. Neufchâtel cheese (2 oz.)
- 1 cup crumbled feta cheese (4 oz.)
- 12 cherry tomatoes, halved
- 2 Tbs. chopped fresh oregano or basil

1. To make Dough: Dissolve brown sugar in ½ cup warm water in large bowl. Stir in yeast, and let stand 5 minutes, or until liquid is cloudy and bubbly. Stir in whole-wheat flour, ¼ cup all-purpose flour, flax meal, oil, and salt. Knead 2 minutes while adding remaining ¼ cup all-purpose flour. Oil separate bowl, and turn dough in oil to coat. Cover, and let rise in warm spot until dough doubles in size, about 45 minutes.

2. To make Topping: Heat oil in large pot over medium heat. Add garlic, and sauté 2 minutes. Add kale, cover, and

cook, stirring occasionally, 15 minutes, or until kale is softened. Add mushrooms and fennel seeds; cook 7 to 10 minutes more, or until liquid has evaporated. Remove from heat. Stir in Neufchâtel.

3. Preheat oven to 475°F. Oil bottom and sides of 12-inch cast-iron skillet. Pat and stretch Dough with floured hands over bottom and halfway up sides of skillet. Let dough rest 5 minutes. Spread kale mixture on dough; scatter feta cheese, tomatoes, and oregano on top. Place skillet directly on bottom of oven, and bake 15 minutes. Remove carefully from oven, and let stand 5 minutes before serving.

PER SLICE: 274 CAL; 10 G PROT; 14 G TOTAL FAT (5 G SAT FAT); 30 G CARB; 24 MG CHOL; 566 MG SOD; 5 G FIBER; 4 G SUGARS



garlic

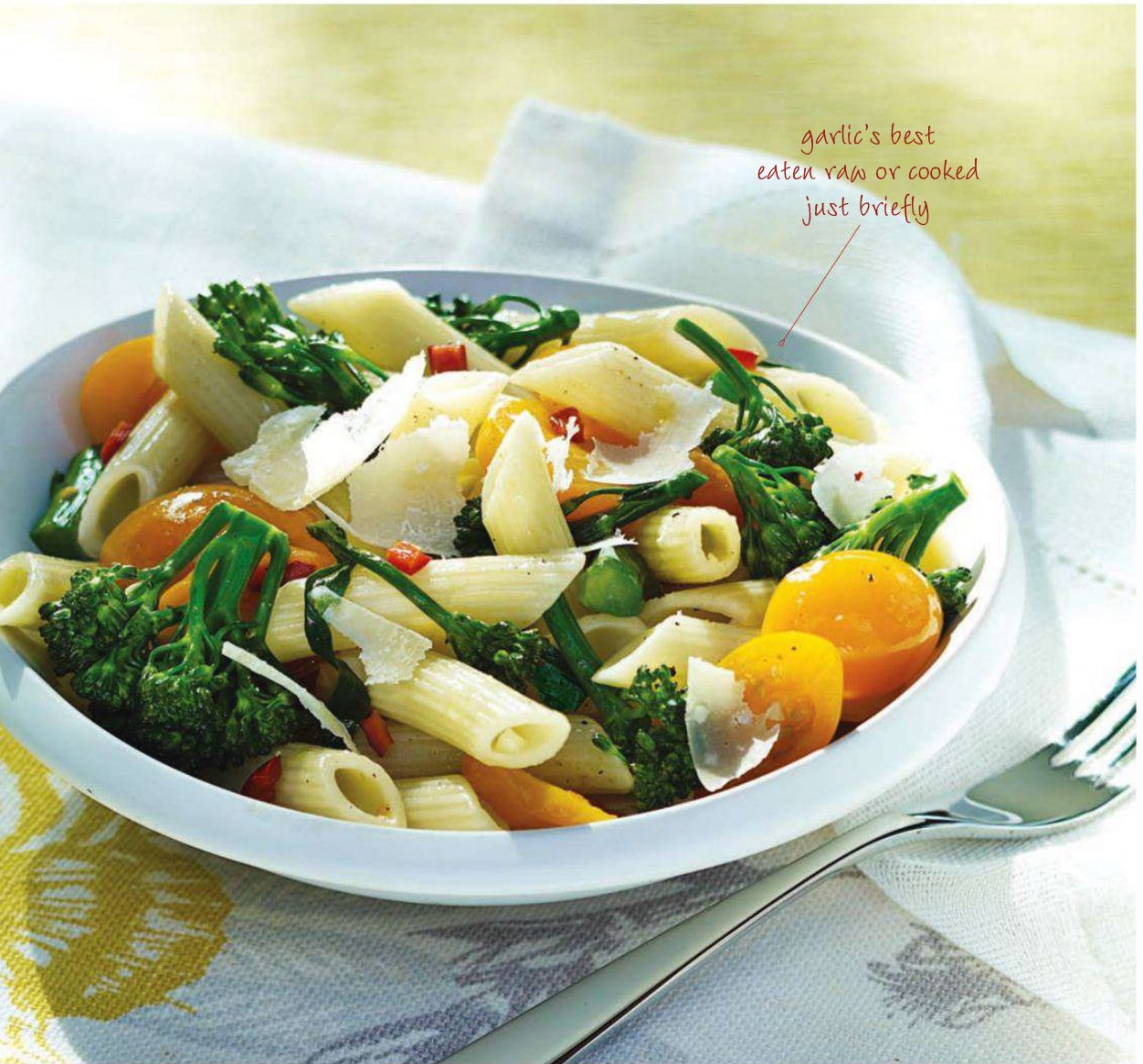
A flavorful shield against infection, colds, and heart disease, this herb is well worth its lingering aroma



When a garlic clove is cut, the exposure to air releases 200 compounds with myriad medicinal abilities. One compound, allicin, is responsible for garlic's legendary antibacterial properties. Allicin also keeps fungus and yeast infections in check and significantly increases immunity to the common cold. More important, the stinking rose reduces risk for atherosclerosis, the cause of most heart attacks and strokes, and evidence suggests that it may impede hypertension and cancer. Garlic contains high levels of selenium, which has anticancer efficacy, and components that form glutathione, the most powerful antioxidant the body manufactures, which thwarts cancer and diabetes.

choose it & use it

Use garlic liberally, aiming to consume several cloves a day. Excessive heat destroys allicin, but letting freshly chopped garlic sit for 10 minutes before cooking helps retain allicin's healing powers. To eat a lot at once, slice the top off of a head of garlic and set it aside for 20 minutes. Then roast it for 30 minutes in a 350°F oven, and spread the softened cloves on whole-wheat bread.



Penne Pasta Salad with Parmesan

SERVES 6 | 30 MINUTES OR FEWER

This quick weeknight meal packs a clove and a half of healthful garlic per serving. A high-quality, aged Parmesan cheese is essential to the recipe's success: its bold, salty flavor plays off of the pungent garlic and curbs the need for extra fat or seasoning.

6 oz. penne rigate pasta
2 cups broccoli florets

3 Tbs. olive oil
9 cloves garlic, minced (3 Tbs.)
½ red jalapeño chile, seeded and chopped (1 Tbs.)
10 fresh red or yellow grape tomatoes, halved
1 oz. shaved Parmesan cheese

1. Cook pasta according to package directions in large pot of boiling salted water. Add broccoli, and cook 1 minute more. Drain, reserving ¼ cup cooking water.

2. Return pot to stove. Add oil, and warm over medium heat. Sauté garlic in oil 1 minute. Add jalapeño, and cook 30 seconds. Stir in pasta and broccoli, grape tomatoes, and reserved cooking water. Transfer salad to large serving bowl, and season with salt and pepper to taste. Let cool to room temperature. Top with shaved Parmesan cheese.

PER SERVING: 200 CAL; 7 G PROT; 9 G FAT (2 G SAT FAT); 25 G CARB; 3 MG CHOL; 134 MG SOD; 2 G FIBER; 2 G SUGARS

25 healing foods

ginger

This sweet, hot Asian spice relieves pain and nausea, and may thwart cholesterol and cancer

Probably best known for its ability to relieve nausea, ginger is another powerful healing flavor source. Gingerols and shogaols, plant compounds that give ginger its spicy-hot taste and stimulating aroma, are anti-inflammatories that can reduce pain from colds, flu, sore throat, headache, cramps, and even osteoarthritis, without the stomach irritation often linked to ibuprofen. Early research hints that ginger could also inhibit growth of certain types of cancer cells, including those in the ovaries and gastrointestinal tract. A recent study published in the *Saudi Medical Journal* indicates that ginger may also lower cholesterol levels significantly, thereby benefiting heart health.

harness ginger's effects in candied or ground form as well as fresh



choose it & use it

Cook with fresh grated or candied ginger, or brew ginger tea. (Steep 2 tablespoons fresh grated ginger in a mug of boiling water for 5 minutes; strain.) Enjoy Asian, Caribbean, and Indian dishes, which traditionally contain fresh ginger, and opt for baked goods laced with fresh, dried, or candied forms, such as gingerbread, gingersnaps, spice cake, and pumpkin pie. Caution: children under 2 should not ingest ginger.



GINGERY YUKON GOLD
AND BABY SPINACH MASALA

Gingery Yukon Gold and Baby Spinach Masala

SERVES 4 | VEGAN | GLUTEN FREE

Yukon gold potatoes require no peeling. The creamy but firm tubers hold up in stews, such as this one, brightened with 2 healthful tablespoons of fresh minced ginger. Serve it over steamed rice.

- 1 lb. Yukon Gold potatoes, cut into ½-inch cubes (4 cups)
- 2 Tbs. canola oil
- 1 large yellow onion, thinly sliced
- 3 cloves garlic, minced (1 Tbs.)
- 2 Tbs. minced fresh ginger
- 1 jalapeño chile, finely chopped (1 Tbs.)
- 1 tsp. ground coriander
- ½ tsp. ground cumin
- ½ tsp. turmeric

- 1 13.5-oz. can light coconut milk
- 1 6-oz. bag baby spinach
- 1½ tsp. garam masala
- 1 Tbs. lime juice
- ¼ cup chopped cilantro

1. Steam potatoes 10 minutes, or until just tender. Set aside.
2. Heat oil in large skillet over medium heat. Add onion, and sauté 8 minutes, or until soft and golden. Add garlic, ginger, and jalapeño, and sauté 1 minute. Stir in coriander, cumin, turmeric, and potatoes. Sauté 1 to 2 minutes. Add ¼ cup water, coconut milk, and salt and pepper to taste. Bring to a simmer. Reduce heat to medium-low, cover, and simmer 5 minutes, or until sauce thickens.

3. Stir in ¼ cup water, spinach, and garam masala. Cook 2 minutes, or until spinach wilts. Stir in lime juice and cilantro.

PER SERVING: 347 CAL; 7 G PROT; 16 G TOTAL FAT (6 G SAT FAT); 45 G CARB; 382 MG SOD; 6 G FIBER; 3 G SUGARS

Soft Gingerbread Cookies

MAKES 24 4-INCH COOKIES

The secret to these ginger-packed cookies' chewy softness is to roll out the dough on wax paper while warm, then chill it before cutting it into shapes. To decorate, fill a plastic bag with melted chocolate or icing, snip off a tiny corner, and pipe.

- ¾ cup unsulfured molasses
- ¾ cup light brown sugar
- 1½ tsp. baking soda
- ¾ cup (1½ sticks) butter, softened
- 2¾ tsp. ground ginger
- 2½ tsp. ground cinnamon
- ½ tsp. salt
- ¾ tsp. ground cloves
- 1 large egg, beaten
- 4¼ cups unbleached all-purpose flour
- ¾ cup crystallized ginger, finely chopped

1. Combine molasses and brown sugar in saucepan; warm over medium-high heat 2 to 3 minutes, or until sugar dissolves and bubbles appear around edges of pan. Remove from heat, and stir in baking soda. Add butter, ground ginger, cinnamon, salt, and cloves. Stir until butter melts. Stir in egg. Add flour, and mix until no white streaks remain. Add crystallized ginger.
2. Line workspace with 10-inch-long sheet of wax paper. Roll out warm dough to ⅜-³/₈-inch thickness on wax paper. Cover with plastic wrap, and place on baking sheet. Repeat with remaining dough. Chill 10 minutes, or up to 8 hours.
3. Preheat oven to 350°F. Line baking sheets with parchment paper. Cut dough into shapes with cookie cutters. Press together scraps and repeat. (If dough gets warm, chill 10 minutes.) Bake on prepared baking sheets 10 minutes, or until firm. Serve warm, or cool on wire rack.

PER COOKIE: 207 CAL; 3 G PROT; 6 G TOTAL FAT (4 G SAT FAT); 36 G CARB; 24 MG CHOL; 179 MG SOD; 1 G FIBER; 14 G SUGARS

Even treats such as these gingery cookies can deliver a sweet share of healing benefits.



SOFT GINGERBREAD COOKIES

green tea

Straight from a cup or added to a favorite dish, drink in the healing properties of this global beverage every day

The world's second-most consumed beverage after water, green tea has vast health-giving potential, thanks to a substance in it called epigallocatechin-3-gallate (EGCG). Studies show that EGCG lessens the risk of cardiovascular disease, stroke, high blood pressure, and certain cancers. It reduces the digestive

tract's absorption of cholesterol, lowering LDL (bad) cholesterol, and interferes with cancer cell growth rates, decreasing the risk of adult leukemia and the spread of breast cancer cells. EGCG also impedes bone-eroding molecules that cause the joint inflammation of rheumatoid arthritis.

