

A COOKBOOK FROM



BODY ECOLOGY™

Delicious Recipes *for* Health & Healing

*A collection of quick and
delicious recipes specifically
designed for the Body Ecology Diet.*



Volume One

The Body Ecology eRecipe Cookbook

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**The Essential Starting Point:
Recommended Ingredients & Appliances & Where to Find Them**

Using the right ingredients – fresh, pure, all-natural – is as essential as essential gets to making great-tasting and healthy recipes that follow [The Body Ecology Diet](#). And using the right appliances and tools to prepare your foods is a close second.

While many of the ingredients in this *Body Ecology Delicious Recipes for Health & Healing* eBook can be obtained from your favorite grocery or health food store -- it is recommended that you use organic and heirloom vegetables for the recipes if possible, for example, and these are increasingly available at finer fruit markets and health food stores – trusted high-quality versions of certain other ingredients can be more difficult to find.

Our first and **TOP recommendation to you is to [check out the BodyEcology.com store](https://shop.bodyecology.com/)** at <https://shop.bodyecology.com/>, as it contains many unique, essential and top-quality food ingredients and health products that are hard to find elsewhere. (In some cases, when Body Ecology was not satisfied with the level of products available in the marketplace such as with [Stevia](#), we created our own!)

The Body Ecology program also recommends a broad range of health & wellness foods, appliances and other products not available through our store but offered through trusted partners. For **the complete (and ever-expanding) list** of these partner products and where you can find them check out the [Other Products Recommended by Body Ecology](#) list at http://bodyecology.com/recommended_products.php.

Below are just SOME of the key recommended ingredients you will find at the BodyEcology.com store or at the Other Products Recommended list noted above:

Recommended Foods

[Konjaku Noodles](#) (<http://www.marketerschoice.com/app/aftrack.asp?afid=537674>):

Pasta will go well accompanying many of the recipes in this eBook, and Konjaku noodles are THE answer to your pasta craving prayers: they are **gluten-free, calorie-free, low-carb, high-fiber noodles** that can be used in a wide variety of recipes! Unlike noodles

made from grain-based flours, konjaku noodles are made from yam flour of the konnyaku imo tuber. And they do more than satisfy cravings, they also are outstanding to help you achieve your health and weight loss goals! The Japanese consume konjaku nearly every day and know that these noodles provide plenty of dietary fiber, without having to eat oats, grains and pastas.

NOTE: Be sure to read [Konjaku: The No-Cal, No-Carb, Fiber-Rich, Gluten-Free, Prebiotic-Perfect Food Secret](http://www.bodyecology.com/07/01/18/konjaku_no_carb_gluten_free_prebiotic.php) at http://www.bodyecology.com/07/01/18/konjaku_no_carb_gluten_free_prebiotic.php.

Grains & Seeds

[Gluten-Free Organic Buckwheat Flour](#): Buckwheat is rich in flavonoids like rutin and a good source of magnesium, and is good for your cardiovascular system. It's a **valuable food for those with diabetes**, as it can be helpful for regulating blood sugar. The buckwheat flour accessible from the link above can be substituted for other flours for your baking needs (including pancakes.)

[Quinoa](#) is great gluten-free source of manganese, magnesium, iron, copper, phosphorous, and riboflavin (B2). Quinoa may be helpful if you have migraines, diabetes or atherosclerosis.

[Millet](#) is a great gluten-free source of manganese, phosphorus, and magnesium, and millet is beneficial for your heart.

[Organic Gluten-Free Extra Virgin Coconut Oil](#) is the ideal oil for your cooking needs, and one of the healthiest foods on the planet. Organic extra-virgin coconut oil is a prime source of a key disease-fighting substance lauric acid -- the same one found in mother's milk that helps protect newborns against a broad range of pathogens (and, in fact, is now regarded as an important immune-booster for AIDS patients). In addition, various studies have shown heart patients recovering after being fed coconut oil. **It is important** to use raw, virgin coconut oil like the one recommended via the link above that has not been refined, deodorized or bleached!

