

## Week 1: Mediterranean/Indian Madness

### Perfect Pot of Brown Rice

#### INGREDIENTS

2 c. brown rice (short grain, brown basmati, etc.)  
 2 1/2 - 3 c. fresh filtered water (depending if you want it dry or moist)  
 dash of good salt



#### TO DO:

- Wash rice. Soak overnight 4 cups of water with 1 tbsp vinegar and 1 tbsp salt.
- Next day - toss water, rinse rice.
- In a pot, add fresh water and rice.
- Bring to boil, cover and simmer on low for 40-45 minutes. (May want to use a [heat diffuser](#))

Done! (See an alternate method of cooking in attached pages to reduce traces of heavy metals.)

### Ayurvedic One-Dish Meal

#### INGREDIENTS

1 tbsp each: Mustard seeds, Cumin, Yellow Curry Powder  
 1-2 tbsp ghee or avocado oil  
 2 green onions, chopped  
 2 stalks celery, sliced on diagonal  
 7 mushrooms, sliced  
 1-2 cloves garlic, chopped  
 1 cup broccoli, chopped small  
 2-3 carrots, cut in half, sliced on diagonal  
 3 leaves kale (or small bunch of dark leafy greens) sliced thin  
 1 cup cooked garbanzos or lentils (see included recipe)  
 1 cup cooked brown rice or other grain (optional)



#### TO DO:

- Place oil or ghee on skillet. Add seeds and curry for about 1 minute (cover so seeds don't pop out.)
- Add ingredients in above order (except rice and chickpeas) stirring until fragrant (1-2 minutes).
- Cover and bring heat to low. Let simmer a few minutes. (May need to add a bit of water to steam).
- Add rice, and stir, letting the yellow curry coat it.
- Add end, add garbanzos or lentils. Stir gently.

Done!



## Hummus

### INGREDIENTS

1 1/2 - 2 c. cooked garbanzos (rinsed and drained)  
1-2 cloves of garlic  
1/2 c. fresh water  
1/4 tahini (sesame seed paste)  
juice of 1 large lemon or lime (about 3 tbsp)  
2 tbsp extra-virgin olive oil  
dash of [Braggs Aminos](#) (or 3/4 tsp. good salt)

for variety: can add powdered cumin, or cilantro, or red pepper, etc. Have fun! Experiment!



### TO DO:

- Place all ingredients in [NutriBullet](#) or food processor.
- Pulse till right consistency. If you like it creamier, add a bit of water. If thicker, add more garbanzos.
- Find a creative way to display it: olives, olive oil, paprika, sunflower seeds, pine nuts, cilantro...

Done!

## Garbanzo Confetti Salad



### INGREDIENTS

1 1/2 - 2 c. cooked garbanzos (rinsed and drained)  
any veggies you want (think of the **RAINBOW**, all chopped small, ie:  
1 stalk celery  
1 large carrot  
1/2 red onion or 2 green onions, white and green parts  
1/2 red bell pepper  
1/2 c. red cabbage  
small bunch of cilantro or parsley  
1-2 tbsp extra-virgin olive oil  
lemon juice or apple cider vinegar to taste  
dash of Braggs Aminos or a bit of salt

### TO DO:

- Mix all ingredients in a bowl.
- If you like it clear and crisp, keep as is. If you like it creamy, add hummus.
- Arrange on a bed of lettuce, maybe inside half an avocado. Make it beautiful!

ENJOY!! Questions? Post in the [Private Facebook Group](#)



## HOW TO COOK GARBANZO BEANS (or any other beans)

2 c. dried organic garbanzo beans (cooked amount will triple) rinsed and soaked overnight with 1 tbsp vinegar and 1 tbsp salt (make sure you remove small stones and cracked or irregular beans.)

1/2 red or white onion, chopped

2 cloves garlic. Smash, let rest 5-10 minutes, chop it small.

small bunch chopped cilantro, or 1-2 bay leaf, etc. (optional herbs)

Salt or Braggs Aminos (last 15 minutes of cooking)

### TO DO:

- Place soaked and rinsed beans in a large pot.
- Add plenty of fresh water to cover about 2" above beans
- Add onion and garlic (and optional herbs)
- Bring to a rapid boil.
- Cover with lid slightly ajar to let off a bit of steam.
- Lower flame to low and simmer.

The total time could take 1 1/2 to 2 hours or so, depending on beans, altitude, etc.

### SPECIAL NOTES:

- Make sure you CHECK THEM at the 1 hour mark, and every half hour after that.
- If liquid is getting low, and beans are still too hard, add more water to cover them.
- Check tenderness again until they get to how you want them (firmer beans for salads and dishes, softer for hummus.)
- Last 10-15 minutes of cooking add salt or Braggs Aminos to taste.
- Turn off and let sit a little while. Garbanzos: drain water. Other beans, you may like the thick, bean sauce.)

