



naturallyhealthy

WITH DR. LISA, NATUROPATHIC DOCTOR

Great everyday on your detox!

## Collard Greens

This yummy leafy green is naturally sweet. They can be eaten everyday on your detox, just watch what you cook them with on day 5, 6 and 7. All seasonings are fine.

Collard Greens: Nutritional Goldmine! Outranks broccoli, spinach and mustard greens in nutritional value. They taste best with olive oil and onions, leeks or garlic. Strong flavorings like hot red pepper, ginger, curry, vinegar and hot sauce work well. Good in soups and bean stews. Don't steam. The best cooking method is a quick cook in small amount of water before sautéing. Bring 2 cups water to a boil in a skillet large enough for the leaves to spread out. Add the chopped greens to the boiling water, cover, cook on high for 8-10 minutes. Drain, save the broth and then sauté. You can just sauté without boiling but they will be a little chewier and stronger flavored. Start with onions or leeks and garlic in a little oil and add the collards and some water to keep from sticking to pan, about ½ cup/bunch. Cook up to 10 minutes.

To prepare, fold the leaves in half, and remove leaves from stalk. To chop, stack 4-5 leaves on top of each other and roll into a fat cigar shape and slice into strips. Slice to your liking, from slivers to ½ inch wide.



naturallyhealthy

WITH DR. LISA, NATUROPATHIC DOCTOR

Great for detox days 1, 2, 3, 4 & 9

## Black Bean Salad

BEANS are a wonderful way to add high-quality, plant-based protein to your diet. They are high in Iron, B-vitamins and Fiber. They are great to add to soups, salads, turkey meatloaf or anything else you can think of! They will keep in the refrigerator for up to 7 days stored in an airtight container.

Canned Beans-buy Organic- Eden makes canned black beans with Kombu!

Dry Beans: Soak dry beans for 6 hours or overnight. Using 3-4 cups of water per 1 cup of beans. Drain beans and discard soaking water. Place beans in a heavy pot and add fresh water. Add a piece of Kombu (seaweed) in bottom of pot to improve flavor, digestibility, nutrients and faster cooking. Bring to a full boil and skim off foam. Cover, lower heat and simmer for 45-60 minutes. Check for doneness at 30 min. About 10 minutes before the end of cooking time add 1 teaspoon of unrefined sea salt. Cook until beans are tender.

### Black Bean Salad

2 cups black beans

1 red, green, and yellow bell pepper

3 cups water

5 inches kombu

2 cloves garlic

1 teaspoon coriander

2 teaspoons cumin

1 tablespoon olive oil

1 teaspoon sea salt

Pinch of cayenne

Juice of one lemon

Soak and Wash beans.

Place them in a pot with kombu.

Add water and bring to boil.

Cover, add spices and simmer for an hour.

Chop onions, peppers, and mince garlic.

Meanwhile sauté onions and garlic.

Mix beans with sautéed onion mixture.

Add peppers, olive oil, and salt.

\*Garnish with cilantro and squeezed lemon juice.



naturallyhealthy

WITH DR. LISA, NATUROPATHIC DOCTOR

Great for days 1,2,3, 9,10 and beyond!

## **Braised Broccoli Rabe with Roasted Red Peppers and Hempseeds**

This is a side dish that will have you and your loved ones in love with greens. Don't let the spicy zip and the rich flavor fool you. The nutrients in this simple side dish are just perfect for keeping your bones healthy...from calcium and folic acid to omega 3.

Extra virgin olive oil

2-3 cloves fresh garlic, finely minced

1 yellow onion, diced

sea salt

cracked black pepper

1 fresh jalapeno pepper, finely minced, with seeds

1 red bell pepper, roasted over an open flame, peeled, seeded, sliced into thin ribbons

1 small bunch broccoli rabe, rinsed well, stems trimmed, left whole

dry white wine

2 teaspoons shelled hempseeds, lightly pan toasted-you can substitute with Almond slivers, pine nuts, or chopped walnuts

Place about 3 tablespoons oil, garlic and onion in a deep skillet over medium heat. When the onions begin to sizzle, add a pinch of salt and pepper and sauté for 2-3 minutes. Stir in jalapeno and roasted peppers, a pinch of salt and sauté for 1-2 minutes. Stir in broccoli rabe, season lightly with salt and drizzle with wine. Cover, reduce heat to low and braise broccoli rabe until wilted and bright green, about 4 minutes. Stir well to combine ingredients and transfer to a serving platter. Sprinkle with hempseeds and serve immediately. Makes 3-4 servings.



naturallyhealthy

WITH DR. LISA, NATUROPATHIC DOCTOR

This is a great dipping snack! Perfect for days 1,2,3,4 & 9

## Hummus

1 15 oz. can chick peas (drained – see below)  
1 tbsp. Tahini (sesame paste)  
2 cloves garlic  
¼ cup olive oil  
juice of lemon (1/2 or whole)  
2 tbsp. water or chick pea liquid  
salt and pepper to taste

Blend chick peas & garlic to paste.  
Add all other ingredients in blender or chopper to fine paste.  
Add more liquid slowly if necessary.  
Chill.  
Serve with raw vegetables.



naturallyhealthy

WITH DR. LISA, NATUROPATHIC DOCTOR

Great for days 1,2,3 & 8!

### **Rice and Yam Cartwheels\***

1 cup cooked rice

1 cup mashed cooked yams

2 tbs ground nuts

¼ tsp ground cinnamon

pinch of nutmeg

2 tbs oil

In a medium bowl, combine cooked rice and mashed cooked yams.