Condiments

[Celtic Sea Salt](#) provides minerals and stimulates digestion, and is far recommended over regular table salt. In fact, this Celtic sea salt is the most alkalizing of all foods.

[Body Ecology Stevia](#) is widely renowned as the best stevia available in terms of taste, functionality, and purity, as it offers the highest quality stevia extract available -- 95% rebaudioside crystals. Simply put, stevia is a remarkable plant, many times sweeter than sugar with virtually no calories. In parts of South America, it has been used for hundreds of years to safely sweeten and flavor beverages. In Japan, stevia has been used by millions of people for those purposes for over 25 years. But because the marketplace for stevia is unregulated, you have to be careful about which types you choose to ensure you are getting the safest, purest and most useful form. [Read more about stevia](#) now at <http://bodyecology.com/stevia.php>.

Fish & Meats

[Wild Alaskan Salmon & Other Healthy Fish](#)

[Grass-Fed Beef](#)

[Grass-Fed Lamb](#)

[Free-Range Poultry](#)

Recommended Kitchen Appliances & Tools

Cookware

[Le Creuset](#) cookware is very highly recommended for cooking all types of foods. While with virtually every other type of cookware you have to be concerned with the food reacting with the surface resulting in an unhealthy situation for you, with Le Creuset you never have to worry about food reacting to its porcelain enamel surface. These cast iron and enamel pots heat evenly, last forever, and look attractive in your kitchen.

Food Dehydrators

Food dehydrators allow you to make a variety of versatile snacks, and the Body Ecology top-recommendation is the Excalibur food dehydrator because it dries evenly, cleans up quickly AND is incredibly easy to use.

[9-tray Excalibur](#) is the model of choice for people who want to make larger quantities of food.

[4-tray Excalibur](#) is great for apartments or small spaces because it is much smaller.

Food Processors

Food processors are the workhorses of the kitchen and can perform all kinds of functions, including cutting and chopping the vegetables to make cultured vegetables.

The [Cuisinart Classic 7 cup processor](#) and the [Cuisinart stainless steel 14 cup model](#) are excellent and economical choices.

For the at-home cook who loves professional quality appliances - or if you run a professional or semi-professional food preparation service -- the [Robot Coupe](#) is Body Ecology's top recommendation (though it is considerably more expensive than the Cuisinarts above.)

Mixers

For mixers, nothing comes close to the [Vita-Mix](#) ...It gets the highest recommendation possible from Body Ecology.

Utensils & Other

[Ball Jars](#) are indispensable for cultured vegetables and kefir. (Body Ecology prefers the quart-sized wide mouth.)

[Fine wire mesh strainers](#) are a must for rinsing grains, nuts and seeds after soaking. This extra-sturdy and ergonomically designed fine wire mesh strainer is a top recommendation.

[A stainless steel wide-mouth funnel](#) is a must for putting cultured veggies into jars.

Be sure to [check out the BodyEcology.com store](https://shop.bodyecology.com/) at <https://shop.bodyecology.com/>, and check out the [Other Products Recommended by Body Ecology](http://bodyecology.com/recommended_products.php) list at http://bodyecology.com/recommended_products.php, for these and many more top-recommended health & wellness products!

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Good Morning Greens Smoothie

Yield: 6 servings

1 granny smith apple, washed, cored but with skin

4-5 stalks celery, ends & tips removed, use leaves

2 cups chopped romaine lettuce

½ of a large Haas avocado

½ bunch cilantro or parsley (depending on your preference) stems removed

3-4 cups filtered water

Chop vegetables into 1 inch pieces for easy blending. Fill blender with 3-4 cups filtered water (more or less water depending on how thick you desire your shake). Add all ingredients into blender. Puree till smooth or desired consistency.

* You can also add the juice from one half of a lemon or lime and even ¼ tsp sea salt and/or cayenne pepper.

