

Mushroom Quinoa Bowl

Ingredients: serves 2

- ½ cup quinoa
- 2 tbsp coconut oil
- ¼ cup chopped onion
- ¼ cup thinly sliced celery
- ½ cup bell peppers
- 1 small zucchini diced
- 1 clove of garlic chopped
- 1 cup sliced mushrooms
- 1 tsp sea salt
- 1 tbsp dried basil
- 2 tbsp flour
- ½ to 1 cup coconut milk



1. **Quinoa:** soak the quinoa in a cup of water for 1-2 hours then drain and add to 1 cup boiling water – cook for 15 minutes then take off heat and put aside until ready to use.
2. **Sauté Veggies:** heat a large frying pan on medium heat and add the coconut oil, onions, celery, garlic, peppers and zucchini and simmer for 10 minutes then add the mushrooms.
3. Season with the sea salt and basil and continue simmering for 15 minutes until everything is tender.
4. **Creamed Sauce:** add the flour to the veggie mixture and stir until just mixed then gradually add the milk while stirring until you have a creamy sauce (be careful to add just enough milk to coat everything with the sauce).
5. Taste and adjust the seasoning if needed.
6. Quinoa: drain then add to the veggie mixture – you can add a scoop of the quinoa to the middle of the stew and serve so each person can stir it in as they eat it or stir it all in and serve while still hot.



Did you know? Mushrooms are fat free, a good source of selenium (this helps fight prostate cancer) and are a good source of Vitamin D. There are many varieties; button, chanterelle, crimini, shiitake, oyster, enoki, Portobello, porcini and morel, just to name a few. Mushrooms contain compounds called hydrazines, which are toxic to the liver and are carcinogenic. Cooking mushrooms reduces or eliminates these toxic compounds. Mushrooms are high in copper, magnesium, phosphorus, potassium, selenium, niacin and folate. It is best to eat them cooked.

Mushrooms with Red Cabbage

Ingredients:

Portabella mushroom
garlic
marinate for mushrooms
asparagus
sweet potato or yam
red cabbage
cranberry sauce



1. Marinating Mushrooms:

Take an assortment of mushrooms, slice them and put them in a deep bowl.

Prepare the marinade below

Marinade:

- 3 tbsp. extra virgin olive oil
- 3 tbsp. apple cider vinegar
- 3 tbsp. organic naturally fermented soy sauce
- 1 clove garlic
- 1 tsp. horseradish
- 2 tsp. maple syrup or honey
- pinch cayenne pepper

Blend well then pour over mushrooms and let them sit for 1 hour to marinate in the fridge.

Put in the dehydrator at 105F for 3-4 hours turning once or twice while drying. Or cook for 30 minutes on a grill in a 400F oven, turn to add grill marks to both side.



2. Red Cabbage Sauerkraut:

Cook the cabbage in boiling water for 20 minutes then drain

In a saucepan melt the following and cook for 10 minutes until tender

- 2-3 tbsp diced onion
- 1 clove garlic minced
- 2 tbsp coconut oil

Add the following and simmer for 5 minutes:

- ¼ cup cranberry sauce
- 2-4 tbsp water
- the drained cabbage

3. Cook Yams and Asparagus:

- Wash & slice the yams then cook in water for 15 minutes until tender – keep warm until ready to serve
- Steam the asparagus spears for 5-10 minutes just until tender

4. Plate everything on a hot plate