Add ground nuts and ground cinnamon and a pinch of nutmeg.

Shape into patties. Heat oil in a large skillet and add patties, and sauté about 10 minutes on each side, until nicely brown. Serve hot



naturallyhealthy

WITH DR. LISA, NATUROPATHIC DOCTOR

Great for days 1, 2,3 & 9+ - omit pine nuts for day 4!

### **Quinoa with Chick-Peas and Spinach - Quinoa is more nutritious than rice - Serves 4**

1 cup quinoa  
1 cup water  
 $\frac{3}{4}$  cup freshly squeezed OJ  
 $\frac{1}{2}$  tsp sea salt  
Zest from 2 oranges  
1 tbs EVO oil  
2 medium onions chopped  
3 garlic cloves minced  
 $\frac{1}{2}$  cup organic raisins  
1 cup cooked chick peas  
1.5 lbs spinach leaves, trimmed, washed, drained, dried and chopped (about 6 cups)  
Salt to taste  
 $\frac{1}{2}$  tsp cinnamon  
 $\frac{1}{4}$  cup toasted pine nuts  
1 orange, cut into wedges

Rinse quinoa. Combine water, oj and bring to a boil in a 1.5-2qt saucepan. Add salt, zest, and the rinsed quinoa. Return to a boil, reduce heat, cover and simmer 15 minutes or until all liquid has been absorbed. Remove from heat and let sit, covered for 10 minutes to fluff up.

While the quinoa is cooking, heat the oil in large skillet that has a tight lid and add the onions, sauté over medium heat for 10 minutes until softened and starting to brown a bit. Add garlic and sauté until golden.

Add raisins and chick peas, and chopped spinach. Cover and cook over medium heat for 5 minutes, or just until spinach has wilted. Adjust heat if necessary. Drain excess water. Season to taste with salt.

To serve, fold the veggies into the hot cooked quinoa. Stir in cinnamon. Garnish with the toasted pine nuts and orange wedges.



naturallyhealthy

WITH DR. LISA, NATUROPATHIC DOCTOR

Perfect for day 3

## Recipe of the Month: **BASIL WALNUT PESTO** Makes 2 cups

2 cups basil leaves and small stems  
½ cups raw walnuts  
½ cup olive oil  
2 cloves garlic  
1 Tbsp fresh lemon juice  
salt & pepper to taste

### PURE AND AUTHENTIC METHOD:

Pound by hand in a mortar or suribachi bowl –

1. Start with walnuts and garlic, pound with pestle to make a paste.
2. Add basil leaves by small handfuls, continuing to pound and grind in the mortar, adding small amounts of olive oil as needed.
3. Transfer to medium bowl or jar. Add remaining olive oil, lemon juice, salt, pepper

### CONVENTIONAL METHOD:

1. Puree basil, nuts, garlic and a minimal amount of oil in a food processor.
2. Transfer to a medium size bowl.
3. Add remaining olive oil, lemon juice, salt, pepper

\*Pesto is best used the same day, but will keep in the refrigerator for a few days with a thin layer of olive oil on top, tightly covered; or freeze for up to 2 months.

Toss with vegetables or gluten free rice pasta!

\*\*Remember it's always best to use organic!

A Natural Choice  
Sydney Lee - certified holistic health counselor, AADP  
Nutritional & Lifestyle Counseling  
Ph: 732.245.2869  
7 Globe Court, Red Bank, N.J. 07701



naturallyhealthy

WITH DR. LISA, NATUROPATHIC DOCTOR

## Element Dressing

Prep Time: 5 minutes

Yields: 2 1/2 cups

### Ingredients:

1 cup toasted sesame seeds  
1 tablespoon tamari  
1 tablespoon umeboshi vinegar  
1 tablespoon sesame oil  
1 tablespoon freshly grated ginger  
1 tablespoon brown rice syrup  
1 cup water

Directions: Combine all ingredients in a jar with a tight lid, shake well and use on salad or veggies!  
Chunky Salsa

Prep Time: 10 minutes

Yields: 4 servings as appetizer

### Ingredients:

4 large tomatoes, chopped  
1/2 red onion, chopped  
1 seeded jalapeno, chopped  
2 cloves garlic, minced  
1/2 cup chopped cilantro  
3 tablespoons freshly squeezed lime juice  
1 tablespoon olive oil  
Freshly ground black pepper to taste

Directions: Stir all the ingredients in a bowl. If time allows let flavors blend by letting the salsa chill for 20 minutes. Serve with baked tortilla chips.

Variations: Add 1/2 cup of grated carrot for a little sweet flavor.

Recipe From:

Natural Health Magazine, Feb 2005



naturallyhealthy

WITH DR. LISA, NATUROPATHIC DOCTOR

Great for everyday but save this treat for days 5, 6 & 7!

### **Oven Roasted Brussels Sprouts with Apples**

1 pint Brussels sprouts, cleaned and left whole  
1 small apple, peeled, cored and cut into eighths  
1 tsp extra virgin olive oil

Preheat oven to 375 degrees. In a large bowl, toss Brussels sprouts , apple and oil together. Cover a cookie sheet with aluminum foil; spread apple-Brussels sprouts mixture evenly. Roast uncovered for 20 minutes. Makes 2 servings. Also try with cayenne pepper, lime juice & unsweetened apple juice.