This is a long process, and you need to make sure you're not distracted because they can burn. (Been there a few times!)

Remember to set an alarm, and be mindful of having something on the stove.

### I'M ALL ABOUT BEING PRACTICAL...

Yes, it feels great to cook all your own food. However, it's much easier and faster to buy them in glass jars or BPA-free cans.

Eden brand has [organic garbanzos in BPA-free cans.](#)





## AYURVEDA and AYURVEDIC COOKING

Ayurveda, one of the world's oldest medical systems, originated in India more than 5,000 years ago. The term *Ayurveda* translates to *knowledge of life*. Based on the idea that disease is due to an imbalance or stress in a person's consciousness.

Ayurveda encourages certain lifestyle interventions and natural therapies to regain a balance between the body, mind, spirit, and the environment.[\(1\)](#)

"Ayurveda is about living in harmony. Eating seasonally and locally, you not only get the most nourishment, but also rekindle your relationship to food and the environment," says Nishita Shah, of The Ayurvedic Institute, in Albuquerque, NM.

Spices and herbs have powerful healing properties that can be combined in different ways in Ayurvedic cooking.

Typically, Ayurveda focuses on the "six tastes" ideally present in every dish: sweet, sour, salty, astringent, bitter and pungent.

There's A LOT involved in truly understanding Ayurveda. The dish I incorporated into the first class is a very basic, easy to prepare meal, serving as an introduction to some of the flavors and spices.

Who knows? This may end up being an area of interest for you. If so, I encourage you to investigate it further and discover where it might lead you.



## EXTRA VIRGIN OLIVE OIL

Epidemiologic studies conducted in the latter part of the twentieth century demonstrate that populations that consume the 'Mediterranean diet' have lower incidences of major illnesses such as cancer and cardiovascular disease.

Studies have suggested that the health-conferring benefits of the Mediterranean diet are due mainly to a high consumption of fibre, fish, fruits and vegetables. More recent research has focused on other important factors, however, such as olives and olive oil.



Recent studies have shown that olives and olive oil contain antioxidants in abundance. Both olives and **extra virgin olive oil** contain substantial amounts of compounds deemed to be anticancer agents (1). Oleocanthal, also known as the "elixir of life." is a polyphenol found in extra-virgin olive oil. It has gained notoriety in the wellness community for its antimicrobial, antioxidant, anti-inflammatory, neuroprotective and anticancer effects.

Recently, [researchers in NYC](#) were able to show that oleocanthal induced cell death in all cancer cells examined, in as little as 30 minutes. (2)

## AVOCADO OIL

Avocado oil is the best cooking oil you can use for high heat cooking, which means basically anything cooked over a grill or in a frying pan. Due to its high smoke point, it makes a great oil for sautéing vegetables on the pan, stir-fries, grilling and marinating.



However, it is also perfectly at home drizzled on salads or as the fat component of a salad dressing, and it makes a good replacement for butter or coconut oil in baking due to its subtle flavor.

Avocado oil provides an excellent assortment of antioxidants, with close to three times the amount of carotenoids found in olive oil. Carotenoids are a group of powerful antioxidants that protect your body from cancer, stop the formation of cataracts and can help slow the symptoms of aging. (3)

If you're allergic to avocado, you may consider COCONUT OIL as a good substitute.

## GARLIC

(Excerpt from article from the American Institute for Cancer Research)

Cultures have long used garlic both for cooking and medicine. Here in the US, garlic's popularity has soared over the years. That's potentially good news for health, and for lowering cancer risk.



Garlic belongs to the Allium family of vegetables, which includes onions, scallions, shallots, leeks and chives. Each has its own unique combination of phytochemicals, vitamins and other health-promoting compounds.

Of the numerous health benefits of garlic, the anticancer effect is probably the most noticeable. Observations over the past years have shown that the consumption of garlic in the diet provides strong protection against cancer risk.

### **Garlic lowers the risk of colorectal cancer**

After a review of the global research, reports found that eating garlic frequently lowers the risk of colorectal cancers. There are many ways in which garlic and its compounds may do this: Lab studies show that garlic compounds help with DNA repair, slow the growth of cancer cells and decrease inflammation.

While the evidence that garlic lowers colorectal risk is the strongest, this pungent veggie is also being studied for its role in reducing risk for other cancers as well due to its numerous phytochemicals.

It's the sulfur compounds that give garlic its distinctive scent, along with many of its health benefits. But each clove of garlic is crammed with a variety of phytochemicals, many showing cancer-fighting properties in the lab.

When you crush or chop garlic, that releases the compound **allicin**. Emerging evidence has demonstrated the antitumor activity of allicin in various tumors. Allicin suppressed cervical cancer cell viability in a time- and dose-dependent manner.

Garlic might be small and seemingly insignificant, but it is certainly a powerhouse.



