

## *Sandi's Kitchen and Garden Notes ~ 'Five' of the Fab Fourteen*

The Three Little Pigs, The Four Agreements, The 5 Stages of Life, The Six Kingdoms, The 7 Wonders of the World, ...and the hundred dresses! There seems here to be a fascination with lists and the numbering of them. Perhaps it is a way to remember or at least a means of organizing thoughts and ideas. When it comes to nutrition, remembering a list of fourteen SuperFoods is a great beginning on a journey to a healthier future.

So what happened to me a number of weeks ago when I came across another terrific book about good eats titled: *The Fourteen Foods That Will Change Your Life: SuperFoods Rx* by Steven Pratt and Kathy Matthews? My curiosity was piqued. I wanted to know what and how the authors chose these seemingly random 14 foods. Why not fifty-seven or 101 items? I immediately flipped through the text to read the list.

Diving into the text, I was more impressed with the reasoning behind why they had chosen the 'Fab Fourteen'. It was simply due to their fame as being known, not for their macro-nutrient qualities (protein, fat, or carbohydrate), yet for their capacity of offering premiere MICRO-NUTRIENTS to anyone, man or beast, that would dine on them.

What's a micronutrient? You know a couple of them quite well: VITAMINS AND MINERALS. Another category of micronutrients is called PHYTONUTRIENTS ("phyto," meaning plant in Greek). These are naturally occurring substances that are powerful promoters of human health and well-being. They are the star performers that keep our immune systems strong, offering us oodles of daily ENERGY and PROTECTING our bodies from aging too quickly. The authors of *SuperFoods Rx* have included extensive references to many clinical studies regarding these 'front and center' nutrients for any science-thirsty soul. Simply put though, phytonutrients are something that I would highly recommend setting one's sights on when planning each and every meal. YES! So what are THE FAB FOURTEEN?

I've decided that this book report should give you some 'mouth-on' experiences (a bite is worth a gazillion books). So included here are five mouth-watering recipes detailing 5 of the 14 chosen foods. Of course, if you want to know the whole list of the 14 SuperFoods, you have at least three choices: simply email me, get the book from the library (call #613.2 PRA), or buy the book at your local bookshop. Whatever you decide, I hope you will be inspired to eat more SuperFoods for their Powerful Pizzazz-ers (Micronutrients). Yummers!!!

### **Oats – Soluble Fiber Food**

**Rip's Big Bowl** from *The Engine 2 Diet*

by Rip Esselstyn

1/4 cup old-fashioned oats  
1/4 cup Grape-Nuts  
1/4 cup bite-sized shredded wheat  
1/4 cup Uncle Sam Cereal  
1 Tablespoon ground flaxseed  
2 Tablespoons raisins  
1/2 handful walnuts  
1 banana, sliced  
1 kiwi, sliced  
1 grapefruit  
3/4 cup soy, almond, or oat milk

Micronutrient Brief List: Vitamin E (antioxidant);  
Minerals: Mg, K, Zn Cu, Mn Se (antioxidant);  
Phytos: polyphenols, phytoestrogens, lignins

### **Blueberries – Anti-Oxidant Anti-Agers**

**Canyon Ranch Blueberry Soup** from

*8 Weeks To Optimum Health* by Andrew Weil

Blend until smooth:

1/3 cup frozen pineapple juice concentrate, thawed  
1 teaspoon fresh lemon juice  
1/2 cup cold water  
1 1/2 cups fresh or frozen (unsweetened) blueberries  
Pour mixture into a bowl and add: 1 more cup of whole blueberries and 1/2 teaspoon vanilla extract.  
Mix well and serve cold.

Micronutrient Brief List: Vitamins A, C, E (antioxidants);  
Minerals: Mg, K, Fe, Mn; Phytos: polyphenols  
(flavonoids, anthocyanins, ellagic acid, quercetin,  
catechins) antioxidants /anti-inflammatory effects

### **Broccoli (Calcium source) With Garlic**

from *Disease-Proof Your Child Feeding Kids*

Right by Joel Fuhrman

Mix together in large bowl and set aside:

- 4 cloves garlic, pressed or minced
- 1 Tablespoon Dijon-style mustard
- 1 Tablespoon Olive oil

Steam for 2-3 minutes:

- 2 large bunches of broccoli, bite-size pieces
- Toss steamed broccoli into large bowl with dressing until covered. Eat warm or cold.

Try this dressing with okra asparagus, green beans, and/or string beans.

Micronutrient Brief List: Vitamins A, C (antioxidants) & K; Minerals: Calcium; Phytos: sulforaphane, lutein, zeaxanthin, indoles

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Tomato Micronutrient Brief List: Vitamins A, C (antioxidants) & B; Minerals: Chromium, K; Phytos: lycopene, lutein, zeaxanthin, phytuene

### **Tomato (Cancer fighters) and Roasted Bell Pepper Sauce**

from

*Eat More, Weigh Less* by Dean Ornish

In a bowl or food processor, combine all the ingredients and process until smooth. Season to taste (pepper and salt).

- 1 large roasted onion, sliced (45 mins, 450°F oven)
- 2 roasted garlic cloves, peeled (30 mins, 375°F oven)
- 2 large tomatoes, peeled and chopped (40 mins, 300°F)
- 2 red bell peppers, roasted, chopped (40 mins, 300°F)
- 1/2 cup vegetable stock
- 2 Tablespoons chopped fresh basil
- 1/2 teaspoon balsamic vinegar
- 1/8 teaspoon Tabasco
- Freshly ground black pepper and salt

This very flavorful sauce is an easy way to dress up a platter of grilled vegetables. This is also great on 3-minute steamed veggies or cooked pasta. It can be prepared and refrigerated up to 4 days in advance and will keep frozen for up to 2 months. Makes 3 cups.

**Micronutrients** work best **in synergy**...in concert together.' As part of a whole-food symphony, they create something more profound and more powerful than each individual nutrient. So don't limit your consumption to one particular nut, grain, bean, vegetable, fruit, or berry. Mix 'em up through your day & over the seasons.

**VARIETY** is the spice of life. Eat many colors, too!

Eat **Whole Food** items, as close to nature as possible.

Also, **All Plants** contain **FIBER**, the ultimate intestinal **CLEANER**. Fiber rids our bodies of toxins, excess hormones, and wastes.

### **Quinoa Mango Walnut (Omega-3 Essential Fat) Salad** from my own private collection! Serves 4-6

Prepare Quinoa: steam 1 cup quinoa in two cups water for 15 mins = 2 cups

Dressing- In medium bowl whisk together:

- 1/4 cup lemon juice (or lime juice)
- 2 Tablespoons rice vinegar
- 1 Tablespoon minced gingerroot
- 2 teaspoons curry powder

Mangoes & Veggies:

- 2 ripe mangoes, chopped
- 1 red pepper, sliced
- 1-3 green onions, thinly sliced
- 1 chili pepper, finely chopped (optional)
- 1/3 cup chopped fresh mint
- 1 cup walnuts, roughly chopped

Directions:

Cook quinoa. Let cool. Mix dressing into quinoa and set aside to marinate while preparing other ingredients.

Chop and slice other ingredients. Combine. Gently add to quinoa mixture.

Mango Quinoa Salad stored in a covered container in the refrigerator will keep for up to 3 days.

Micronutrient Brief List: Vitamin E (antioxidant) & B6; Minerals: Mg, K; Phytos: polyphenols, plant sterols; Omega-3 essential fatty acids (necessary & good fats)

Do you have (or could you create) a delicious recipe to share that features four or more of the Fab Fourteen?

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