

# Greenwich Sentinel



Building a Strong Community Together † March 31, 2017

## Recipes That Promote Wellness and Are Yummy, Too



By Julia Chiappetta

As winter hangs on by a thread and our rainy days keep us indoors, I thought I would share some of my favorite healthy recipes and look forward to hearing from those of you who are excited to try them.

I've given you a hint as to some health benefits for each recipe to for some added fun.

### Heart Healthy Zucchini Bread (Makes 14 servings)

#### Ingredients:

3/4 cup loosely packed shredded zucchini  
6 eggs (4 of them separated)  
1/2 cup coconut milk  
1/2 cup coconut oil melted (plus extra for greasing pan)  
1/2 cup Swerve sweetener (made from fruits & vegetables)  
1 tsp Stevia Glycerite (made from plant leaves)  
1 tsp pure vanilla  
1 1/2 tsp cinnamon  
1/2 tsp Celtic sea salt  
3/4 cup coconut flour  
1 tsp baking powder  
1/2 cup chopped pecans or walnuts (optional) unsweetened coconut flakes (optional topping)

Preheat oven to 350 degrees. Grease a 9x5x3 inch loaf pan with coconut oil. Separate 4 eggs into two bowls. Whip the egg whites until very fluffy. In the other bowl, blend together the 4 egg yolks, zucchini, oil, coconut milk, sweetener, vanilla, cinnamon, and salt. Then add coconut milk while beating well. Combine coconut flour and baking powder and sift into batter.

Blend until there are no lumps. Fold in nuts. Gently fold in the egg whites to the batter. Pour into a pan greased with coconut oil. Top with unsweetened coconut flakes. Bake for 60 minutes, or until an inserted toothpick comes out clean.

### Thyroid Supporting Raw Hummus (Yield: 5.5 Cups)

(Tahini, or sesame seed, free)

#### Ingredients:

3.5 cup Sprouted Chick Peas;  
10 oz. olive oil; 3 cloves garlic;  
5 oz. lemon juice; 2 tsp. kelp powder;  
1/4 tsp. seasoning (pizza seasons works well); 1 pinch Cayenne; 2 tsp. Ground Cumin Seed

#### Technique:

1. In a blender, combine all ingredients.
2. While blending in a Vita Mix, stir vigorously with the stirring rod.
3. Season to taste with Bragg's Liquid Aminos, other herbs, or olives.

### Dairy Free Creamed Spinach Dip (Yield: 4-6 servings)

#### Ingredients:

1 lb. Spinach chopped in food processor with "S" blade  
1-2 oz. of dehydrated almond meal  
**Sauce:**  
1.5 oz. lemon juice, 5 oz. water  
1.5 C. pine nuts (soaked and rinsed)  
1.5 cloves garlic  
1/2 T. kelp powder 1 pinch cayenne  
1 Tsp. oregano

1. Blend ingredients in sauce thoroughly until creamy.
2. Mix sauce in with spinach to desired texture.

Top with shredded yellow squash or crushed almonds.

Enjoy this dip with the flax crackers or your choice of organic vegetables.

### Protein-Packed Mushroom Veggie/Vegan Burger

While mushrooms provide plenty of flavor and texture, the addition of pinto beans makes this veggie burger recipe high in fiber and protein.

#### Ingredients:

2 tbsp. vegetable oil 1 onion, diced  
1 clove garlic, minced  
3 green onions, diced  
1/2 tsp cumin  
3/4 cup diced fresh mushrooms  
1 15-ounce can pinto beans  
1 tsp parsley  
Salt and pepper to taste  
Coconut or olive oil for frying

#### Preparation:

Sautee the onions and garlic in olive oil for 3 to 5 minutes until onions are soft. Add green onions, cumin and mushrooms. Cook another 5 minutes until mushrooms are cooked. Set aside.

Mash the beans with potato masher, or in a food processor until well mashed. Add the mushrooms to the beans and add parsley, salt and pepper. Stir until well combined. Shape the mixture into patties. Heat about two tablespoons of coconut or olive oil and cook each patty 3 minutes on each side.