Green Tea with Pomegranate Juice

SERVES 6 | GLUTEN FREE | 30 MINUTES OR FEWER

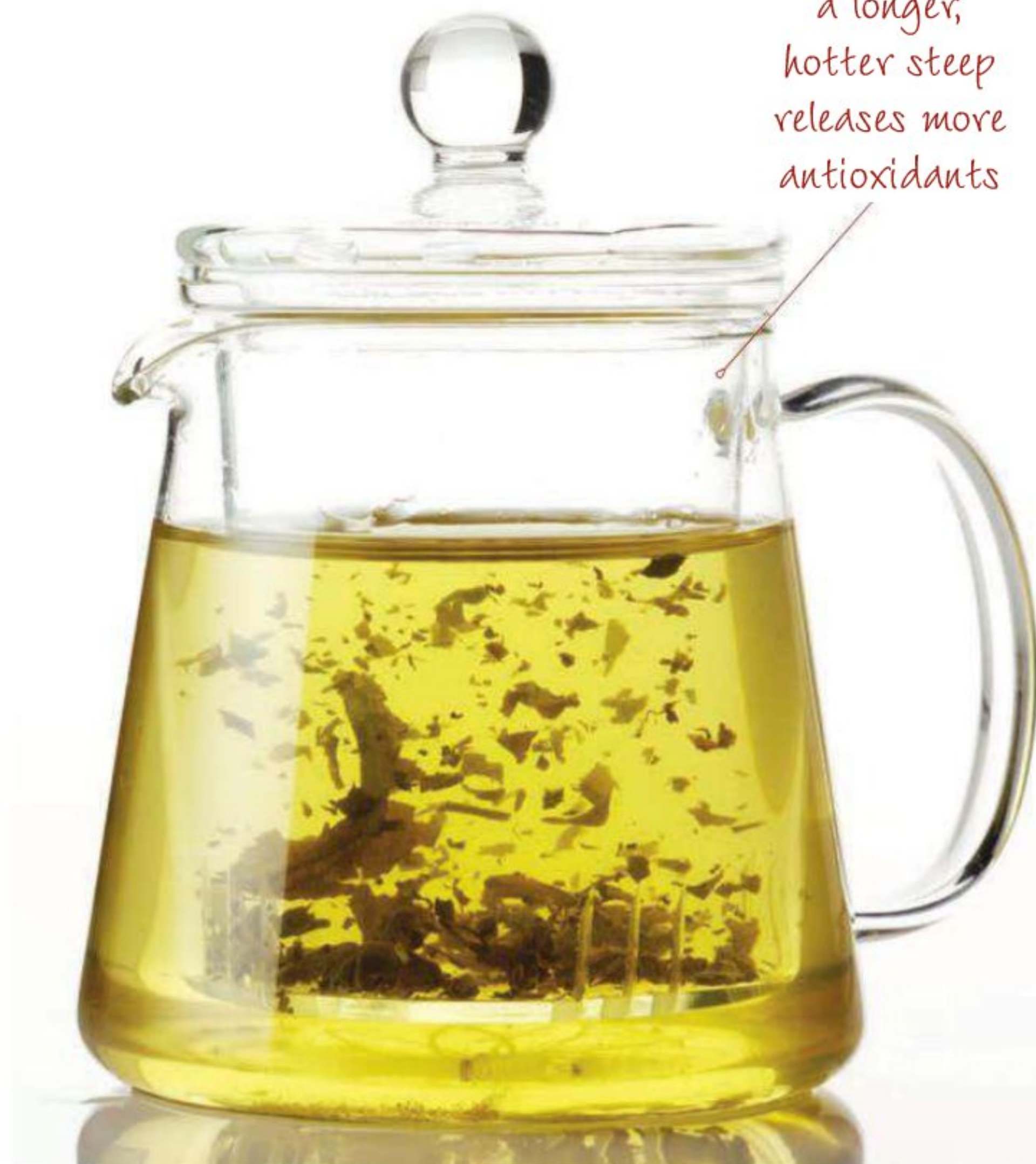
This health-giving beverage is packed with antioxidants from both green tea and pomegranate juice.

- 7 green tea bags
- 3 cups pomegranate juice
- ½ cup orange juice
- 2 Tbs. honey
- 1 medium orange, thinly sliced, optional

1. Bring 6 cups water to a boil in large pot. Remove from heat, add tea bags, cover, and steep 5 minutes.
2. Remove tea bags, and stir in pomegranate juice, orange juice and honey. Transfer to teapot and serve immediately, pouring into cups with floating orange slices, if using.

PER SERVING: 102 CAL; 1 G PROT; 0 G TOTAL FAT (0 G SAT FAT); 25 G CARBS; 0 MG CHOL; 15 MG SOD; 0 G FIBER; 24 G SUGARS

a longer, hotter steep releases more antioxidants



choose it & use it

Aim to drink 5 cups of green tea, steeped for 5 minutes, daily. Longer, hotter steeps add bitterness, but up the antioxidants. Grind green tea into spice rubs, infuse it into drinks, or use it as a cooking liquid or marinade. If you're not a fan of its grassy flavor, try a blend with a stronger flavor, such as pomegranate, or sneak the brew into smoothies, sauces, and grains.

honey

Treat your taste buds and soothe a cough with Mother Nature's golden sweetener

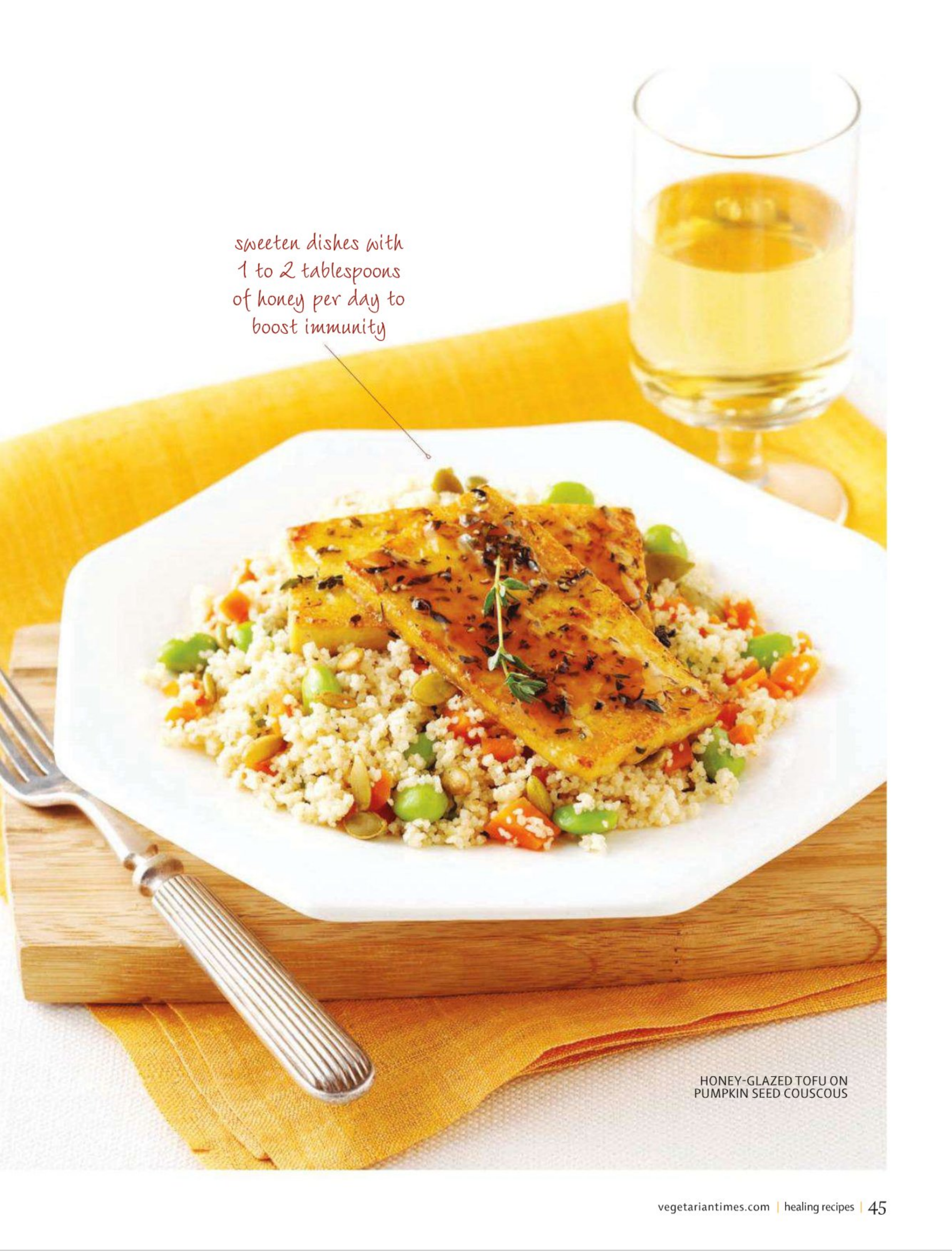


Playing to the sweet spot of Egyptian tongues more than 5,000 years ago, honey is the world's oldest sweetener. Still valued for its natural goodness, the golden elixir is recognized today for its exceptional antioxidant qualities, which make it an immunity-boosting powerhouse with antiviral and antibacterial capabilities. Researchers in a Penn State University College of Medicine study found honey more effective than dextromethorphan (a cough suppressant) at reducing the frequency and severity of nighttime coughing in children. Honey soothes the throat on contact and is thought to activate endorphins. To enhance immunity, enjoy 1 to 2 tablespoons of honey a day.

choose it & use it

Honey keeps baked goods tender and lends fat-free richness to dressings, smoothies, and sauces. Unique flavors and colors, such as orange blossom, lavender, or sage, let you select the one that strikes your fancy or complements the flavor profile of your dish. Caution: children under 12 months old should not ingest honey.

sweeten dishes with
1 to 2 tablespoons
of honey per day to
boost immunity



HONEY-GLAZED TOFU ON
PUMPKIN SEED COUSCOUS

Honey-Glazed Tofu on Pumpkin Seed Couscous

SERVES 6 | 30 MINUTES OR FEWER

A honey glaze lends a sweet note to the thyme-and-cracked-black-pepper-imbued tofu topping of this couscous entrée. If you can't find shelled pumpkin seeds (pepitas), you can substitute your favorite chopped nuts for them.

HONEY-GLAZED TOFU

- 2 10-oz. pkgs. extra-firm tofu
- 2 tsp. cracked black pepper
- 2 tsp. dried thyme
- 1 tsp. salt

- $\frac{1}{4}$ cup vegetable oil
- $\frac{1}{2}$ cup honey

PUMPKIN SEED COUSCOUS

- 2 cups low-sodium vegetable broth
- 2 medium carrots, chopped (1 cup)
- 1 cup frozen edamame, thawed
- 2 tsp. olive oil
- 1 tsp. salt
- $1\frac{1}{2}$ cups whole-wheat couscous
- $\frac{1}{2}$ cup toasted unsalted pumpkin seeds

1. To make Honey-Glazed Tofu: Place tofu between two plates and set heavy pot on top. Drain 10 minutes, and pat

dry. Cut tofu into $\frac{3}{8}$ -inch-thick slices. Combine pepper, thyme, and salt in small bowl. Coat tofu slices with pepper mixture, and set aside.

2. To make Pumpkin Seed Couscous: Bring broth, carrots, edamame, olive oil, and salt to a boil in covered saucepan. Remove from heat, and stir in couscous. Cover 5 minutes, then fluff with fork.

3. Meanwhile, heat vegetable oil and honey in large skillet over medium-high heat until bubbling. Place seasoned tofu in pan, and cook 3 minutes. Turn, and cook 3 minutes more, spooning thickening sauce over tofu.

4. To serve: Stir pumpkin seeds into couscous. Spoon onto plates, and top with Honey-Glazed Tofu.

PER SERVING: 577 CAL; 26 G PROT; 26 G TOTAL FAT (3 G SAT FAT); 71 G CARB; 0 MG CHOL; 444 MG SOD; 10 G FIBER; 27 G SUGARS

Antioxidant-rich honey works as a fat-free emulsifier in the dressing for this apple salad.

Autumn Apple Salad with Pomegranate

SERVES 6 | GLUTEN FREE | 30 MINUTES OR FEWER

Honey and balsamic vinegar blend in a sweet tang for this salad's dressing. Fuji, Ginger Gold, and Pink Lady apples are good choices for the dish, because they resist browning.

- 2 tsp. olive oil
- 1 large shallot, finely chopped ($\frac{1}{4}$ cup)
- $\frac{1}{4}$ cup balsamic vinegar
- 2 Tbs. honey
- 12 cups mesclun salad mix
- 1 apple, thinly sliced
- 3 oz. goat cheese, crumbled ($\frac{3}{4}$ cup)
- 1 cup pomegranate seeds

1. Warm oil in small skillet over low heat. Add shallot, and sauté 4 minutes, or until soft. Remove from heat, and stir in balsamic vinegar and honey. Season with salt and pepper to taste.

2. Combine mesclun mix and apple in large salad bowl. Drizzle with half of dressing; toss to coat. Divide among six plates. Top with goat cheese, pomegranate seeds, and remaining dressing.

PER SERVING: 141 CAL; 4 G PROT; 5 G TOTAL FAT (3 G SAT FAT); 22 G CARB; 7 MG CHOL; 71 MG SOD; 2 G FIBER; 17 G SUGARS

AUTUMN APPLE SALAD WITH POMEGRANATE

kale

Warding off cancer, vascular disease, and eye disorders, spinach's curly edged cousin is a low-calorie antioxidant heavyweight



Chock-full of essential nutrients, such as calcium, folate, potassium, fiber, iron, and vitamins A (in the form of beta-carotene), C, and K, kale provides more nutritional value from fewer calories than almost any other food. Like all cruciferous vegetables, this curly edged leafy green is also rich in sulforaphane, which keeps blood vessels healthy and has been shown to have anticancer and immunity-boosting properties. Kale also boasts the antioxidants zeaxanthin and lutein, which promote eye health. Studies suggest that there may be a relationship between increased lutein consumption and decreased incidence of atherosclerosis and macular degeneration.

one nutrient-packed cup (chopped) has just 34 calories

choose it & use it

Kale's mild, earthy taste and crunchy texture add interest to soups and stews. It can be found in markets year-round, though its peak season is mid-winter through early spring. Cooking kale slightly increases its antioxidant score, but don't overdo it. Too much heat diminishes the benefits. For best results, lightly steam the leaves until soft, but still crisp. Chopping also releases kale's health-promoting compounds.



Southern New Year's Day Soup

SERVES 8

In the South on New Year's Day, three foods are eaten for good luck in the coming year: greens, black-eyed peas, and stewed tomatoes. All three, including a generous portion of antioxidant-rich kale, are in this savory soup for good health as well as good luck.

2 Tbs. olive oil

1 large leek, quartered, white and light green parts chopped (2 cups)

2 cloves garlic, minced (2 tsp.)

1 Tbs. poultry seasoning

8 oz. kale, tough stems removed, leaves cut into 2-inch pieces (4 cups)

1 15-oz. can diced tomatoes

1 15-oz. can diced tomatoes with green chiles

$\frac{3}{4}$ cup dried black-eyed peas

1 qt. low-sodium vegetable broth

$\frac{3}{4}$ cup farfalle pasta

Shaved Parmesan, for garnish

1. Warm oil in large pot over medium heat. Add leek, and sauté 5 to 7 minutes, or until soft. Add garlic and poultry

seasoning, and sauté 1 minute more.

Stir in kale, and cook, tossing occasionally, 5 to 7 minutes, or until leaves wilt.