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Exotic Mushroom Bisque

Yield: 6 servings

3 sweet onions

½ cup olive oil

1 (32 oz) pkg Imagine chicken broth

1 cup Madeira wine

3 pkg sliced baby bella mushrooms

1 cup dried morel mushrooms (soak & keep stock to use)

3 cups shitake mushrooms (stems removed)

1. Sauté onions & olive oil until caramelized
2. Remove from heat and put in blender. Add 3 cups chicken broth & 1 cup reserved mushroom stock, 1 cup Madeira wine, 1 tsp sea salt, ½ tsp black pepper
3. Sauté mushrooms in same pan as onions. Add 1 cups of sautéed mushrooms and add to blender, blend till smooth. Return onion mixture to pan with mushrooms and simmer for ½ hour. Season to taste & serve.

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Butternut Squash Soup with Dill

Yield: 4 Servings

Ingredients:

2 Tbsp. coconut oil
3 large onions, halved and sliced
5 cups hot vegetable stock
1 cup hot water
1 butternut squash (2 lbs) cooked
½ tsp. allspice
3 Tbsp. fresh dill
cayenne to taste
sea salt & pepper

1. Heat oil in stewpot. Add onions and Sauté 5 minutes or until lightly browned.
2. Add broth and hot water, cover, bring to a boil. Cook for 10 minutes on med-low.
3. Scoop out flesh of squash and add to soup, with allspice. Continue to cook for 7-10 minutes or until soft.
4. Puree, Add Dill, Serve Hot.

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Cauliflower and Carrot Creamy Soup

Despite the name, this soup is non dairy, and not overly sweet, as many carrot soups usually are. It does make a large quantity, and we always recommend allowing soups to mellow overnight so that flavors have a chance to develop and distribute. Always add seasonings at the end of cooking, prolonged boiling can cook the flavors out.

Ingredients:

2 heads cauliflower, cut into large florets
6 medium or 4 large carrots, peeled and cut into thirds.
8 cups water
4 cloves garlic, peeled but whole
2 stalks celery, diced
1 large onion cut into 6-8 pieces
2 Tbsp. sea salt
1 Tbsp. parsley-dried
1 tsp. turmeric
1 tsp. dill-dried

1. In a large stockpot, bring the water to a boil. Add carrots, cover and allow to cook for 5 minutes.
2. Add cauliflower and recover, allow to cook 7-10 minutes until the cauliflower is almost fully cooked.
3. On top of carrots and cauliflower add the celery, onion, and whole garlic. Do not stir, but replace cover and allow to cook additional 5-7 minutes or until celery is soft.
4. Turn off heat and add spices, seasonings and salt. Puree the soup using either an immersion blender, food processor or traditional countertop blender. Puree until creamy but not a paste.
5. Allow to cool to room temperature, place in a glass bowl or jar and let sit overnight in the refrigerator. Before re heating allow to come to room temperature and heat on medium until simmering.

Seafood Donabe

Ingredients:

2-3 inch strip kombu

6 dried shitake mushrooms

1 Tbsp. wheat-free tamari

1 tsp. Herbmare

1/2 head cabbage, cut into 4 quarters

1/2 block firm tofu, cut into ½ inch cubes

2 carrots, julienne

1 small diakon, cut into half moons

sea bass

8-12 medium size shrimp with shell

8-12 scallops

mussels

1. To make stock: Soak kombu and dried shitake mushrooms in 2 cups water for several hours or overnight if time allows.
2. Remove shitake mushrooms from pot and slice the now soft mushrooms.
3. Bring stock to a rapid simmer.
4. Add tamari, Herbmare, wedges of cabbage and simmer 3 minutes.
5. Reduce heat if necessary to maintain a gentle simmer and add remaining ingredients arranging them attractively in the pot according to length of cooking time.
6. Cover and cook for approximately 3 minutes.
7. Taste broth and adjust tamari and Herbmare if necessary.

Note: The dish is prepared on your range or cook top then taken directly to the table to be served therefore an attractive cooking pot should be used. Our favorite is a Buffet Casserole by [LeCruset](#). Traditional donabe pots made of clay are available at oriental markets and many health food stores. They are fragile but work well if you are careful and keep the outside dry. Any shallow cooking pot with a lid, not less than 3" high and 12" in diameter, without handles can also be used.