## GARBANZO BEANS (also known as Chickpeas)

(Excerpts from article from [Happy Earth People](#))

**Chickpeas**, also called *garbanzo beans*, are one of the oldest consumed crops in the world and remain one of the most popular today across nearly every continent. Chickpeas have been a part of certain traditional diets for over 7,500 years!



Chickpeas are still included in the diets of some of the healthiest populations living around the world today, including those eating traditional cuisines that stem from the Middle East, the Mediterranean region and African nations too. Second to the soybean, the chickpea is the next most widely grown and eaten bean in the world.

Chickpeas are a type of legume that offer a range of health benefits. Chickpeas help to increase satiety, boost digestion, keep blood sugar levels stable, increase protection against disease and more. **Chickpeas nutrition** is a potent package of protein, vitamins and minerals, which is why they are often included in many [healing diets](#).

**Garbanzo beans may lower your [cancer](#) risk.** When you eat chickpeas, your body makes a short-chain fatty acid called butyrate. In studies, butyrate is shown to help get rid of sick and dying cells. This may lower your risk for colorectal cancer. Chickpeas have other cancer-fighting compounds, too, such as lycopene and saponins. [\(1\)](#)

## BROWN RICE

The health benefits of brown rice are largely due to it being a whole grain, containing three parts of the grain kernel: the outer, fiber-filled layer called the bran, the nutrient-rich core called the germ, and the starchy middle layer called the endosperm. It's considered complex-carbohydrates, which are broken down more slowly, allowing blood sugar to rise gradually.



Brown rice is considered a low "glycemic index" food. Low-GI foods have a rating of 55 or less; the average GI for brown rice is 50-55.

White rice, in contrast, is a refined grain, meaning that the bran and the germ have been removed. This process strips away much of the fiber and nutrients. It has simple carbs, which are easily broken down and cause blood sugar levels to rise quickly. White rice has a GI of 72.

Brown rice is a highly nutritious food. It's relatively low in calories, high in fiber, gluten-free and it contains no trans-fat or cholesterol; it has only trace amounts of fat and sodium. Brown rice has been shown to have antioxidant, hypoglycemic, anti-inflammatory, antimutagenic and cardioprotective properties. [\(1\)](#)

The fiber in brown rice helps lower cholesterol, moves waste through the digestive tract, promotes fullness, and may help prevent the formation of blood clots. What's more, some of the [phytochemicals and minerals](#) found in whole grains may be associated with a lower risk of bowel cancer. [\(2\)](#)

Additionally, brown rice is exceptionally high in manganese which is vital for bone development, wound healing, muscle contraction metabolism, nerve function and blood sugar regulation.

### Brown Rice and Cancer

A study that examined the anti-cancer activity of eight brown rice phenols found that ferulic acid and tricin each were effective in reducing the colony-forming ability of [triple negative](#) breast cancer cells.

Epidemiological studies have demonstrated that whole grains (and its products) are associated with reduced risk of breast cancer. Therefore, increasing whole grain consumption in daily dietary structure is a practical strategy for breast cancer prevention.[\(3\)](#)



## Brown rice and inorganic arsenic concerns -

In recent years there has been a growing concern [regarding](#) the levels of inorganic arsenic in rice, and the potential impacts on human health.

Arsenic finds its way into food because it's absorbed by plants when they grow in arsenic contaminated water or soil. Because rice is grown in flood-like conditions, it can contain higher amounts of arsenic.

### Does this mean you shouldn't eat brown rice?

As with everything else, this is a personal decision and it's important for you to get informed. However, it's best to always create balance and rotate your consumption of foods, including grains. If you're concerned, your best bet is to reduce rice consumption to about once per week or so, and rotate in other grains that are naturally lower in arsenic such as amaranth, quinoa, buckwheat and millet, which have almost no levels of arsenic; and bulgur, barley and farro which have very low levels. It's important to aim for a healthy, balanced diet as well.

For example, cruciferous veggies like broccoli, cabbage, kale, and arugula contain a compound called **sulforaphane**, which studies have shown can assist with protection from and elimination of arsenic, other heavy metals, and pesticides.

Most likely, you don't need to cut out rice completely in order to reduce your exposure.

In order to minimize your concerns, you can soak rice overnight and discard the water, and cook your rice with more water than normal to significantly decrease inorganic arsenic content. Here's how:

- Rinse the raw rice thoroughly before cooking.
- Soak it overnight (using 1 tbsp vinegar helps to remove phytic acid too)
- Use a ratio of 6 cups water to 1 cup rice when cooking, kind of like cooking pasta.  
Drain excess water afterwards. This allows arsenic to be washed away vs. absorbed into the cooked rice (it also does wash away some of the nutritional value...)

A recent [study](#) found that up to 80% of inorganic arsenic was removed using this method.

Also, according to Consumer Reports' [data](#), the brown rice with lowest arsenic content is **Basmati rice from California, India, or Pakistan**. These types of rice have about one third of the inorganic arsenic compared to brown rice from other regions.