2. Add tomatoes, tomatoes with chiles, black-eyed peas, broth, 7 cups water, and salt and pepper to taste. Cover, and reduce heat to medium-low. Simmer 40 to 45 minutes. Stir in pasta. Cook 7 to 10 minutes more, or until pasta is al dente and black-eyed peas are tender. Garnish with shaved Parmesan.

PER SERVING: 161 CAL; 6 G PROT; 4 G TOTAL FAT

(<1 G SAT FAT); 27 G CARB; 0 MG CHOL; 656 MG SOD;

6 G FIBER; 5 G SUGARS

mushrooms

Enjoy certain superheroes of the fungi family to derail a variety of ailments, including heart disease and cancer

these four types have antioxidant powers

Among an estimated 100,000 varieties of mushrooms, four stand out for their potent healing properties: maitake, shiitake, reishi, and the common white button. The first three have been used in Asia for 2,000 years to treat various ailments, and the last has antioxidant levels as high as the rest. Initial findings suggest that all four support heart health and fight cancer. Maitake, shiitake, and white button mushrooms are rich in dietary fibers, including cholesterol-lowering chitin, and immunity-boosting beta-glucan. Reishi, a natural antihistamine and anti-inflammatory, is also known for boosting immunity, and for enhancing mood, relieving altitude sickness, supporting liver function, and lessening asthma symptoms.

MAITAKE

WHITE BUTTON

REISHI

SHIITAKE

choose it & use it

Reishis can go in soups and sauces but are best consumed as tea. (Grind 4 grams of dried mushrooms in a coffee grinder. Steep 30 minutes in 2 cups of boiling water. Strain through a coffee filter.) Maitakes can be steeped similarly, grilled, fried, or sautéed. Popular in veggies and pasta, shiitakes have many culinary uses. White buttons are even more versatile: add slices to sandwiches, or sauté them in oil to enhance entrées and sauces.

MUSHROOM RAVIOLI
WITH GREEN PEA PURÉE



Mushroom Ravioli with Green Pea Purée

SERVES 4

Make this easy mushroom-filled ravioli with won ton wrappers. Prepare it in advance, and freeze it for a fast meal later.

RAVIOLI

- 2 Tbs. olive oil
- ½ small onion, chopped (½ cup)
- 1 clove garlic, minced (1 tsp.)
- ½ tsp. chopped fresh thyme
- 8 oz. mushrooms, chopped (3 cups)
- 2 Tbs. sherry
- 24 won ton wrappers

GREEN PEA PURÉE

- 2 cups frozen peas, thawed
- ¾ cup low-sodium vegetable broth
- 2 Tbs. grated Parmesan cheese, divided

1. To make Ravioli: Heat oil in skillet over medium-high heat. Add onion; cook 5 to 7 minutes, or until translucent and starting to brown. Add garlic and thyme; cook 1 minute more. Add mushrooms; increase heat to high. Sauté 7 minutes, or until liquid evaporates. Add sherry; cook 1 minute, or until sherry evaporates. Transfer filling to bowl; cool 20 minutes.
2. Place 1 won ton wrapper on work surface. Brush edges with water. Put 1 tsp. filling in center of wrapper. Fold into triangle, pressing edges to seal. Repeat with remaining wrappers and mushroom mixture. (Ravioli can be frozen on parchment-lined trays and kept in resealable bag in freezer for later use.)
3. To make Green Pea Purée: Blend peas, broth, and 2 Tbs. cheese in blender until smooth. Transfer to saucepan, and

warm over medium heat. Season with salt and pepper to taste, and set aside.

4. Bring large pot of salted water to a boil over high heat. Add Ravioli; cook 2 minutes. Drain. Spoon Pea Purée onto plates. Top with Ravioli and remaining 1 Tbs. cheese.

PER SERVING: 292 CAL; 11 G PROT; 9 G TOTAL FAT (2 G SAT FAT); 42 G CARB; 7 MG CHOL; 637 MG SOD; 5 G FIBER; 6 G SUGARS

Warm Spinach Salad with Roasted Leeks, Poached Eggs, and Mushrooms

SERVES 6 | GLUTEN FREE

Roasting leeks brings out their root-vegetable side. Along with the disease-fighting mushrooms and eggs, they give substance to this warm winter salad.

- 4 medium leeks, halved, white and green parts cut into 1-inch chunks (8 cups)
- 3 Tbs. olive oil, divided
- 2 Tbs. lemon juice
- 4 tsp. Dijon mustard
- 6 large eggs
- 12 cups baby spinach leaves
- 2 cups sliced button mushrooms
- 1 pt. cherry tomatoes, halved
- 3 oz. aged Asiago or Gouda cheese, grated (¾ cup)

1. Preheat oven to 400°F. Toss leeks with 2 Tbs. oil in bowl, add salt and pepper to taste. Spread leeks on baking sheet. Roast, turning several times, 45 minutes, or until golden.
2. Meanwhile, for dressing, whisk together lemon juice, mustard, remaining 1 Tbs. oil, and salt and pepper to taste.
3. Fill large skillet with 2 inches water; bring to a boil. Add eggs, reduce heat to medium-low. Poach eggs, spooning simmering water over eggs, 5 minutes (for soft yolks), or until whites and yolks are opaque.
4. Toss spinach with mushrooms, tomatoes, roasted leeks, and dressing in large bowl. Divide among 6 plates. Top each with 1 egg, and garnish with cheese.

PER SERVING: 297 CAL; 14 G PROT; 17 G TOTAL FAT (5 G SAT FAT); 27 G CARB; 224 MG CHOL; 614 MG SOD; 5 G FIBER; 8 G SUGARS

Eggs and healing button mushrooms provide protein to make this warm salad a hearty meal.



WARM SPINACH SALAD WITH ROASTED LEEKS, POACHED EGGS, AND MUSHROOMS

oats

Graze on this familiar, versatile grain for powerful heart protection, brain acuity, and a happy disposition

Oatmeal is known as comfort food for a reason—actually for lots of reasons. And they all suggest that eating oats in some form every day is a smart idea. Besides being a great source of energy-giving protein, B vitamins, vitamin E, calcium, and iron, this wholesome grain is celebrated for its capacity to lower LDL (“bad”) cholesterol levels, a quality attributable to its soluble fiber. Oats’ soluble fiber also promotes digestive health. In addition, a 2005 Tufts University study found that oatmeal improves brain function, including memory and cognitive ability, while stimulating the production of serotonin in the brain to boost your mood.

choose it & use it

Enhance the subtly sweet, nutty flavor of oats by roasting them. They give texture to muffins, breads, and hearty salads, add substance to veggie loaves and burgers, and lend creaminess to soups and sauces. Oats are compatible with sweet spices, such as cinnamon, and piquant herbs, such as thyme. Experiment with oat bran and oat flour, which can be made from rolled oats in a blender.



Buttermilk Oatmeal Pancakes

MAKES 12 PANCAKES

The batter for these fluffy buttermilk pancakes contains a generous dose of oatmeal, which makes them both hearty and heart healthy.

- 2 cups old-fashioned rolled oats
- 1½ cups fat-free buttermilk
- 1½ cups fat-free milk
- 3 large eggs
- ½ cup unbleached flour
- 3 Tbs. honey

- 2 tsp. vanilla extract
- 2 tsp. ground cinnamon
- 1½ tsp. baking powder
- ¼ tsp. salt
- Fruit compote, maple syrup, or peanut butter, optional

1. Mix oats with buttermilk and milk in large bowl. Cover, and refrigerate 8 hours, or overnight.
2. Whisk eggs, flour, honey, vanilla extract, cinnamon, baking powder, and salt into oatmeal mixture.

3. Coat skillet or griddle with cooking spray, and set over medium heat. Pour on ⅓ cup batter for each pancake, and spread into 4-inch circle. Cook 3 to 4 minutes, or until bubbles start to appear on surface. Flip pancakes with spatula, and cook 1 to 2 minutes on other side. Stack three hot pancakes on each plate, top with fruit compote, maple syrup, or peanut butter, if using.

PER SERVING: 388 CAL; 18 G PROT; 8 G TOTAL FAT (2 G SAT FAT); 64 G CARB; 162 MG CHOL; 482 MG SOD; 5 G FIBER; 24 G SUGARS

extra virgin olive oil

Improve your health profile by trading saturated fats in your diet for this Mediterranean staple

sauté, drizzle,
or spread with
this, not butter
or mayo



The antioxidant content and high proportion of monounsaturated fat that occur naturally in olive oil have been proven to help prevent common life-threatening conditions aggravated by saturated fat, including coronary disease. "Swapping 2 tablespoons of olive oil every day for saturated fat can protect your heart by lowering 'bad' LDL cholesterol," says Karen Ansel, MS, RD, a media representative for the New York State Dietetic Association. Extra virgin varieties also contain a plant chemical called oleocanthal, which was recently shown to be a natural anti-inflammatory.

choose it & use it

Choose oils from a single country. A North American Olive Oil Association or California Olive Oil Council seal certifies extra virgin grade. The latter ensures a low 0.5 percent fatty acid content, indicating fresher oil and more antioxidants. Check pressing dates; most stay fresh two years. Store in dark glass bottles in a cool, dark place. Cook with standard oils—save premium oils for dressing salads, dipping bread, or finishing cooked dishes.



Cannellini Salad with Arugula Pesto

SERVES 4 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

Lighter than the classic pine nut–and–Parmesan version, the peppery pesto in this quick, elegant salad has extra virgin olive oil as its base. The ingredients make $1\frac{1}{4}$ cups pesto. Coat the extra with a film of olive oil to preserve its color, and store in a tightly closed container in the refrigerator. Serve the pesto as an hors d'oeuvre surrounded by thin, toasted rounds of French bread and pita wedges.

ARUGULA PESTO

- $\frac{1}{2}$ cup sunflower seeds
- 4 cups arugula or watercress (from 2 large bunches), heavy stems removed
- 6 Tbs. extra virgin olive oil
- 2 Tbs. fresh lemon juice
- 2 cloves garlic, peeled

CANNELLINI SALAD

- 2 19-oz. cans cannellini beans, rinsed and drained
- 3 cups shredded red cabbage
- $\frac{2}{3}$ cup thinly sliced green onions
- 1 Tbs. chopped capers

1. To make Arugula Pesto: Toast sunflower seeds in dry skillet 3 minutes, or until lightly browned. Put in food processor. Add greens, oil, lemon juice, and garlic, and process until smooth. Season with salt and pepper to taste.
2. To make Cannellini Salad: Combine all ingredients in large bowl. Add 2 to 3 Tbs. Arugula Pesto, and toss to coat. Let stand 15 to 30 minutes to allow flavors to meld. Serve at room temperature.

PER SERVING: 272 CAL; 12 G PROT; 6 G TOTAL FAT
(<1 G SAT FAT); 43 G CARB; 0 MG CHOL; 493 MG SOD;
12 G FIBER; 3 G SUGARS

25 healing foods

onion

Ease your way through cold-and-flu season with the protection of this pungent member of the allium family

Onion's zesty flavor isn't the only thing that makes chopping one worth the tears it elicits: onions contain ingredients that fight colds and flu. The sulfur compounds that make you cry have potent anti-inflammatory properties that relieve cold- and flu-related aches and congestion. And a flavonoid called quercetin, an even more effective congestion buster in onion, works with vitamin C to stabilize the body's histamine-producing, snuffle-causing response to germs. But best of all, the flavonols that give onions their color were shown in a recent Chinese study to help prevent influenza entirely, boosting immunity to three common strains.

red onions provide the most potent defense

choose it & use it

One of the most universal ingredients, onion is used to add flavor to just about any course except dessert. To breathe easier all winter, eat half an onion a day; for the biggest protective punch, make it a red one. Red onions contain more pigment flavonols than yellow varieties. To reduce the eye-irritation while chopping, wear goggles and use a very sharp knife.





Black Bean Chili

SERVES 8 | VEGAN

Immunity-boosting onion is an intrinsic ingredient in chili, and this black bean version is no exception. A slightly sweet, dark beer melds with the sweetness of onion and bell peppers, tempering the acidity of the tomatoes and the spiciness of the chiles in this easy recipe.

- 2 Tbs. olive oil
- 2 Tbs. ground cumin

- 2 chipotle chiles in adobo sauce, drained and minced
- 1 large onion, finely chopped (1½ cups)
- 1 medium red bell pepper, diced (1 cup)
- 5 cloves garlic, minced (5 tsp.)
- 2 14-oz. cans black beans, rinsed and drained
- 24 oz. dark beer
- 1 14-oz. can diced tomatoes
- 1 cup fresh or frozen corn
- Green onions, sliced for garnish, optional
- 2 limes, quartered, optional

Warm oil in 3-qt. pot over medium heat. Add cumin and chipotles. Cook 1 minute. Stir in onion, bell pepper, and garlic. Sauté 5 to 7 minutes, or until vegetables are soft. Add beans, beer, tomatoes, and corn. Bring to a boil. Reduce heat to medium-low. Simmer, uncovered, 45 minutes, or until thick. Serve with scallions and lime, if using.