Vegetarian Donabe

To Make Stock:

3 inch strip kombu

6 dried shitake mushrooms

1 Tbsp. wheat-free tamari

1 tsp. Herbmare

1/2 head cabbage, cut into 4 quarters

1/2 block firm tofu, cut into 1/2 inch cubes

2 carrots, julienne

1 small diakon, cut into half moons

6 scallions

variety of vegetables: asparagus, cauliflower, broccoli, red skin potatoes, burdock and turnips, cut into appropriate size to cook approximately the same time.

1. Place kombu and shitake mushrooms into a pot with water and soak overnight if time allows.
2. Remove shitake mushrooms from pot and slice the now soft mushrooms. Bring stock to a rapid simmer.
3. Add tamari, Herbmare, wedges of cabbage and simmer 3 minutes. Reduce heat if necessary to maintain a gentle simmer and add remaining ingredients arranging them attractively in the pot according to length of cooking time.
4. Cover and cook for approximately 3 minutes.
5. Taste broth and adjust tamari and Herbmare if necessary.

Note: It is important when cooking vegetarian donabe that a stock be made for flavor. In this large of a pot a small amount of tamari should not be a problem for most people even though tamari and miso are not suggested in the early stages of The Body Ecology Diet

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Aromatic Roast Game Hen

Ingredients:

4 thawed game hens
1-2 Tbsp. ghee
2 tsp. ground coriander
2 tsp. cumin
1 tsp. tumeric
1 tsp. sea salt

1. Pre heat oven to 350 F
2. Mix all dry ingredients and divide in half.
3. Lifting the skin, but not removing, dry rub all under skin.
4. Baste the Hens with ghee, use remaining spices to coat outside generously.
5. Bake uncovered 25-35 per pound, or until juices run clear, and temp is over 160 F inside.

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Body Ecology Chicken Salad

Ingredients:

- 1 whole chicken (preferably free range, organic)
- 1 medium red bell pepper, diced into ¼" pieces
- 1 large stalk of celery, diced into ¼" pieces
- 1 medium vidalia onion, diced into ¼" pieces
- 2 cups Rosemary Vinaigrette No Oil Salad Dressing **(see recipe below)
- 1 tsp. Herbamare

1. Season and bake chicken at 400° for 45 - 60 minutes. Pull all the meat off the bone, both white and dark meat, gently tearing into small strips.
2. Toss all ingredients together into mixing bowl and mix well.

Note: The Body Ecology Essential Balance Mayonnaise will add more moisture and creaminess to the salad if desired.

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****Rosemary Vinaigrette Dressing (No Oil)**

Ingredients:

- 1/2 cup Apple Cider Vinegar
- 1/2 cup freshly squeezed lemon juice
- 1 cup water
- 4 Tbsp. mustard
- 1 tsp. freshly ground pepper
- 1 tsp. rosemary
- 1/2 tsp. sea salt
- 1 tsp. xanthan gum

1. Blend first 7 ingredients, then xanthan gum; blend or shake well.
2. Refrigerate overnight.

Note: This dressing is great on potato salad or Body Ecology Chicken Salad.

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Body Ecology Turkey Loaf

Ingredients:

- 1 lb ground turkey
- 1 egg
- 2 carrots, finely chopped
- 1 large onion, finely chopped
- 1 large red pepper, diced
- 1 ½ stalks celery, finely chopped
- 1 Tbsp. worcestershire sauce
- 1-1/2 Tbsp. sea salt
- 1 Tbsp. whole grain mustard
- 1/2 tsp. garlic pepper powder
- 2 Tbsp. parsley flakes

1. Combine all ingredients and mold into loaf pan.
2. Bake at 350° for 1 hour.

Option: Robbies No Salt added with Apple Cider Vinegar.

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Turkey Rolls

YIELD: Serves 8

Ingredients:

- 1 Carrot
- 1 Stalk Celery
- 1 Red Pepper
- 1 Onion
- 1 Shallot
- ¼ cup fresh Parsley
- 1 Zucchini
- 2 Cloves garlic
- 2 lbs Ground Turkey
- 1 Tbsp. Red Pepper Flakes
- 1 tsp. cumin
- 1tsp. Dill
- ½ tsp. white pepper
- 2 Tbsp. Nama Shoyu
- 1 Tbsp. Sea Salt
- 2 oz Coconut Oil
- 2 large heads of Cabbage – leaves carefully removed and blanched. Set Aside.

