

IT'S MORE THAN JUST FOOD

The goal in this recipe is to incorporate the 5 elements of Traditional Chinese medicine with 5 flavors: sour, bitter, sweet, pungent, and salty. While Chinese Medicine doesn't promote the eating of uncooked foods, after a warm meal this is perfect to aid in digestion.

Arugula with 5 elements

Serves 4

Please have ready: A big salad bowl and a blender.

Salad: (we are making the Autumn salad)

5 oz arugula, this is the "bitter" salad leaf. Just fill up the bowl, it's that good.

1 Tbsp Fresh peeled, chopped ginger (about pinky size)

Autumn/ Winter Add Ins:

1/3 cup Dried cranberries,

Zest of 1 orange

1/3 cup roughly chopped pecans,

1 chopped apple (skin on optional)

(Summer Salad Add Ins): strawberries, cashews, almonds, coconut flakes, summer berries.

Dressing:

2/3 cup olive oil

1/3 cup Organic grade B Maple syrup

1/4 teaspoon Himalayan pink salt

1/2 teaspoon cinnamon

Juice of half a lemon or a blood orange

1/2 teaspoon raw ginger

Optional ingredient: About a 1/4 cup of the reserved cooking liqueur from a beet or add a cooked beet for creaminess.

Put in a blender and blend away The dressing will be silky and delicious.

Healing Broth Pho Ga

Serves 6

Ingredients:

1 large clove garlic

2-inch ginger, peeled & diced

Star Anise about 4-5

2 quarts of fresh chicken stock or broth (vegetable broth can be substituted)

2 bunches scallion, white part only chopped, save the green for garnish

½ package rice vermicelli or rice linguini noodles

Pho Add Ins:

Mung bean sprouts

Thai basil

Cilantro

Hot chili peppers

Optional Rice noodles

In a medium sized pot place the chicken broth, garlic, ginger, white ends of the scallion and star anise. Bring to a simmer and cook for about 20 minutes, uncovered.

In a separate pan boil water and add the rice noodles with a tablespoon or so of olive oil. Cook for about 8 minutes, checking for doneness. Retrieve the cooked noodles with tongs and place in a soup bowl. Add the broth and garnish with mung bean sprouts, chilis, and cilantro. Serve in a deep bowl with a soup spoon and chop sticks.

Fried Chicory or Greens in Olive Oil with Garlic & Crushed Red Pepper

This can be made with any type of greens available. Chicory greens are in the dandelion family and have anti-inflammatory properties. It improves blood sugar and digestive health among many other health benefits. Such as cleansing the liver.

Ingredients:

1 clam shell of mixed power greens or a bunch of fresh chicory leaves. Rinse well, if it is chicory leaves, dry and chop.

1-2 cloves of garlic smashed

Sprinkle of crushed red pepper

Generous drizzle of olive oil

Optional, grated parmesan

Italian bread or gluten/ grain free substitute slice in half.

In a large sauté pan add a good drizzle of olive oil and add the garlic and crushed red pepper. Then add the greens and toss until they are just wilted. Remove from the heat. Spread over sliced Italian bread or substitute with optional grated cheese. you can pop in the oven to melt or press in the sauté pan as a sandwich.