PER SERVING: 192 CAL; 8 G PROT; 5 G TOTAL FAT (1 G SAT FAT); 31 G CARB; 0 MG CHOL; 383 MG SOD; 10 G FIBER; 4 G SUGARS

oregano

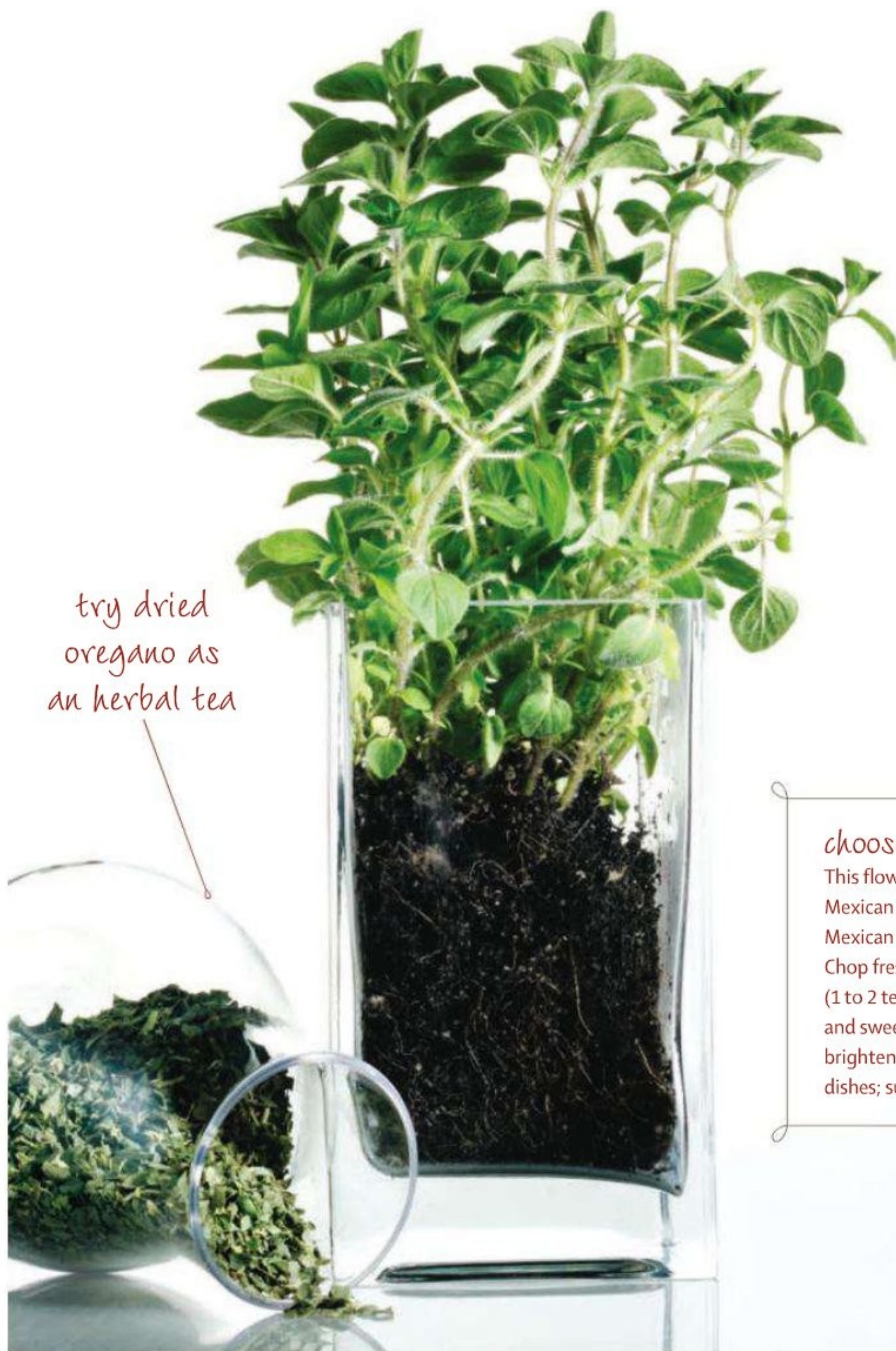
This flavor savior is the king of herbs when it comes to antioxidant content

Ounce for ounce, oregano is one of the world's most antioxidant-dense foods, according to a 2003 report in *The Journal of Nutrition*. One tablespoon of the fresh herb packs the same antioxidant punch as a medium-sized apple. Its high concentration of these plant compounds may help prevent cellular damage and reduce the risk of common killers such as cancer, heart disease, and hypertension. Oregano also has antimicrobial qualities. It contains thymol and carvacrol, strong antiseptics used in mouthwashes that inhibit growth of bacteria and fungi.

try dried oregano as an herbal tea

choose it & use it

This flowery hot herb is a staple in Italian, Greek, and Mexican cuisines. Greek oregano is most common. Mexican oregano is less minty and best in spicy dishes. Chop fresh oregano for salads, or steep 3 teaspoonfuls (1 to 2 teaspoons dried) 10 minutes in 1 cup boiling water and sweeten with honey to make an herbal tea. Use it to brighten soft cheeses, and egg, bean, vegetable, or grain dishes; substitute it for thyme or rosemary for variety.





Vegetarian Gumbo

SERVES 8 | VEGAN

The rich, dark roux of this Louisiana-style gumbo is flavored with a bold combination of antioxidant-dense oregano, warm cumin, smoky paprika, and spicy cayenne.

- ½ cup vegetable oil
- ⅓ cup all-purpose flour
- 1 small onion, chopped (1 cup)
- 1 small green bell pepper, chopped (1 cup)
- 3 stalks celery, chopped (1 cup)

- 1 28-oz. can diced tomatoes
- 2 cups fresh or frozen green beans
- 3 carrots, sliced (2 cups)
- 1 parsnip, diced (1 cup)
- 1 cup fresh or frozen sliced okra, optional
- 1 Tbs. dried oregano
- 1 Tbs. ground cumin
- 1 Tbs. paprika
- ¼ tsp. cayenne pepper

1. Stir together oil and flour in Dutch oven or heavy-bottomed pot until smooth. Cook over high heat 10 minutes,

or until roux turns dark caramel color, stirring constantly.
2. Add onion, bell pepper, and celery; cook 5 minutes, or until vegetables soften. Stir in tomatoes, green beans, carrots, parsnip, okra, 4 cups water, oregano, cumin, paprika, cayenne, and salt and pepper to taste. Reduce heat to medium-low, cover, and cook 40 minutes, or until carrots are tender. Serve over rice.

PER SERVING: 216 CAL; 3 G PROT; 15 G TOTAL FAT (2 G SAT FAT); 21 G CARB; 0 MG CHOL; 309 MG SOD; 6 G FIBER; 8 G SUGARS

papaya

This tropical favorite enhances digestion, calms inflammation, and curtails heart disease and arthritis

The only food source of papain, an anti-inflammatory enzyme that breaks down proteins, papaya aids digestion, eases stings, burns, and wounds, and slows clotting to improve circulation and hasten nutrient delivery to inflamed areas. Rich in folate and vitamins A and E, papayas have 33 percent more

vitamin C than oranges. Carotenoids, antioxidants that give papaya its orange hue, combine with vitamin C to curb heart disease and rheumatoid arthritis. Papaya is also loaded with potassium and magnesium, which fight hypertension. Fiber-rich and just 59 calories each, papaya is an ally for weight-loss too.

choose it & use it

Papaya is available year-round. Reddish yellow fruit that yields to the touch is ripe and lasts a week in the fridge. Avoid fruit with bruises, shriveled skin, or soft spots. Green papaya will ripen at room temperature. Swap papaya for tomatoes in salsas, or for dried fruits in baked goods. Add it to yogurt, ice cream, or granola. Don't use it in dishes that must solidify, such as custards, or they won't set up.



papaya increases immune cell production to speed healing



Papaya-Avocado Salad

SERVES 4 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

This refreshing salad provides all the flavor and health benefits of a whole papaya per serving.

- 4 ripe papayas, divided
- 2 small avocados, diced (1 cup)
- $\frac{1}{3}$ cup unsalted cashews, chopped

- $\frac{1}{4}$ cup coarsely chopped cilantro
- 3 Tbs. fresh lime juice
- 1 medium shallot, finely chopped (2 Tbs.)
- 1 cup packed arugula, coarsely chopped

1. Halve 2 papayas, and scoop out seeds. Set halves aside. Peel remaining papayas with vegetable peeler, then halve them, and scoop out seeds. Dice peeled papaya halves into $\frac{1}{2}$ -inch cubes.

2. Place papaya cubes in medium bowl. Add avocados, cashews, cilantro, lime juice, and shallot, and toss to combine. Season with salt and pepper to taste. Fold in arugula. Fill papaya halves with equal portions of salad, and serve immediately.

PER SERVING: 252 CAL; 5 G PROT; 11 G TOTAL FAT (2 G SAT FAT); 39 G CARB; 0 MG CHOL; 162 MG SOD; 9 G FIBER; 19 G SUGARS

pecans

Eat just a handful of the world's most antioxidant-rich nuts each day for crunchy goodness packed with heart protection

Pecans are the highest-scoring nuts on the antioxidant scale. These North American natives help prevent heart disease in two ways. They are an excellent source of oleic acid, a heart-healthy monounsaturated fat, and they're rich in gamma tocopherols (a form of vitamin E), which prevent cholesterol from oxidizing and

thereby reduce "bad" cholesterol. Best of all, just a handful of pecans each day elicits results. In addition, pecans are a good source of protein and contain more than 19 vitamins and minerals, including vitamins A and E, several B vitamins, calcium, magnesium, phosphorus, potassium, and zinc.

*a few a day
keep cholesterol
at bay*



choose it & use it

To maintain flavor and antioxidants, keep pecans in the refrigerator for as long as nine months, or in the freezer for up to two years. Snack on them plain, or sprinkle them on salads, pancakes, or veggies. Stir them into yogurt or cereal. Chop them finely to coat chicken or fish before baking, and coarsely to include in breads. Toasting intensifies pecans' sweet flavor.



Seitan Meatballs with Easy Tomato Sauce

SERVES 6 | VEGAN

The meat in these “meatballs” refers to pecans’ heart-healthy nut meat and seitan, a protein-rich wheat meat. They’re perfect in pasta or sandwiches.

EASY TOMATO SAUCE

- 1 15-oz. can diced tomatoes
- 3 Tbs. olive oil
- 3 cloves garlic, minced (1 Tbs.)
- 2 tsp. dried basil

SEITAN MEATBALLS

- 1 16-oz. pkg. seitan
- ½ cup pecans

- ½ cup whole-wheat breadcrumbs
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh basil
- ½ tsp. dried oregano
- 3 cloves garlic, minced (1 Tbs.)
- 3 Tbs. olive oil, divided
- 1 tsp. low-sodium soy sauce
- 1 tsp. egg replacer powder
- 16 oz. whole-wheat pasta

1. To make Easy Tomato Sauce: Simmer tomatoes, oil, garlic, and basil in partially covered saucepan 25 minutes. Season with salt and pepper to taste.
2. To make Seitan Meatballs: Preheat oven to 400°F. Coat baking sheet with

cooking spray. Crumble seitan in food processor. Add pecans; pulse to blend. 3. Transfer to bowl. Stir in breadcrumbs, herbs, garlic, 1 Tbs. oil, and soy sauce. Whisk egg replacer with ¼ cup water until frothy; fold into seitan mixture. 4. Shape mixture into 18 balls. Place on prepared baking sheet, and brush with remaining 2 Tbs. oil. Bake 20 minutes, turning once, or until crusty and lightly browned. Meanwhile, cook pasta according to package directions. Drain, and divide among serving bowls. Top with sauce and meatballs.

PER SERVING: 575 CAL; 34 G PROT; 21 G TOTAL FAT (2 G SAT FAT); 68 G CARB; 0 MG CHOL; 418 MG SOD; 9 G FIBER; 3 G SUGARS

25 healing foods

quinoa

Swap this protein-packed grain for others to get a balanced meat-free meal and heart-healthy antioxidants

Now recognized as the world's most nutritious grain, quinoa (pronounced KEEN-wah) has been cultivated in the Andes Mountains for more than 5,000 years. As a whole grain, this seed-like South American fruit is unique. Quinoa has about twice the protein of other grains, fewer carbohydrates, and more healthful fats. It's also a complete protein: like meat, eggs, and dairy products, it contains all eight essential amino acids. This supergrain is gluten-free and rich in iron, calcium, potassium, fiber, and lignans. A 2007 study at Osaka City University in Japan found it high in antioxidant activity too, making it exceptionally heart healthy.

varieties range from dark brown to white to pressed flakes



choose it & use it

Find quinoa in natural food stores or supermarkets. Enjoy its delicate, nutty flavor in sweet and savory dishes; enrich it by toasting first. Substitute quinoa for pasta, couscous, rice, or oatmeal: simmer 1 cup quinoa in 2 cups liquid 15 to 25 minutes for 4 cups cooked. Quinoa's chewy texture enhances pilafs, salads, and stews, and contrasts crunchy nuts nicely. Rinse it before cooking, and remove any black grains.



Quinoa Salad with Orange-Cumin Vinaigrette

SERVES 4 | VEGAN | GLUTEN FREE

30 MINUTES OR FEWER

This colorful salad makes a satisfying meal, thanks to the high-protein value of quinoa, its star ingredient.

- ⅓ cup sliced almonds
- 1 cup quinoa, rinsed and drained
- ¼ tsp. salt
- ⅓ cup dried apricots, diced small
- ⅓ cup raisins
- ⅓ cup fresh orange juice

- 1 shallot, finely chopped (2 Tbs.)
- 2 Tbs. chopped fresh parsley
- 2 Tbs. chopped cilantro
- 2 Tbs. chopped fresh mint
- 1 Tbs. grated orange zest
- ½ tsp. ground cumin
- ½ tsp. ground coriander
- 2 Tbs. olive oil
- 2 oranges, peeled, sections cut from membranes

1. Toast almonds in dry skillet or toaster oven 4 to 5 minutes, or until pale brown and fragrant, stirring often.

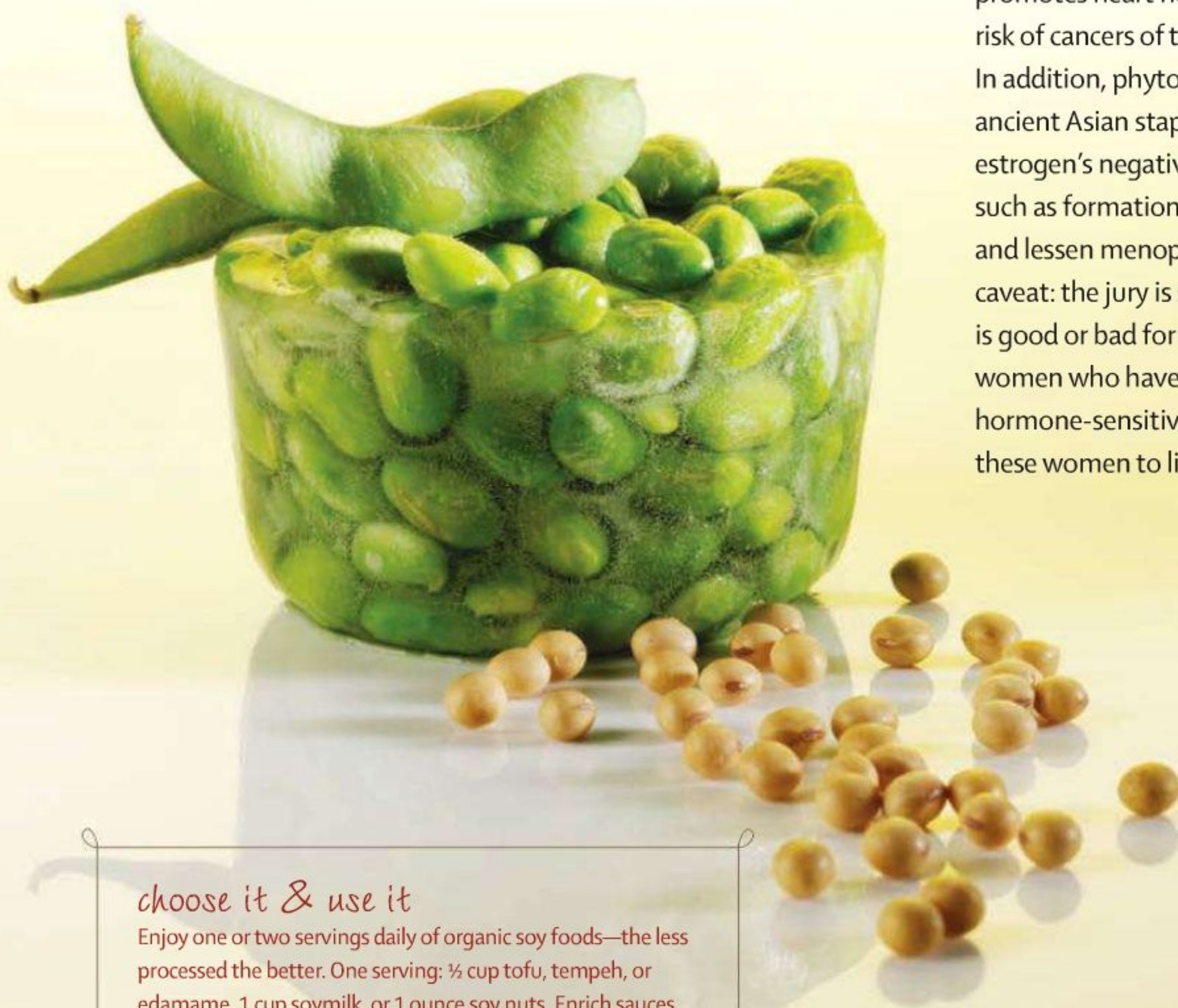
- 2. Boil 2 cups water in medium saucepan. Add quinoa and salt, reduce heat to medium-low, and simmer 15 minutes, or until tender and most of water is absorbed. Drain; transfer quinoa to large bowl. Toss with apricots and raisins.
- 3. Whisk together orange juice, shallot, parsley, cilantro, mint, orange zest, cumin, and coriander. Whisk in oil. Pour dressing over quinoa, and toss to coat. Garnish with oranges and almonds.