1. Shred the Zucchini and carrots, dice the peppers, onions, celery, shallot and garlic. Combine in A large bowl and add Spices, Sea Salt, Coconut oil and Nama Shoyu.
2. Open each cabbage leaf and put one scoop of meat mixture inside. Roll up as though it was a burrito, and place seam side down in baking dish or steamer tray.
3. Bake for 35-45 minutes, or until cooked throughout @ 325 F covered. Or you can steam them with you favorite broth, for 20 – 25 minutes.

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Garlicky Green Beans

Ingredients:

4 large cloves garlic, pureed

3 Tbsp. ghee

2 lbs green beans, trimmed and cut in half

3 roasted* red peppers

1 Tbs. sea salt

Sea salt and pepper to taste

1. Blanch green beans in water with 1 tablespoon sea salt. Remove from heat.
2. Cover and set aside off of heat source.
3. In sauté pan, heat ghee over med low heat. When hot add beans, roasted red peppers and garlic, stir to combine.
4. Season to taste and serve.

*Instructions for roasted red peppers.

Preheat broiler or grill. Cook the whole peppers over high heat until they have blackened spots and blisters and are tender. Place the peppers into an air tight container or brown paper bag, with top rolled up, until the peppers are cool. When the peppers are cool, remove the skins. Slice the peppers open and scrape out the cores and seeds. Cut into strips

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Cinnamon Baby Carrots

Ingredients:

- 1 tsp. coconut butter
- 1 red onion medium, julienne
- 8 cups of carrots, medium chop $\frac{1}{2}$ x $\frac{1}{2}$ inch peeled
- 1 tsp. of cinnamon

1. Sauté onions in coconut butter.

2. Add carrots that are chopped evenly and are the same thickness. This is important so that they cook evenly.

3. Stir carrots and onions to mix well over medium high heat.

4. Add vegetable glycerin and cinnamon and stir well so that all cinnamon is evenly distributed.

5. Reduce heat and cover pot to sweat carrots so they cook with their own moisture for approximately 20 to 30 minutes. Stir frequently and cook until carrots are very tender.

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Green Bean Salad with Corn and Basil

Yield: 4 Servings

Ingredients:

2 lbs green beans, trimmed
3 ears corn, kernels removed when raw
½ small red pepper
1 small red onion
1/3 cup chopped basil
1/8 cup extra virgin olive oil
1/8 cup grape seed oil
1 Tbsp. balsamic vinegar
2 Tbsp. apple cider vinegar
3 Tbsp. lemon juice

1. Separately blanch corn and beans. Combine in large bowl.
2. Add pepper, onions, basil, oils, vinegar, lemon juice and garlic. Season with hot sauce and sea salt and pepper.

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Grilled Asparagus

Yield: 4 servings

Ingredients:

1 lb trimmed peeled asparagus

2 cloves peeled garlic

2 Tbsp. extra virgin olive oil

Sea salt

1. Steam and blanch asparagus. Allow to cool, Pat dry.
2. Puree garlic and mix with oil, allow to sit 10 minutes before using.
3. While grill is heating, brush asparagus with garlic oil.
4. Char grill for 2-3 minutes per side, sprinkle with sea salt.
5. Serve over greens

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Harvest Grains Zucchini Boats

Yield: Servings 4

Ingredients:

4 large zucchini
1 cup cooked quinoa
 $\frac{3}{4}$ cup cooked millet
 $\frac{3}{4}$ cup cooked amaranth
 $\frac{1}{4}$ cucumber, diced
1 red onion, minced
2 Tbsp. lemon juice
2 Tbsp. fresh chopped cilantro
2 Tbsp. fresh chopped mint
1 Tbsp. olive oil
2 tsp. cumin
Sea Salt and Pepper

1. Trim off top layer of zucchini ($\frac{1}{4}$ inch) scoop out majority of guts. Chop up and put in a bowl. Blanche and shock zucchini shells, set aside.
2. Into bowl, add grains, onion, lemon juice, herbs, olive oil, cumin and season. Mix well
3. Fill zucchini boats, slightly overflowing, and place in shallow baking pans.
4. Bake in a pre heated 400 F oven for 20 -25 minutes until zucchini is tender and dish is hot all the way through.

