

# Let's Make Healthy Cooked Food

Always start your meal with a Large Raw Salad giving you a good beginning for your evening meal.

**Healthy Carbs:** Whole carbs are unprocessed and contain the fiber found naturally in the food, while refined carbs have been processed and have the natural fiber stripped out. Examples of whole carbs include vegetables, whole fruit, potatoes, legumes, and whole grains. These foods are generally healthy.

We should be careful when adding beans, potatoes, rice and pasta to your evening meals. They should not be the biggest part of the recipe instead you can add ½ cup of cooked rice to your stir-fried veggies, or a small baked potato, or a small amount of pasta (rice pasta is best) to your veggie pasta sauce. Bread is something I try to eat on special occasions only because all grains turn to sugar in the body and most disease feeds on sugars.



## Potato Recipes

**Preparation time:** 40-60 minutes (including cooking time)

**Serving size:** 1 potato per person

### Simple Baked Potato or Yam

Nothing could be easier – here are the 4 easy steps:

1. take a raw potato or yam scrubbing it clean then
2. prick some holes in it with a fork
3. wrap in aluminum foil and put in the oven set at 400F for 50-90 minutes depending on the size
4. To check if they are done take a fork and insert it into the potato – if it goes in easily they are finished!

While it is cooking you can steam some veggies, chop some raw veggies, get out the condiments like corn relish & tomato salsa and put out some hot vegetarian chili to eat with the potato or to add to the potato (your choice).

Once fully cooked garnish with your favorite:

- steamed veggies like broccoli, cauliflower
- chopped raw veggies like red peppers & zucchini
- drizzle with olive oil or top with one of your favorite condiments
- add a scoop of vegetarian chili to make it really special
- season with sea salt & garlic powder.



**Did you know?** Raw potatoes contain easily digested natural sugars that convert to starch when cooked. Potatoes are high in potassium, sulphur, chlorine and phosphorus and have good cleansing benefits. There are a variety of methods to cook potatoes such as baking, boiling, or mashing. Potato varieties include: white, red, russet, yellow Finn, new, purple, Yukon gold, fingerlings, Bintje.



If you have leftover potatoes you can make these simple recipes. Or you might like them so much that you cook up some potatoes just for this!

## Potato Ragu: serves 2

In a large skillet melt some coconut oil then add the following and simmer until tender:

- ½ cup of each: red peppers & onion (finely chopped)
- ¾ cup celery (finely chopped)
- ½ cup carrots (chopped into small pieces)
- ½ cup diced parsnips
- 2-3 cloves of garlic finely minced

Then add the following and simmer for another 20 minutes:

- ½ cup water
- 1 cup thinly sliced cooked potato
- 1 medium zucchini sliced into quarters and then thinly sliced
- 10-15 small grape tomatoes sliced in half
- season to taste with sea salt & cayenne pepper
- 4-6 fresh basil leaves chopped finely or 1 tsp dried basil
- ½ tsp curry powder

Serve hot after a big fresh raw salad.



## Pasta Dinners

### Broccoli Alfredo Pasta: serves 4

Steam vegetables beforehand, do not overdo the vegetables.

- 1 small head of broccoli (cut into pieces)
- 1 red pepper sliced to bite size pieces

Keep them covered so they remain warm.

### Creamy Alfredo Sauce:

Sauté the following on medium heat until tender

- ¼ cup of each: celery & onion (diced)
- 2 cloves of garlic (minced)
- 3 tbsp coconut oil
- 1 tsp. of each: basil & thyme
- ½ tsp sea salt

Whisk in flour, stir well then add the milk gradually:

- 3 tbsp gluten free flour (rice or coconut flour)
- 1-2 cups coconut milk

Slowly whisk until you get a nice creamy sauce, turn heat down to low until ready to use.

**Pasta:** Cook your pasta as instructed on package – I use rice pasta it takes 10-13 minutes

- ½ cup pasta per person
- 1 tbsp olive oil
- ½ tsp sea salt
- 3 cups water

Drain the pasta then add to your Alfredo sauce along with the vegetables and mix until all is coated well. Serve with a large tossed salad and enjoy!



## Spring Pasta Salad with a Horseradish Soya Dressing: serves 4

1<sup>st</sup> make the pasta – here we have used a rice tricoloured pasta made up many shapes. Follow the cooking instructions on the package (about 10-15 minutes).

- 2 cups uncooked pasta
- 4 cups purified water
- 1 tsp sea salt

Once the pasta is cooked, drained & cool, then add the following:

- 2 tbsp sesame seed oil
- 1 tsp of each: dried oregano, thyme, basil and garlic powder

Stir well then add the raw veggies and dressing below, toss well and serve hot or cold.

2<sup>nd</sup> cut the veggies – for easier chewing we have diced the veggies into very thin pieces:

- 3 carrots (we have used one of each colour purple, yellow & orange)
- 1 cup of each: diced zucchini & bell pepper & fresh or frozen peas
- ½ cup sweet onion finely diced

**The dressing:** makes 1 cup

Put the following in your mini blender and blend until creamy – then toss with the pasta and veggies:

- ⅓ cup of each: sesame oil & fresh lemon juice
- 1 tsp of each: maple syrup & naturally fermented soya sauce
- 1 tsp of each: stone ground mustard & horseradish

This can be served hot or cold as a Pasta Salad with chopped arugula added.



If you liked some of these recipes we have a **NEW E-Book “Let’s Make Comfort Cooked Food”** by Judy Fleming. You can order it for just \$5.00 by calling us at 1-866-478-2224 or send us an email to [gethealthy@hacres.ca](mailto:gethealthy@hacres.ca) and then pay for it with an E-transfer to make it simple..