PER SERVING: 383 CAL; 9 G PROT; 14 G TOTAL FAT (2 G SAT FAT); 61 G CARB; 0 MG CHOL; 161 MG SOD; 7 G FIBER; 22 G SUGARS

SOY

One or two daily servings of Asia's favorite veggie protein curbs heart disease and certain cancers

Although sporadic reports have challenged the benefits of soy, the fact is, studies have consistently shown that this protein- and fiber-rich source of omega-3 fats and disease-fighting isoflavones promotes heart health and reduces the risk of cancers of the prostate and breast. In addition, phytoestrogens in this ancient Asian staple may counter natural estrogen's negative effects on women—such as formation of uterine fibroids—and lessen menopausal symptoms. One caveat: the jury is still out on whether soy is good or bad for postmenopausal women who have been diagnosed with hormone-sensitive cancers. It's best for these women to limit soy intake for now.



choose it & use it

Enjoy one or two servings daily of organic soy foods—the less processed the better. One serving: ½ cup tofu, tempeh, or edamame, 1 cup soymilk, or 1 ounce soy nuts. Enrich sauces, smoothies, and soups with silken tofu. Use soft tofu in scrambles or in place of ricotta cheese. Enjoy firm tofu (press out liquid) and tempeh sliced and grilled, diced for stir-fries, or crumbled like ground meat. Snack on edamame and soy nuts.

opt for
whole soy foods,
such as edamame



GYOZA AND EDAMAME
SUCCOTASH

Gyoza and Edamame Succotash

SERVES 4 | VEGAN | 30 MINUTES OR FEWER

For this easy main dish, frozen edamame succotash is stir-fried with gyoza (Japanese dumplings) and topped with a spicy black bean sauce. If you can't find packaged edamame succotash, assemble your own with frozen shelled edamame, corn, and diced red bell peppers.

CHILI-SOY DRESSING

- 3 Tbs. rice vinegar
- 1 Tbs. low-sodium soy sauce
- 1 Tbs. toasted sesame oil
- 2 tsp. rinsed and chopped dried fermented black beans, or 1 tsp. black bean sauce
- 1 clove garlic, minced (1 tsp.)
- 1 tsp. chili oil

SUCCOTASH

- 2 tsp. canola oil
- 8 frozen vegetable gyoza
- 1 16-oz. pkg. frozen edamame succotash mix
- ¼ cup chopped cilantro
- 2 green onions, chopped (¼ cup)

1. To make Chili-Soy Dressing: combine all ingredients in blender. Set aside.
2. To make Succotash: Heat 1 tsp. canola oil in large nonstick skillet over medium-high heat, and add gyoza. Cook 3 to 4 minutes, or until browned on bottoms. Add ¼ cup water to pan, cover, and cook 3 to 4 minutes more. Transfer gyoza to plate, and pour remaining oil in pan.
3. Add succotash, and sauté 5 minutes, or until crisp-tender. Remove pan from

heat, and stir in cilantro, green onions, gyoza, and Chili-Soy Dressing. Toss to combine; serve warm.

PER SERVING (2 GYOZA; ½ CUP SUCCOTASH): 261 CAL; 11 G PROT; 12 G TOTAL FAT (1 G SAT FAT); 31 G CARB; 0 MG CHOL; 306 MG SOD; 6 G FIBER; 2 G SUGARS

Tempeh in Hearty Mushroom-Mustard Sauce

SERVES 4 | VEGAN

For a sweeter take on the sauce in this filling tempeh entrée, stir in 1 Tbs. agave nectar with the mustard and use just 1½ cups of lager plus 1 cup of water. Serve over rice or mashed potatoes.

- 4 Tbs. olive oil, divided
- 1 7-oz. pkg. tempeh, cut into ½-inch cubes
- 1 Tbs. low-sodium soy sauce
- 10 oz. cremini or button mushrooms, sliced
- 8 oz. shiitake mushrooms, stemmed and sliced
- 2 Tbs. all-purpose flour
- 2½ cups lager, such as Samuel Adams Boston Lager
- 2 Tbs. Dijon mustard
- 2 green onions, white and green parts finely sliced

1. Heat 2 Tbs. oil in 12-inch skillet over medium heat. Cook tempeh cubes in oil 7 to 10 minutes, or until browned on all sides, stirring frequently. Add soy sauce, and cook 2 minutes, or until pan is almost dry. Transfer tempeh to paper-towel-lined plate.

2. Add remaining 2 Tbs. oil and mushrooms to pan, and sprinkle with salt to taste, if desired. Sauté 10 minutes, or until browned and slightly caramelized, stirring occasionally.

3. Reduce heat to medium-low, and stir in flour. Cook 1 to 2 minutes, or until flour begins to brown, stirring constantly. Increase heat to medium-high, add lager and mustard, and bring to a boil. Reduce heat to medium-low. Simmer 15 minutes, or until sauce thickens. Stir in tempeh; simmer 5 minutes more. Serve sprinkled with green onions.

PER SERVING: 318 CAL; 13 G PROT; 19 G TOTAL FAT (3 G SAT FAT); 26 G CARB; 0 MG CHOL; 475 MG SOD; 2 G FIBER; 8 G SUGARS

Like tofu, tempeh absorbs the flavors surrounding it, but it has a meatier texture.



TEMPEH IN HEARTY MUSHROOM-MUSTARD SAUCE

turmeric

This golden, earthy-flavored Indian spice delivers strong anti-inflammatory effects along with enhanced digestive health

The spice responsible for curry powder's golden color, turmeric is an ancient Ayurvedic treatment for digestive disorders and arthritis. Several antioxidant-rich compounds, collectively known as curcuminoids, provide the ochre-colored root's health benefits. Although curcumin accounts for only 3 percent of turmeric's makeup, it boasts extraordinarily potent anti-inflammatory properties. Because inflammation runs amok in virtually every disease process, including arthritis, cancer, and heart disease, curcumin is the subject of extensive cutting-edge research. The strongest evidence supports turmeric's effectiveness against dyspepsia (stomach upset) and ulcerative colitis, but it also appears to help age-related cognitive impairment, irritable bowel syndrome, psoriasis, and rheumatoid arthritis.

choose it & use it

Turmeric's earthy taste tempers the stronger spices in curry powder; it also enhances pastas and grains, soups, stews, and leafy green sautés. Sprinkle turmeric over open-faced cheese sandwiches before broiling, add a pinch to an egg-white omelet or tofu scramble, and increase the curcumin quotient in each teaspoon of curry powder by adding an extra $\frac{1}{4}$ teaspoon of turmeric.

add extra
turmeric to curry
blends to boost
the healing power



Lemon Rasam

SERVES 6

Served as a starter in South Indian households, *rasam* is a thin, lemony soup showcasing *toor dal*, a golden split pea, and made more vivid with turmeric. Find golden lentils in natural food stores or shop for them along with curry leaves and asafetida powder (an Indian spice that imparts a strong onion-garlic flavor) at Indian grocery stores or online.

- $\frac{3}{8}$ cup dry toor dal (split pigeon peas)
- $\frac{1}{4}$ tsp. ground turmeric
- 1 Tbs. grated fresh ginger
- 2 serrano chiles, stemmed, seeded, and minced
- 1 14.5-oz. can plum tomatoes, drained and diced

- $\frac{3}{4}$ tsp. salt
- 2 tsp. ghee (clarified butter)
- 1 tsp. brown mustard seeds
- $\frac{1}{2}$ tsp. asafetida powder
- 1 red Kashmiri chile (dried red Indian chile), or any hot dried red chile, halved
- 10 curry leaves, optional
- $\frac{1}{2}$ tsp. ground cumin
- $\frac{1}{2}$ tsp. ground black pepper
- $\frac{1}{4}$ cup lemon juice
- Chopped cilantro, for garnish

1. Combine toor dal with 4 cups water and turmeric in medium saucepan. Bring to a boil over medium heat. Reduce heat to medium-low, partially cover, and simmer 45 minutes, or until toor dal is soft. Transfer to blender or food processor, and blend until smooth.

Measure, and return to saucepan. Add enough water to make 5 cups rasam.

2. Stir in ginger, serrano chiles, tomatoes, and salt, and bring to a boil over medium heat. Reduce heat to medium-low, and simmer, stirring occasionally, 5 minutes to marry flavors.

3. Meanwhile, heat ghee in skillet over medium heat. Add mustard seeds, asafetida powder, red chile, curry leaves (if using), cumin, and pepper. Cover, and heat 1 to 2 minutes, or until mustard seeds begin to pop. Pour into soup. Remove soup from heat, and stir in lemon juice; add salt and pepper to taste. Garnish with chopped cilantro.

PER SERVING: 116 CAL; 6 G PROT; 2 G TOTAL FAT (1 G SAT FAT); 19 G CARB; 3 MG CHOL; 419 MG SOD; 5 G FIBER; 2 G SUGARS

the ultimate anti-diabetes diet

This cutting-edge eating plan reverses diabetes, wards off heart disease and cancer, and helps you lose weight—without counting calories or cutting portions

One of America's most common killer diseases, type 2 diabetes jeopardizes the health, quality of life, and longevity of nearly 24 million Americans, according to the American Diabetes Association, and that number continues to rise. New cases have doubled over the past 30 years, and because the disease occurs gradually and often with no obvious symptoms, many people don't even know they have it. People who are overweight are at higher risk because fat interferes with the body's ability to use insulin, the crux of the disease. But a solution to the problem is within reach: a groundbreaking eating plan not only helps prevent this chronic disease, but actually *reverses* it—while also promoting weight loss.



SPAGHETTI WITH SPINACH
AND MUSHROOMS, P. 80

Focusing on plant-based meals, the revolutionary plan was developed by *Vegetarian Times*' own Ask the Doc columnist, Neal Barnard, MD, and is backed by the results of his long-term study. Your doctor may not tell you about this diet: dietitians generally counsel overweight diabetics to cut calories, reduce serving sizes, and avoid starchy carbohydrates that raise blood sugar levels. But Barnard's team at the Physicians Committee for Responsible Medicine and scientists at George Washington University and the University of Toronto thought this might be the wrong approach, considering that carbohydrate-rich rice, legumes, and root vegetables are staples throughout Asia and Africa, where most people are thin and diabetes rates are low.

Barnard and his team studied a group of diabetics, comparing the effects of a diet based on standard recommendations versus a vegan-style diet with no limits on calories, carbs, or portions, and just three rules: eliminate meat, dairy, and eggs; minimize fat and oil; and favor low-glycemic foods (such as beans, vegetables, brown rice, and oatmeal), which have little effect on blood sugar. After 22 weeks, participants on the vegan plan experienced average blood sugar drops three times that of subjects on the standard diet. Researchers found that the vegan plan led to better blood sugar control, and reductions in cholesterol and body weight too.

Better still, study results show that Barnard's plan also helps reduce the risk of heart disease and cancer. So, even if diabetes and weight loss are not your primary concerns, there are plenty of other health reasons to give this eating strategy a try. Here, we've created a week's worth of menus and recipes that follow Barnard's plan, making it deliciously doable for anyone.

The Plan

Unlike others, this eating plan has no calorie or portion requirements (hooray!), but the following seven-day menu can be used as a guideline.

1

BREAKFAST: Oatmeal with soymilk, cinnamon, and raisins
LUNCH: Hummus and veggie wrap with fresh fruit salad
DINNER: Pasta with marinara sauce and plenty of vegetables

2

BREAKFAST: *Southwestern Tofu Scramble with whole-wheat pita
LUNCH: Hearty vegetable soup with whole-grain crackers
DINNER: Vegetarian chili with brown rice and tossed salad

3

BREAKFAST: Melon with whole-grain toast (unbuttered)
LUNCH: Bean burrito with salsa, veggies, and vegan sour cream
DINNER: *Grilled Ratatouille Salad with whole-wheat couscous

4

BREAKFAST: Whole-grain pancakes or waffles with fresh fruit
LUNCH: Grilled veggie sandwich with fat-free coleslaw
DINNER: *Spiced Kabocha Squash Soup, tossed salad, and pita crisps

5

BREAKFAST: Cereal with soymilk and sliced apples
LUNCH: Carrot or tomato soup with rye toast (unbuttered)
DINNER: *Spaghetti with Spinach and Mushrooms

6

BREAKFAST: Whole-grain cereal, such as muesli, with soymilk
LUNCH: *Couscous with Asparagus, Snow Peas, and Radishes
DINNER: Sloppy Joes made with soy crumbles

7

BREAKFAST: Fruit smoothie
LUNCH: Bulgur wheat salad with chickpeas and veggies
DINNER: Asparagus and mushroom risotto and tossed salad

ANYTIME SNACKS: Fruit, whole-grain crackers or pretzels with hummus, baked corn chips, edamame, *Fruit Salad with Vanilla-Apple Syrup

* Recipe provided



GRILLED RATATOUILLE SALAD, P. 78

Spiced Kabocha Squash Soup

SERVES 6 | VEGAN | GLUTEN FREE

In this creamy soup, kabocha squash is a vitamin-rich alternative to potatoes.