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Sweet and Sour Savory Cabbage

Ingredients:

- 1 head of cabbage, julienne
- 1 head of red cabbage, julienne
- 1 large vidalia onion, julienne
- 1 Tbsp. salted butter
- 1/2 tsp. coriander
- 1/2 tsp. cardamon
- 1/2 cup apple cider vinegar
- 1/4 tsp. Body Ecology's white stevia powder

1. Peel off outer leaves from cabbage, cut in half and remove core and julienne in 1/4" slices. Prepare onion in the same way.
2. Heat stock pot over medium heat. Sauté onion in butter until translucent and lightly caramelized. Add cabbage and mix well.
3. Mix stevia with apple cider vinegar and dissolve thoroughly.
4. Add stevia and apple cider vinegar to vegetables. Season with dry spices.
5. Cover and simmer over medium-low heat. Stir frequently until cabbage is soft and fragrant.

Note: Great dish to add to salads or as a side dish to a meal.

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Cabbage Rolls With Squash And Millet With Tarragon

Ingredients:

Large cabbage leaves, Lightly blanched in salted water

4 yellow squash

1 large zucchini

½ cup carrot, small dice

½ cup celery, small dice

1 small Vidalia onion, small dice

2 cups cooked millet with Spice Hunter Tarragon Salad Seasoning and sea salt

1 Tbsp. pistachio oil

1 Tbsp. Garlic

Vegetable Stock

1. Preheat oven 365
2. Peel cabbage leaves from head and blanch in vegetable stock.
3. Sauté squash, zucchini, carrot, celery and onion in pistachio oil with garlic until soft and lightly brown. Remove from heat, allow to cook and hold to the side.
4. Cook millet with tarragon and sea salt until done, but still very moist.
5. Blot dry the cabbage with a paper towel and season with Herbamare. Take about 2 tablespoons of millet and spread evenly in a small 2 x 3 rectangle on bottom half of cabbage leaves. Place sautéed vegetable mixture on top of grains and roll, folding edges of cabbage in to the center and continue to roll. Cabbage should be tight, uniform and should be able to be handled without falling apart.
6. Add ½ cup vegetable stock to bottom of baking dish. Place cabbage rolls seam side down and bake in 365 oven for ½ hour.

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Hijiki with Cabbage and Onions

Ingredients:

- 1 cup dried Hijiki (soak in large container)
- 1 qt. yellow onion, diced
- 2 qt. green cabbage, washed well and diced
- 2 oz. coconut oil
- 2 cups red peppers, diced
- 5 Tbsp. dijon mustard
- 2 tsp. sea salt
- 2 qt water

1. In a large pot sauté onion in coconut butter over low heat stirring in the dijon mustard.
2. Dissolve the sea salt in water.
3. Add Hijiki to onion then add the water solution.
4. Bring up to heat then reduce to low heat and cover. Check it after 10 minutes.
5. Fold in cabbage and continue to simmer.
6. Wash and dice red bell pepper.
7. When liquid has cooked down fold in peppers and remove from heat.
8. Allow to cool.

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Hijiki Salad with Carrots and Onions

Ingredients:

- 1 Tsp. coconut butter
- 1/2 spanish onion, diced
- 1 cup carrots, chopped
- 1 package Hijiki (50 g or 1.75 oz.)
- 1 cup water
- 1 tsp. of coriander
- 1 tsp. of onion powder

1. Soak Hijiki for 1 hour.
2. Sauté onions with coconut butter till translucent.
3. Add carrots and Hijiki, continue to sauté till ingredients are well blended.
4. Add water and cover for approximately 20 - 30 minutes.
5. Remove lid and allow remaining moisture to evaporate.
6. When liquid is all dissipated, add coriander and onion powder.

Note: You may want to rough chop Hijiki so that pieces are bite size.