Add toppings such as avocado or tomato. Serve wrapped in lettuce leaf or gluten free toast.

### Anti-Oxidant Vegan Meatballs (Serves 4-6)

Prep Time: 15 minutes

Cook Time: 40 minutes

#### Ingredients:

2 cups red lentils, rinsed  
3 cups vegetable stock  
1/2 cup finely chopped onions  
2 cloves garlic, finely chopped  
1 T. olive oil, plus more for cooking  
8 oz. cremini or button mushrooms, sliced  
1 t. dried thyme  
1 cup nutritional yeast  
1 cup finely ground flax seeds (also known as flax meal)  
About 1/4 cup gluten free flour, such as sorghum or rice flour and more if needed

Salt and pepper to taste

#### Preparation:

In a medium-large pot, combine the lentils, vegetable stock, onions and garlic and bring to a boil. Turn down the heat, and let the lentils simmer, covered, for about 20-25 minutes, or until very soft. Remove from heat and mash well with a potato masher or fork.

Meanwhile, heat the olive oil in a small skillet over medium-high heat. Add the mushrooms and thyme and sautee until the mushrooms are very soft, about 4-6 minutes.

In a food processor or blender, combine half of the lentil mixture with the mushrooms, ground flax seeds and nutritional yeast, and process until smooth. Add processed mixture to remaining lentil mixture and mix with a wooden spoon until combined.

Gradually stir in the sorghum flour or rice flour, 1 tbsp. at a time, until the mixture holds together. Allow the mixture to reach room temperature before forming into balls.

Cook the lentil balls in small amount of oil in a heavy-bottomed skillet over medium-high heat. Add the lentil balls to the hot oil, cooking only as many at a time as will fit without touching. Cook, flipping the lentil balls to brown them on all sides, until they're golden brown—about 4 minutes. Repeat until all of the lentil balls are cooked.

• They are enjoyed over spaghetti with sauce, in a wrap or as a side dish.

• For those used to cooking meatballs in sauce, however these should be cooked separately then added to sauces to avoid them from breaking apart.

• The mixture can be made up to one day in advance and then formed into balls and cooked.

### Detoxing Roasted Beet Puree

Peel then cut 3 medium beets into long thin strips. Put into pan for roasting. Heat oven to 350.

Marinate beets with organic cold pressed olive oil, sea salt, fresh crushed black pepper, 1-2 tbsps. cider vinegar or balsamic vinegar. Top with 3/4 cup of fresh chopped oregano

Mix to coat thoroughly.

Cook in oven for about 20 minutes with cover. Then 15 minutes without cover. Let stand to cool then puree in food processor or dice to serve chunky. Serve with Flax or any other gluten free cracker. Refrigerate and re-heat for leftovers.

### Anti-inflammatory Coconut Macaroons (Makes 36-40 macaroons)

#### Ingredients:

3 cups dried unsweetened coconut flakes without sulfur dioxide  
1 cup agave nectar (dark is low glycemic)  
1 cup almonds ground (use your coffee grinder)  
1/3 cup coconut butter  
1 tablespoon vanilla (optional)  
1/2 teaspoon sea salt

Combine and mix all ingredients in a large bowl. Refrigerate for easier forming of small balls. Dehydrate overnight (8-10 hours).

If using an oven, lowest temp possible (165-175) for 4-5 hours. Freeze for one hour to serve. Sprinkle with ground coconut flakes to taste.

As always, do something good for your body this week: take a walk, hike or run, lift some weights, take an exercise or spin class and eat something green! I am encouraged by the sounds of birds chirping outside my windows at sunrise—a reminder that spring is surely coming soon. So let's look forward with hope and hearts filled with love and gratitude for those precious gifts in our lives we call our family and friends.

*Julia Chiappetta is the author of "Breast Cancer: The Notebook" (Gemini Media, 2006) and is also the owner of Julia Chiappetta Consulting. She lives in Cos Cob. More information and past columns*