- ½ medium kabocha or
1 butternut squash (2 lb.), halved
- 5 cloves garlic, peeled
- 1 small onion, chopped (1 cup)
- ¼ tsp. ground ginger
- ¼ tsp. ground allspice
- ⅛ tsp. ground cinnamon
- 1 15-oz. can low-sodium
vegetable broth
- 3 Tbs. finely chopped chives
- 1 tsp. sherry vinegar

1. Preheat oven to 350°F. Line baking sheet with foil, and coat with cooking spray. Place squash cut-side down on

prepared baking sheet; put garlic under squash hollows. Bake 50 minutes, or until tender. Cool 10 minutes. Scoop out squash flesh and garlic into large bowl.

2. Coat large pot with cooking spray, and heat over medium heat. Add onion, and cook 7 minutes, or until translucent. Add spices, and cook 1 minute more. Stir in squash, garlic, broth, and 3½ cups water. Bring to a simmer, and reduce heat to medium-low. Partially cover pot; simmer 25 minutes.

3. Remove from heat, and pour into blender; purée until smooth. Stir in chives and vinegar just before serving hot or cold.

PER SERVING: 56 CAL; 2 G PROT; <1 G TOTAL FAT (0 G SAT FAT); 13 G CARB; 0 MG CHOL; 117 MG SOD; 2 G FIBER; 5 G SUGARS

Garlic, ginger, and cinnamon kick up the flavor and health benefits of a creamy squash soup.

Grilled Ratatouille Salad

SERVES 6 | VEGAN | GLUTEN FREE

The reduction of balsamic vinegar to a thick syrup makes a rich dressing for this salad of grilled eggplant, zucchini, bell pepper, and onion, infusing the vegetables with complex flavor without added fat or calories. The salad can be served warm or cold. For a more filling meal, toss whole-wheat pasta with the delectable grilled vegetable mixture.

- ¾ cup balsamic vinegar
- 1 medium eggplant, sliced lengthwise into ½-inch pieces
- 3 large red bell peppers, cut into quarters
- 3 medium zucchini, sliced in half lengthwise
- 1 medium onion, sliced into ½-inch rings
- ¼ cup parsley, chopped
- ¼ cup basil, chopped
- ¼ cup pine nuts

1. Pour balsamic vinegar into small saucepan, and bring to a simmer over high heat. Reduce heat to medium, and cook 12 minutes, or until vinegar becomes syrup-like and reduces to ¼ cup. Remove from heat, and set aside to cool.

2. Place sliced eggplant, bell pepper quarters, halved zucchini, and onion rings in large bowl; season with salt and pepper to taste. Cover, and let stand 30 minutes at room temperature or in refrigerator overnight. Drain off any liquid that accumulates.

3. Heat grill to medium-high or set grill pan over medium-high heat. Spritz vegetables with cooking spray, and place on hot grill. Grill 2 to 3 minutes per side, or until tender and cooked through. Remove from grill. Cool slightly, and chop into 1-inch chunks. Combine vegetable chunks with chopped parsley, basil, and pine nuts. Toss with balsamic syrup, and serve salad warm or chilled.

PER SERVING: 153 CAL; 4 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 27 G CARB; 0 MG CHOL; 217 MG SOD; 7 G FIBER; 18 G SUGARS





COUSCOUS WITH ASPARAGUS,
SNOW PEAS AND RADISHES, P. 80



SOUTHWESTERN
TOFU SCRAMBLE

Southwestern Tofu Scramble

SERVES 6 | VEGAN | 30 MINUTES OR FEWER

Ground turmeric gives this egg-free, vegetable-rich scramble a vibrant golden hue. Use leftovers to fill pita bread sandwiches.

- 1 medium red bell pepper, diced (1 cup)
- 1 small carrot, diced (½ cup)
- 4 green onions, chopped (½ cup)
- 1 clove garlic, minced (1 tsp.)
- ½ tsp. ground cumin
- ¼ tsp. ground turmeric
- 1 14-oz. pkg. firm tofu, drained and crumbled
- ½ tsp. hot sauce
- 2 Tbs. chopped cilantro
- Salsa, for garnish, optional

1. Coat large nonstick skillet with cooking spray, and set over medium heat. Add bell pepper and carrot, and cook 7 minutes, or until just tender. Stir in green onions, garlic, cumin, and turmeric, and cook 1 minute more. Add tofu and hot sauce to pan, and stir to combine with vegetables. Cook 5 minutes, or until tofu is heated through and all liquid has evaporated.
2. Stir chopped cilantro into scramble just before serving. Garnish with salsa, if using.

PER SERVING: 113 CAL; 11 G PROT; 6 G TOTAL FAT (1 G SAT FAT); 6 G CARB; 0 MG CHOL; 32 MG SOD; 3 G FIBER; 2 G SUGARS

Inflammation-taming turmeric adds rich color to a veggie tofu scramble.

Spaghetti with Spinach and Mushrooms

SERVES 6 | VEGAN

The mushrooms in this dish absorb essences of saffron, tomato, and harissa.

- 8 oz. uncooked spaghetti
- 1 15-oz. can low-sodium vegetable broth
- 2 Tbs. tomato paste
- 1 Tbs. harissa, or 1 tsp. red pepper flakes
- ⅛ tsp. saffron threads
- 1 lb. mushrooms, quartered
- 1 clove garlic, minced (1 tsp.)
- 1 lb. spinach, coarsely chopped
- 1 15-oz. can chickpeas, rinsed and drained

1. Preheat oven to 350°F. Break pasta into thirds. Lay on baking sheet, and spritz with cooking spray. Bake 7 minutes, until golden; shaking pan twice for even browning.
2. Bring broth, 2½ cups water, tomato paste, harissa, and saffron to a simmer in saucepan. Reduce heat to low.
3. Coat large pot with cooking spray, and set over medium-high heat. Sauté mushrooms 7 minutes, or until browned. Add garlic; sauté 1 minute. Reduce heat to medium. Add pasta and 2 cups hot broth. Cook, stirring often, 4 to 5 minutes, until liquid is absorbed. Add spinach, chickpeas, and remaining broth. Simmer, stirring constantly, 5 to 7 minutes, until noodles are tender and most of broth is absorbed. Add salt and pepper to taste.

PER SERVING: 274 CAL; 12 G PROT; 3 G TOTAL FAT (0 G SAT FAT); 51 G CARB; 0 MG CHOL; 490 MG SOD; 8 G FIBER; 4 G SUGARS

Couscous with Asparagus, Snow Peas, and Radishes

SERVES 6 | VEGAN | 30 MINUTES OR FEWER

Any vegetables work well in this dish.

- ½ lb. asparagus, sliced into ¼-inch rounds (1¼ cups)
- ¾ lb. snow peas, sliced crosswise into ¼-inch strips (1 cup)

- 2 cups low-sodium vegetable broth
- 3 2-inch strips lemon zest
- 1 10-oz. pkg. couscous
- 3 radishes, thinly sliced (½ cup)
- 3 Tbs. lemon juice
- 2 Tbs. chopped chives
- 2 Tbs. chopped parsley
- 1 Tbs. chopped mint

1. Cook asparagus and snow peas in large pot of boiling salted water 2 to 3 minutes, or until crisp-tender. Drain, and rinse under cold water.
2. Bring broth and zest to a boil in large pot. Combine couscous and broth in bowl. Cover; let stand 10 minutes. Discard zest.
3. Fluff couscous with fork, and stir in asparagus, snow peas, radishes, lemon juice, chives, parsley, and mint. Season to taste with salt and pepper.

PER SERVING: 203 CAL; 7 G PROT; <1 G TOTAL FAT (0 G SAT FAT); 42 G CARB; 0 MG CHOL; 237 MG SOD; 4 G FIBER; 2 G SUGARS

Fruit Salad with Vanilla-Apple Syrup

SERVES 6 | VEGAN | GLUTEN FREE

Use the syrup in this salad to sweeten yogurt, iced tea, and cocktails.

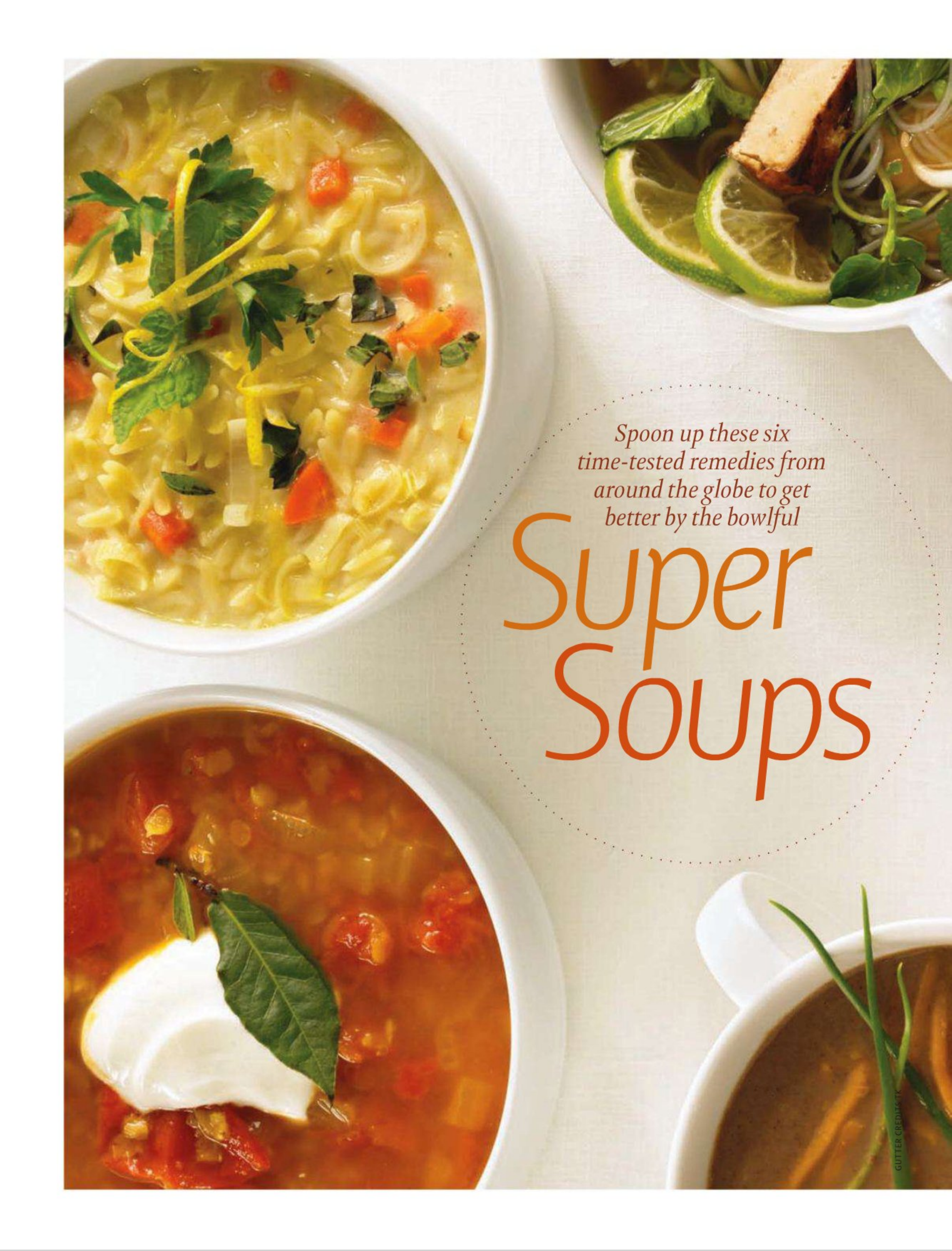
- 2 cups apple juice
- 2 2-inch strips lemon zest
- ¼ vanilla bean, sliced, seed scraped out
- 2 medium mangoes, peeled and diced
- 1 pt. strawberries, quartered (2 cups)
- 1 pt. blueberries (2 cups)

Bring juice, zest, and vanilla bean and seeds to a boil in small pot over medium-high heat. Reduce to medium-low; simmer 30 minutes, or until reduced to ½ cup. Remove zest and bean. Cool to room temperature. Toss with fruit, and serve.

PER SERVING: 129 CAL; 1 G PROT; <1 G TOTAL FAT (0 G SAT FAT); 32 G CARB; 0 MG CHOL; 4 MG SOD; 3 G FIBER; 18 G SUGARS




FRUIT SALAD WITH
VANILLA-APPLE SYRUP



*Spoon up these six
time-tested remedies from
around the globe to get
better by the bowlful*

Super Soups



Nearly every culture turns to soup to heal, nourish, and soothe. Whether you're battling a bad cold or the stomach flu, the food that can always comfort and nourish is soup. Soups are "warm and easy to take," says Andrew Weil, MD, director of the University of Arizona's Integrative Medicine Program. "They're an excellent way to get nutrients, and they provide good associations for people." Research confirms the health-giving properties of these home remedies and their active ingredients. Try these healing soup recipes from all over the world to ward off illness or just warm up a chilly weeknight supper.



**eastern
european
red lentil soup**

This soup's lentils pack a balanced protein-to-carbohydrate ratio into an easy-to-digest form. The red onion boosts immunity and has pain-reducing anti-inflammatory properties. Antibacterial benefits are provided by garlic as well as honey, which also offers immune-boosting and antiviral qualities.

vegetarian pho

Beyond the antiviral, immune-boosting, and cholesterol-lowering properties of its shiitake mushrooms, this pho is loaded with garlic, which boasts antifungal, antibacterial, and antiviral benefits. Cinnamon also has antifungal and antibacterial attributes, while ginger is a pain-reducing anti-inflammatory that fights nausea.

**french potage
with pistou**

One of the key seasonings in potage is thyme, which is used traditionally in Europe to relieve coughs and congestion. This soup is also rich in garlic and leeks—both of which supply a dose of immunity-enhancing benefits. Walnuts, which are used in the making of the flavorful pistou for this soup, bolster the immune system as well.