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Leek Stuffed Squash Cups

YIELD: 2 servings

This is another great dish for entertaining; this recipe can be made a day in advance and baked when ready. Since it is so easy to double, triple or quadruple the recipe, last minute guests will not send you into a panic. This makes a very nice lunch served with spinach soup, or as a vegetarian entrée, served with grains.

Ingredients:

- 1 small squash (acorn, butternut, etc) washed, cut in half and gutted
- 1 cup water
- 2 leeks-well washed, cut into thin rings
- 2 oz shiitake mushrooms, cut to thin strips
- 1 Tbsp. olive oil
- 1 small zucchini, washed and cut into thin half moons
- 1 large clove garlic, minced

1. Pre heat oven to 350 F. In a oven proof baking dish, like a pie pan, place the squash, cut side down in pan. Pour water into pan and bake for 1 hour to 1 hour 15 minutes until meat is soft.
2. Remove from oven and carefully remove from pan, allow to cool. Set aside. In small sauté pan, heat oil over medium heat. Add leeks, garlic and zucchini, sauté for 5-7 minutes until fragrant and vegetables begin to soften.
3. Remove from heat and stir in mushrooms, set aside and allow to steam itself for 15 minutes.
4. When you are ready to eat them, fill the cavity of the squash with the filling and replace in baking dish, this time with cut side up.
5. Bake at 400 for 25-35 minutes until golden and tender.

Pressure Cooked Root Vegetables with Greens and Essence of Clove and Lemon

Ingredients:

1/2 head cabbage, diced in small pieces.

2 cups turnips, diced.

2 cups carrots

1/2 spanish onion

2 cups mustard greens (or any kind)

2 - 3 whole cloves

juice of 1/2 lemon

1 cup water

Herbamare

1. Combine all ingredients in pressure cooker.
2. Add water. Bring to a full hard steam for 5 minutes.
3. Reduce heat and simmer for 15 - 20 minutes.
4. Remove from heat and cool for 15 - 20 minutes before opening.
5. Herbamare to taste.

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Quinoa Pilaf

Ingredients:

- 1 cup dry quinoa, rinsed and soaked
- 2 small shallots, finely minced
- ½ carrot, finely minced
- 4 cups vegetable stock
- 1 bunch parsley chopped
- 3 Tbsp. coconut oil

1. Heat oil in sauté pan over medium heat, add shallots and sauté until golden.
2. While onions are cooking, heat broth to almost boiling and set aside.
3. Add minced carrot to onion, allow to cook 3 minutes, stir in quinoa, continue to stir for 30 seconds.
4. Add hot stock to pan carefully, it will steam up!!! Cover, turn heat to lowest setting, and allow to cook for 20 minutes or until liquid is absorbed.
5. Remove from heat, stir in parsley, allow steam to cook parsley for a few seconds before serving.

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Quinoa Summer Salad

This dish is great for using up extra Quinoa, or if you have a busy schedule, is great to have a bunch in the fridge for quick, healthy meals on the run. Since this does not contain any vulnerable ingredients, it is a perfect choice for a picnic or barbecue take along.

Ingredients:

4 cups quinoa, cooked and cooled
1 stalk celery, minced
1 small onion, minced
1 large clove garlic
1 small cucumber, cut into thin half moons
3 scallions cut finely
2-3 small pre-cooked red skinned potatoes, finely diced
1 Tbsp. olive or coconut oil
1 pinch cayenne pepper
2 Tbsp. parsley
1-2 Tbsp. sea salt
2-3 Tbsp. pumpkinseed oil

1. In a sauté pan, heat olive or coconut oil. Sauté onion until tender add red skinned potatoes. Set aside to cool to room temperature.
2. In a large mixing bowl, combine quinoa, scallions, garlic, cucumber and celery. When the potato/onion mixture has cooled, add that along with the parsley. Stir until all ingredients are evenly distributed.
3. Pour in your pumpkinseed oil and season with sea salt and cayenne pepper to taste. Cover and allow to sit 2-4 hours or overnight for best flavors. Serve chilled or at room temperature.

