

EASY RECIPES FOR THE BEGINNER COOK

Maybe you're not a novice in the kitchen, perhaps you just don't have a lot of time to cook, or maybe you don't live close to a health food store. Below is a list of recipes that are quick and easy using ingredients that you should be able to find at most supermarkets.

And here's another tip...you don't always have to use a recipe to eat healthy meals. One week, while writing this book, I was so busy that I had no time to think about cooking (ironic, isn't it). I put 1 cup of millet and 1 cup of red lentils (both rinsed and drained) in my rice cooker with 4 cups of water and a strip of kombu seaweed. Pressed the button and went back to my computer. When I came back into the kitchen later the millet and lentils were perfectly cooked with hardly any work on my part. I used this whole grain and legume mixture for the next few days as the center of my meal. In the mornings it could be reheated as a porridge and topped with dried fruit and nuts and non-dairy milk. For lunches and dinners I heated the mixture and served it over a bed of arugula and topped it with sliced tomatoes, avocado and fresh lemon juice. One day I used it as a base in a burrito and added black beans, salsa, salad greens and a little avocado. No recipe required. Eating healthy can be as easy or as complicated as you want it to be.

Don't be intimidated if you are not familiar with some of the ingredients used in this book. You'll get there eventually. Start with these easy recipes listed below and add a new ingredient to your shopping cart each week. If you have trouble finding certain ingredients ask your local health food store if they can start carrying them, or find a place on-line where you can order them (see resources on pg. 453). So, don't delay! Start eating healthy today!

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