Eastern European Red Lentil Soup

SERVES 8 | GLUTEN FREE | 30 MINUTES OR FEWER

Red lentil soup's history is long: in the Bible, Esau, claiming to be dying of hunger, sold his birthright to his brother for a bowlful. "In Middle Eastern Jewish households, red lentil soup is served during mourning for soothing nourishment," says Gil Marks, author of *Olive Trees and Honey: A Treasury of Vegetarian Recipes from Jewish Communities Around the World*. Red lentils are common in Turkish, Indian, and Eastern European dishes and cook in half the time of green or brown lentils. Find them in natural food markets or Indian and Middle Eastern grocery stores.

- 1 large red onion, finely chopped (2 cups)
- 3 cloves garlic, minced (1 Tbs.)
- 2 Tbs. olive oil
- 1½ cups red lentils
- 2 Tbs. ground cumin
- 1 15-oz. can chopped tomatoes with liquid
- 1 Tbs. honey
- 3 bay leaves
- 1 Tbs. red wine vinegar
- ½ cup plain low-fat yogurt

1. Sauté onion and garlic in oil in large saucepan over medium heat 5 minutes, or until soft. Stir in lentils and cumin; cook 1 minute. Add tomatoes and liquid, honey, bay leaves, 7 cups water, and salt and pepper to taste. Bring to a boil.
2. Cover pan; reduce heat to medium-low. Simmer 20 minutes, or until lentils fall apart, and soup is thick. Add water to thin, if needed. Remove bay leaves; stir in vinegar. Serve with dollops of yogurt.

PER SERVING: 211 CAL; 12 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 32 G CARB; 1 MG CHOL; 378 MG SOD; 7 G FIBER; 7 G SUGARS

Vegetarian Pho (Vietnamese Noodle Soup)

SERVES 6 | VEGAN

The national soup of Vietnam, *pho* (pronounced fuh) is rice noodles, herbs, and bean sprouts in a fragrant broth. Most are made with beef or chicken broth, but in this version, dried shiitake

Onion and garlic, the flavor bases for soups worldwide, have immune-enhancing effects.

mushrooms infuse the broth with hearty flavor and pump up the health benefits.

BROTH

- 6 cups low-sodium vegetable broth
- 3 large shallots, sliced (1 cup)
- ½ cup dried shiitake mushrooms
- 10 cloves garlic, peeled and crushed
- 12 ¼-inch-thick slices fresh ginger
- 3 Tbs. low-sodium soy sauce
- 1 Tbs. brown sugar
- 1 Tbs. rice wine vinegar
- 1 tsp. ground black pepper
- 2 cinnamon sticks
- 2 star anise
- 5–6 basil stems, leaves reserved for soup
- 5–6 cilantro stems, leaves reserved for soup

PHO

- 1 8-oz. pkg. rice noodles
- 1 8-oz. pkg. Asian-flavored baked tofu, thinly sliced
- 2 cups soybean sprouts
- 2 cups watercress
- 4 green onions, sliced (½ cup)
- ¼ cup chopped cilantro
- 1 cup fresh basil leaves
- 1 lime, cut into wedges

1. To make Broth: Bring all ingredients and 8 cups water to a boil in large covered pot. Reduce heat to medium-low. Simmer 1 hour. Strain, and return to pot. Discard solids.
2. To make Pho: Cook noodles according to package directions. Drain, and rinse with cold water. Divide among 6 bowls. Ladle Broth in each bowl; add tofu, sprouts, watercress, and green onions. Serve with cilantro, basil, and lime.

PER SERVING: 290 CAL; 16 G PROT; 6 G TOTAL FAT (1 G SAT FAT); 42 G CARB; 0 MG CHOL; 578 MG SOD; 3 G FIBER; 5 G SUGARS

French Potage with Pistou

SERVES 8 | GLUTEN FREE

In French hospitals, meals always begin with potage, a blended soup of leeks, carrots, and potatoes. In winter, "almost

every family meal begins with a bowl of this easy soup," says Susan Loomis, author of *On Rue Tatin: Living and Cooking in a Small French Town*. To jazz up the mild flavor, a pesto sauce, or pistou, is stirred into this version before eating.

POTAGE

- 2 Tbs. unsalted butter
- 2 medium leeks, white and pale green parts chopped (4 cups)
- ¼ cup dry white wine
- 4 cloves garlic, minced (4 tsp.)
- 1 large russet potato, peeled and diced (2 cups)
- 4 medium carrots, chopped (3 cups)
- 4 sprigs fresh thyme
- 1 bay leaf
- 4 cups low-sodium vegetable broth

PISTOU

- 1 cup firmly packed basil leaves
- ¼ cup walnuts, toasted
- 1 clove garlic, peeled
- ¼ cup olive oil

1. To make Potage: Melt butter in large saucepan over medium heat. Add leeks and pinch of salt; cover. Cook, stirring often, 7 minutes, or until leeks are soft. Add wine and garlic. Cook, uncovered, 2 minutes, until most of liquid evaporates.
2. Add potato, carrots, thyme, bay leaf, broth, 2 cups water, and salt and pepper to taste; cover. Bring to a boil. Reduce heat to medium-low. Simmer 30 minutes, or until potato and carrots are soft.
3. Remove thyme and bay leaf. Purée soup in blender or food processor, until smooth. Add salt and pepper to taste.
4. To make Pistou: Pulse basil, walnuts, and garlic in blender. Gradually add oil, blending until smooth; add water, if necessary to form smooth paste. Add salt and pepper to taste. Serve dollop of Pistou atop Potage.

PER SERVING: 199 CAL; 3 G PROT; 12 G TOTAL FAT (3 G SAT FAT); 22 G CARB; 8 MG CHOL; 295 MG SOD; 4 G FIBER; 6 G SUGARS

Moroccan Harira

SERVES 8 | VEGAN

Moroccans eat *harira* to break the fast each night during the 40 days of Ramadan, says *The Mediterranean Diet Cookbook* author Nancy Harmon Jenkins. Consumed on an empty stomach, harira must be hearty, but not heavy. It's thickened with *tadouira* (a blend of flour, tomato paste, and cilantro) and served with lemon wedges. To reheat: thin with broth.

HARIRA

- ½ cup green lentils
- 1 Tbs. olive oil
- 1 large onion, chopped (2 cups)
- ½ cup chopped fresh parsley
- ½ cup chopped cilantro
- ½ tsp. ground ginger
- 1 cinnamon stick
- 1 15-oz. can chopped tomatoes, drained, liquid reserved
- 2 cups low-sodium vegetable broth
- 1 15-oz. can chickpeas, rinsed and drained
- ½ cup vermicelli
- Lemon wedges, for garnish

TADOUIRA

- 2 Tbs. all-purpose flour
- ¼ cup chopped cilantro
- 2 Tbs. lemon juice
- 1 Tbs. tomato paste

1. To make Harira: Cook lentils in pot of boiling salted water 2 minutes. Drain.
2. Heat oil in pot over medium heat. Sauté onion, parsley, cilantro, ginger, and cinnamon 5 minutes, or until onion is soft. Add tomatoes, and sauté 5 minutes.
3. Stir in broth, chickpeas, lentils, reserved tomato liquid, 3 cups water, and salt and pepper to taste. Bring to a boil. Cover; reduce heat to medium-low. Simmer, stirring occasionally, 45 minutes, or until lentils are tender.
4. To make Tadouira: Whisk flour with 1 cup water in bowl. Whisk in cilantro, lemon juice, and tomato paste. Stir into Harira with vermicelli. Cook 3 minutes, or until vermicelli are soft. Serve with lemon.

PER SERVING: 179 CAL; 7 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 33 G CARB; 0 MG CHOL; 537 MG SOD; 6 G FIBER; 5 G SUGARS

Soups are an ideal way of getting health-rich herbs and spices into your diet.

Greek Avgolemono Soup

SERVES 8

Avgolemono (*avgo*: egg; *lemono*: lemon) soup is what a Greek mother or grandmother makes for a sick family member. Gil Marks credits the fond memories summoned by a spoonful with part of the soup's healing powers. "Any food that is spiritually comforting helps the immune system," he says. When reheating this soup, take care to warm it over low heat without bringing it to a boil to prevent the eggs from curdling.

- 2 Tbs. olive oil
- 2 medium leeks, white parts finely chopped (4 cups)
- 1 small onion, finely chopped (1 cup)
- 2 small carrots, peeled and diced (¾ cup)
- 6 cups no-chicken broth
- ½ cup orzo pasta
- 2 large eggs
- 3 Tbs. lemon juice
- ¼ cup chopped fresh parsley
- 1 Tbs. chopped fresh mint
- 1 Tbs. chopped fresh oregano
- Lemon wedges, for garnish

1. Warm olive oil in saucepan over medium heat. Add leeks, onion, carrots, and pinch of salt; cover. Cook, stirring frequently, 7 minutes, or until vegetables are soft.
2. Stir in broth; add salt and pepper to taste. Cover, reduce heat to medium-low. Simmer 10 minutes. Add orzo, and cook 11 minutes more, or until orzo is tender. Remove from heat.
3. Whisk together eggs and lemon juice in bowl. Add 3 ladles of soup broth to egg mixture, whisking constantly. Whisk egg mixture back into soup, and cook over low heat 2 to 3 minutes, or until soup thickens—do not allow soup to boil. Sprinkle with parsley, mint, and oregano. Garnish with lemon wedges, and serve.

PER SERVING: 144 CAL; 5 G PROT; 5 G TOTAL FAT (1 G SAT FAT); 21 G CARB; 53 MG CHOL; 528 MG SOD; 3 G FIBER; 5 G SUGARS

Native American Toasted-Pecan Soup

SERVES 10 | VEGAN | GLUTEN FREE

Pecan soups were a dietary staple of many indigenous peoples of North and South America. This rich, creamy version is a protein powerhouse that tastes like an elegant appetizer.

- 2½ cups pecans
- 2 Tbs. vegetable oil
- 1 large onion, chopped (2 cups)
- ¼ cup agave nectar or maple syrup
- 1 Tbs. chili powder
- 2 cloves garlic, minced (2 tsp.)
- 3 cups low-sodium vegetable broth
- 4 sprigs fresh thyme
- 1 bay leaf
- 1 cup plain soymilk
- ½ cup shredded vegan Cheddar cheese, for garnish, optional
- ¼ cup chopped green onions, for garnish, optional

1. Preheat oven to 350°F. Spread pecans on baking sheet and toast 7 to 10 minutes, or until browned and fragrant. Cool 10 minutes, then coarsely chop.
2. Heat vegetable oil in large saucepan over medium heat. Add chopped onion, and sauté 5 minutes, or until soft. Stir in 2 cups toasted pecans, agave nectar, chili powder, and minced garlic; cook 2 to 3 minutes, or until fragrant. Add vegetable broth, thyme sprigs, bay leaf, 4 cups water, and salt and pepper to taste; cover. Bring to a boil. Reduce heat to medium-low, and simmer 2 hours.
3. Remove thyme sprigs and bay leaf, and purée soup in batches in blender until smooth. Return to pot, and stir in soymilk. Reheat soup, if necessary, and serve garnished with remaining ½ cup chopped pecans, cheese, and green onions, if desired.

PER SERVING: 268 CAL; 4 G PROT; 23 G TOTAL FAT (2 G SAT FAT); 16 G CARB; 0 MG CHOL; 181 MG SOD; 4 G FIBER; 10 G SUGARS

moroccan harira

The lentils and chickpeas in this soup are good sources of protein, and cilantro and parsley stimulate circulation and digestion. Immunity gets a boost from onion and the dose of vitamin C delivered by the tomatoes and lemon.

Cinnamon offers antifungal and antibacterial benefits, and ginger relieves nausea and reduces pain with its anti-inflammatory power.



greek avgolemono soup

Beyond its soothing, easy-to-digest egg protein, this soup's mint and oregano contain rosmarinic acid, which is believed to inhibit bronchial constrictors and ease respiratory complaints. The lemon juice provides immune-building vitamin C, while leeks and onion deliver potent cold-and-flu-fighting power along with anti-inflammatory benefits.



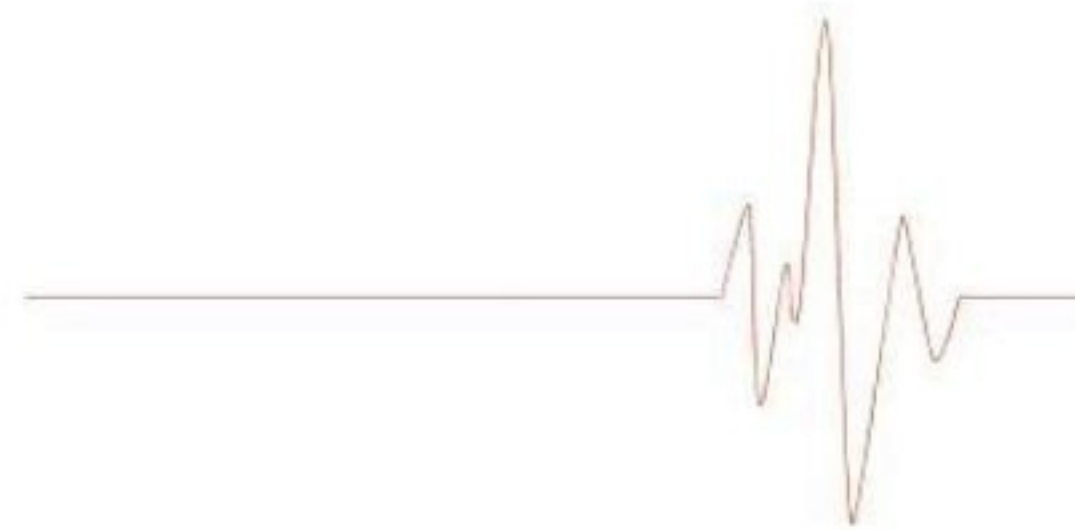
native american toasted-pecan soup

Pecans contain more than 19 vitamins and minerals and promote heart health because of their high amounts of fiber, vitamin E, and essential fatty acids. Spice this soup up with extra chili powder or ground dried chiles, a traditional remedy for clearing the sinuses and easing congestion and cold symptoms.



heart-felt meals

Keep the beat going long and strong: favor foods that fend off cardiovascular disease



Here's a statistic that could make your heart skip a beat: the World Health Organization estimates that cardiovascular disease causes approximately 17.5 million deaths per year worldwide. That's the bad news. The good news is that simply exercising regularly, maintaining a healthful weight, and eating smart can prevent 80 percent of cardiovascular disease. "Whether or not you get heart disease is dramatically influenced by the food choices you make," says Ann G. Kulze, MD, author of *Dr. Ann's 10 Step Diet*.