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Roasted New Potatoes with Garlic and Rosemary

Ingredients:

- 6 cups new potatoes, diced
- 2 medium spanish onions, diced
- 2 sprigs rosemary
- 2 Tbsp. coconut butter
- 1 tsp. sea salt
- 2 Tbsp. garlic, finely diced

1. Wash and clean new potatoes well. Dice into 1x1 cubes.
2. Sauté garlic, onions and potatoes in coconut butter until lightly brown.
3. Add rosemary and sea salt and continue to sauté.
4. Place in oven-proof pan cover with foil. Bake 45 minutes.
5. When potatoes are tender, remove the foil, brown and serve.

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Santa Fe Style Vegetable Casserole

Ingredients:

- 2 tsp. coconut butter
- 2 Tbsp. garlic, diced
- 2 spanish onion, diced
- 4 medium red bell pepper, diced
- 4 ears corn ,cut kernels from cob, reserve cobs
- 4 medium stalks celery, diced
- 2 tsp. fajita seasoning, (The Spice Hunter)
- 2 cups millet, washed well
- 7 cups corn stock (*see recipe)
- 1 Tbsp. sea salt
- 2 tsp. of Herbmare

1. Sauté onions and garlic in coconut butter till translucent.
2. Add remaining vegetables and Fajita Seasoning.
3. Continue to sauté on very low heat cooking slowly to release the natural sugar in the vegetables, caramelizing them.
4. Remove from heat.
5. Add millet to the sautéed vegetables, mixing well.
6. Pour into a 9" x 13" casserole dish.
7. Add corn stock, Herbamare and sea salt. Stir slowly, mixing well. Adjusting Herbamare to taste.
8. Cover with foil. Bake at 350* for 1 hour or until millet is soft.
9. Cool slightly and serve.

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***Basic Corn Stock**

1 tsp. of coconut butter

1/2 spanish or white onion, diced

fresh corn cobs, de-kerneled

1 cup water per corn cob

1. Sauté onions in coconut butter until soft and translucent.
2. Add corn cob and water , bring to a simmer.
3. Simmer for 1 hour. Strain and cool.

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Sauté of Bok choy with Basil and Ginger

Ingredients:

2 bunches of bok choy, washed & julienne

1 tsp. of coconut butter

2 Tbsp. of ginger, finely julienne

1 Tbsp. of basil, fine julienne, approximately 4 - 5 leaves

1/2 tsp. of dijon mustard, Tree of Life

1. Sauté bok choy and ginger in coconut butter until bok choy is wilted.
2. Add basil and mustard, mix well.
3. When the white of this greens is tender and greens are fragrant remove from heat.
4. Season with Herbamare.

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Sauté of Snow Peas with Ginger and Onion

Ingredients:

- 1 tsp of coconut butter
- 6 cups of snow peas, washed and picked
- 1/2 red onion
- 2 Tbsp. of fresh minced ginger
- 1/2 of red bell pepper
- 1 tsp. of Herbamare

1. Sauté ginger, red onion snow peas and red bell pepper over medium high heat until snow peas are bright green.
2. Add Herbamare and continue to sauté 2 - 3 minutes until snow peas are lightly sweated.
3. Remove from heat and spread out on a sheet pan.
4. Cool as quickly as possible to preserve color and texture.

Note: A really nice accompaniment to the Santa Fe Style Vegetable Casserole.

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Simmered Greens

YIELD: Serves 4-6

Ingredients:

2 bunches collard greens stemmed and washed. Roughly chopped.

1 medium head cabbage, thinly sliced

1 large red onion cut into ½ inch rings

2 cloves mashed garlic

1 oz fresh ginger

1 Tbsp. ghee

2 cups water.

1. In a large stockpot, melt ghee and sauté onions until soft. Add garlic, ginger and greens. Continue to cook for 3-5 minutes, or until greens darken a bit in color.
2. Add water just to cover , bring to a boil for 1 minute and allow to simmer for 20 minutes on med heat , or until about half of the water evaporates.
3. Add cabbage adjust water again just to cover. Remove cover so water can evaporate. Cook an additional 20 minutes or until cabbage is thoroughly cooked and most of the cooking liquids have evaporated.

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