The fact is, the more plant-based foods and the fewer animal products you eat, the better. "Vegetarians have a much lower incidence of cardiovascular disease than meat eaters," Kulze explains. In addition to ruling out many of the saturated animal fats that raise cholesterol levels and clog arteries, a well-balanced vegetarian diet pumps your body full of the heart-healthy nutrients found in fruits, veggies, whole grains, and other good-for-you foods. On the pages that follow, we have identified foods rich in substances that promote heart health, and provided easy recipes that'll make you yearn for them.





Blood Pressure–Reducing Potassium

“High blood pressure is perhaps the single greatest contributor to the development of heart disease,” says Kulze. Scientists agree that a diet rich in the essential mineral potassium is associated with lower blood pressure levels. Potassium lowers blood pressure by counteracting the effects of excess sodium. It also aids in the transmission of nerve impulses and promotes muscle function, both of which are vital for optimal heart and blood vessel performance, explains Kulze.

To get potassium, eat these: potatoes; bananas; tomatoes; dark leafy greens; prunes; soybeans; lima beans; pumpkin seeds; avocado; almonds

Homocysteine-Busting B Vitamins (folate, B₆)

Elevated levels of homocysteine, an amino acid in the blood, are associated with risk of coronary artery disease and stroke. Folate and B₆ work in concert to metabolize or break down homocysteine. Harvard’s famous Nurses’ Health Study showed a reduced risk of cardiovascular disease in women who regularly used multivitamins (a major source of folic acid and vitamin B₆) and also in those with high dietary intake of B₆ and folic acid. In another study, reported in the journal *Circulation*, researchers at the Cleveland Clinic Foundation in Ohio found a link between low blood levels of B₆ and folic acid and an increased risk of arteriosclerosis.

To get B vitamins, eat these: fortified breakfast cereals; spinach; broccoli; asparagus; potatoes; bananas; sunflower seeds

Cholesterol-Foiling Carotenoids

Thanks to their fat solubility and potent antioxidant properties, carotenoids (plant chemicals that give fruits and veggies their red, yellow, and orange hues) are a major force in the fight against heart disease. Evidence suggests they interact with “bad” LDL cholesterol, preventing it from oxidizing and sticking to artery walls. According to a study published in 2004 in *The American Journal of Clinical Nutrition*, women with higher levels of carotenoids in their blood had a 34 percent lower risk of cardiovascular disease.

To get carotenoids, eat these: watermelon; kale; carrots; sweet potatoes; red bell peppers

The more of these powerful nutrients you get from plant-based food sources, the more protection you’ll have against heart disease.

Cholesterol-Sloughing Soluble Fiber

According to a 19-year survey that examined the effects of fiber intake on heart attacks in about 10,000 adults, those who ingested the most soluble fiber had a 12 percent reduction in coronary heart disease events. Soluble fiber combines with water in the gastrointestinal tract to form a gelatinous mass that “sponges up” cholesterol, diminishing its absorption and escorting it out of the body, Kulze explains. “It also slows down the digestion and absorption of carbohydrate foods, giving rise to lower and more stable blood glucose and insulin levels, which have favorable effects on metabolism and arterial health,” she adds.

To get soluble fiber, eat these: whole grains, such as oats and barley; beans; okra; Brussels sprouts

Clot-Fighting Omega-3 Fatty Acids

Research continues to confirm that omega-3 fatty acids, a class of polyunsaturated fats, play a key role in heart health. “Omega-3s give rise to anti-inflammatory molecules known as resolvins and protectins, both of which ward off blood clots that can trigger stroke and heart attack,” explains organic chemist Shane Ellison, author of *The Hidden Truth About Cholesterol Lowering Drugs*. Furthermore, in a 2005 Brazilian report that reviewed 159 studies of the effects of omega-3 fatty acids, soluble fibers, and phytosterols on heart health, scientists established that omega-3 fatty acids lower triglyceride levels (high levels are a risk factor for heart disease). Researchers also found that omega-3s increase “good” HDL cholesterol, says Dawn Jackson Blatner, RD, a spokeswoman for the American Dietetic Association and author of *The Flexitarian Diet*.

To get omega-3 fatty acids, eat these: flaxseed; flax oil; walnuts; soy; canola oil; small dark leafy greens such as watercress, arugula, purslane

Artery-Flexing Flavonoids

Both oxidation and inflammation are involved in the development of cardiovascular disease. “But thanks to their potent antioxidative and anti-inflammatory activity, flavonoids pack a powerful one-two punch against heart disease,” says Kulze. In particular, this large class of plant chemicals keeps the lining of the arteries (endothelial cells) flexible, which improves blood flow and reduces blood clotting. In a 2001 *American Journal of Clinical Nutrition* study, researchers reported that a 7.5-milligram increase in intake of catechins (the flavonoid compounds found in tea and cocoa) resulted in a 20 percent reduction in heart disease mortality risk.

To get flavonoids, eat these: cocoa; dark chocolate; green tea; red wine; extra virgin olive oil; pomegranates; apples

SWEET POTATO SALAD WITH
APPLE AND AVOCADO



Sweet Potato Salad with Apple and Avocado

SERVES 6 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

Sweet potatoes provide a flavorful base for this salad and offer a first line of protection for the body's vital blood-pumping organ. Avocado and pumpkin seeds are good sources of heart-healthy potassium and essential fatty acids, and the protein content of the two combined makes this more of a meal than a side dish. Serve it on a bed of spinach or arugula for another layer of defense.

- 1 lb. sweet potatoes, peeled and cut into ½-inch cubes
- 1 cup frozen corn
- ¾ cup unsalted hulled pumpkin seeds or pepitas

- 1 medium red apple, diced (1 cup)
- ½ small onion, finely chopped (½ cup)
- ¾ cup chopped cilantro
- ¾ cup lime juice
- 2 Tbs. olive oil
- ½ avocado, finely diced

1. Place sweet potatoes in large saucepan, and cover with water. Bring to a boil, and cook 3 minutes. Add corn, and cook 1 to 2 minutes more, or until potatoes are tender. Drain in colander and rinse under cold water to cool. Drain well.
2. Toast seeds in dry skillet over medium-high heat 3 to 4 minutes, or until they begin to pop. Cool on plate.
3. Combine apple, onion, cilantro, and lime juice in large bowl. Stir in sweet potatoes, corn, and oil; add salt and pepper to taste. Stir in avocado

and toasted pumpkin seeds just before serving.

PER SERVING: 179 CAL; 3 G PROTEIN; 9 G TOTAL FAT (1 G SAT FAT); 23 G CARB; 0 MG CHOL; 117 MG SOD; 4 G FIBER; 8 G SUGARS

Quinoa-Stuffed Peppers

SERVES 8 | GLUTEN FREE

Carotenoids give red bell peppers their vibrant color and protect against hardening and clogging of the arteries. Potassium-rich tomatoes, B vitamin-packed spinach, and soluble-fiber-laden beans add to the heart-friendliness of this dish. The quinoa in the stuffing provides whole-grain goodness with minimal saturated fat and a serving of complete protein.

- 2 Tbs. olive oil
- 1 medium onion, finely chopped (1 cup)

Eighty percent of cardiovascular disease is preventable through weight maintenance, regular exercise, and eating dishes like these.

- 2 ribs celery, finely chopped (½ cup)
- 1 Tbs. ground cumin
- 2 cloves garlic, minced (2 tsp.)
- 1 10-oz. pkg. frozen chopped spinach, thawed and squeezed dry
- 2 15-oz. cans diced tomatoes, drained, liquid reserved
- 1 15-oz. can black beans, rinsed and drained
- ¾ cup quinoa
- 3 large carrots, grated (1½ cups)
- 1½ cups grated reduced-fat pepper Jack cheese, divided
- 4 large red bell peppers, halved lengthwise, ribs removed

1. Heat oil in saucepan over medium heat. Cook onion and celery in oil 5 minutes, or until soft. Add cumin and garlic, and sauté 1 minute. Stir in spinach and tomatoes. Cook 5 minutes, or until most of liquid evaporates.

2. Add beans, quinoa, carrots, and 2 cups water; cover. Bring to a boil, and reduce heat to medium-low. Simmer 20 minutes, or until quinoa is tender. Stir in 1 cup cheese. Add salt and pepper to taste.

3. Preheat oven to 350°F. Pour liquid from tomatoes into baking dish.

4. Fill each bell pepper half with heaping ¾-cup quinoa mixture. Bake 1 hour in foil-covered baking dish. Uncover; sprinkle 1 Tbs. remaining cheese over each pepper. Bake 15 minutes, or until cheese is browned. Cool 5 minutes. Put on plates. Drizzle with pan juices; serve.

PER SERVING: 279 CAL; 14 G PROTEIN; 10 G TOTAL FAT (3 G SAT FAT); 36 G CARB; 15 MG CHOL; 518 MG SOD; 10 G FIBER; 9 G SUGARS

Brussels Sprouts with Walnuts and Dried Cranberries

SERVES 6 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

Brussels sprouts top the charts for cholesterol-purging soluble fiber, with

2 grams per ½-cup serving. Here, they're paired with walnuts and walnut oil, which are rich in heart-healthy omega-3s.

- ½ cup coarsely chopped walnuts
- 2 tsp. olive oil
- 1½ lb. Brussels sprouts, trimmed and halved
- 2 medium shallots, halved and sliced (¼ cup)
- 1 clove garlic, minced (1 tsp.)
- ¼ cup coarsely chopped dried cranberries
- 1 Tbs. agave nectar
- 1 Tbs. walnut oil

1. Toast walnuts in large skillet over medium-high heat 3 to 4 minutes, or until fragrant. Transfer to plate.

2. Wipe out skillet; return to heat. Add oil, swirling to coat bottom. Add Brussels sprouts, and cook 5 minutes, or until browned, stirring occasionally. Add shallots and garlic; cook 1 minute more.

3. Stir in cranberries, agave, and 1 cup water. Partially cover pot; reduce heat to medium. Simmer 5 to 7 minutes, or until most of liquid has evaporated and Brussels sprouts are just tender. Put in serving bowl. Toss with walnut oil and nuts; add salt and pepper to taste.

PER SERVING: 172 CAL; 5 G PROT; 11 G TOTAL FAT (1 G SAT FAT); 19 G CARB; 0 MG CHOL; 124 MG SOD; 5 G FIBER; 9 G SUGARS

Tempeh au Vin

SERVES 8 | VEGAN

In our vegetarian take on a classic French stew, red wine tenderizes tempeh cubes, adds rich flavor, and lends its flavonoids to help keep arteries subtle. Loaded with carotenoids, carrots protect arteries against cholesterol buildup. The recipe calls for spelt berries, a favorite whole grain in the south of France, but you can substitute brown rice, whole-wheat pasta, or your favorite whole grain.

- 2 Tbs. olive oil, divided
- 3 small leeks, white and light green parts cut into 1-inch-thick rounds (1½ cups)
- 2 small onions, cut into chunks (1½ cups)
- 1 lb. white button mushrooms, halved (4 cups)
- 3 large carrots, cut into ½-inch-thick rounds
- 1 8-oz. pkg. tempeh, cut into ½-inch cubes
- 4 smoky tempeh strips, such as Lightlife, chopped (½ pkg.)
- 3 cloves garlic, peeled and sliced (1 Tbs.)
- 3 Tbs. all-purpose flour
- 1 bottle medium-bodied red wine, such as Syrah or Beaujolais
- 4 sprigs fresh thyme
- 2 bay leaves
- 2 cups spelt berries

1. Warm 1 Tbs. oil in large pot over medium-high heat. Add leeks and onions. Cook, stirring occasionally, 5 to 7 minutes, or until beginning to brown. Add mushrooms; cook, stirring occasionally, 5 to 7 minutes, or until most of their juice evaporates. Add carrots, tempeh cubes and strips, garlic, and flour. Stir to coat vegetables with flour. Cook 2 to 3 minutes, or until fragrant.

2. Stir in wine, 3 cups water, thyme, bay leaves, and salt and pepper to taste. Reduce heat to medium-low, partially cover, and simmer 1½ hours, or until carrots are tender and sauce thickens.

3. Meanwhile, cook spelt berries in 6 cups water 1½ hours, or until soft. Drain.

4. Remove tempeh mixture from heat. Stir in remaining 1 Tbs. oil; add salt and pepper to taste. Serve with spelt berries.

PER SERVING: 322 CAL; 16 G PROT; 8 G TOTAL FAT (1 G SAT FAT); 50 G CARB; 0 MG CHOL; 368 MG SOD; 7 G FIBER; 8 G SUGARS

curative powers at a glance



FOOD	ANTICANCER	COLD-FLU FIGHTING	DIABETES PREVENTING	DIGESTIVE AIDING	HEART HEALTHY	PAIN REDUCING
AÇAÍ	🧪		🔪		♥	
AVOCADO					♥	
BLUEBERRIES					♥	
CAYENNE		💧				📦
TART CHERRIES						📦
DARK CHOCOLATE					♥	
CINNAMON			🔪			
COFFEE	🧪		🔪			
CRANBERRIES					♥	
FLAXSEED	🧪			👤	♥	
GARLIC	🧪	💧			♥	
GINGER		💧		👤		📦
GREEN TEA	🧪				♥	
HONEY		💧				
KALE	🧪				♥	
MUSHROOMS (MAITAKE, SHIITAKE, REISHI, WHITE BUTTON)	🧪				♥	
OATS				👤	♥	
EXTRA VIRGIN OLIVE OIL					♥	
ONION		💧				
OREGANO	🧪				♥	
PAPAYA				👤	♥	
PECANS					♥	
QUINOA					♥	
SOY	🧪				♥	
TURMERIC				👤		



VEGAN	DAIRY FREE	GLUTEN FREE	LOW CALORIE	LOW SATURATED FAT	30 MINUTES OR FEWER	
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				■		Blueberry-Hazelnut Muffins, p. 14
						SALADS
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■	■	■	■	■	■	Cannellini Salad with Arugula Pesto, p. 57
■	■	■	■	■		Fruit Salad with Vanilla-Apple Syrup, p. 80
■	■	■	■	■		Grilled Ratatouille Salad, p. 78
■	■	■	■	■		Papaya-Avocado Salad, p. 63
■	■	■	■	■		Penne Pasta Salad with Parmesan, p. 37
■	■	■	■	■		Quinoa Salad with Orange-Cumin Vinaigrette, p. 67
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	■		■	■		Greek Avgolemono Soup, p. 86
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■	■	■	■	■	■	Brussels Sprouts with Walnuts and Dried Cranberries, p. 92
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■	■		■	■		Spaghetti with Spinach and Mushrooms, p. 80
		■	■	■		Tempeh au Vin, p. 93
■	■		■	■		Tempeh in Hearty Mushroom-Mustard Sauce, p. 70
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