

Happy New Year, Rabbit (Chinese New Year, 2/3/11)

**The party is over, the cat's out of the bag, and the train is leaving the station NOW!
Yes, Rabbits, there are 'high' adventures just ahead of us...right on our plates.****

We are now headed to the 'Other Party'...in THE GARDEN.

During the past 20-60 years numerous research doctors/scientists have come forth with oodles of statistically significant data to dial-us-in to the merits of eating more fresh, local, seasonal plant-based meals.

The cat's out of the bag! FIBER IS A KEY. And it is found *only in plant foods.*

Dr. Dean Ornish (SF) proved 20 years ago that heart disease could be both prevented and reversed without drugs or surgery. Dr. Roy Swank (Portland) 60 years ago delivered a meal plan that successfully treats multiple sclerosis through diet. Dr. Neal Barnard (Washington, D.C.) has done the same for diabetes and as 'one of the leading pioneers in educating the public about the healing power of diet and nutrition,' he is now heading up an educational campaign teaching the merits of a plant-based diet for cancer prevention and survival. (Let me know if you want more information and/or websites.)

Via the internet and television we are now able to keep current with the research of so many of these brilliant scientists. They are coming forth by the dozens and interestingly enough, all touting the same core message: a plant-based diet, low in saturated fat and high in complex carbohydrates is health promoting. As the paradigm shifts, we are gifted with their delicious wisdom in flavor-FULL style. Resources include: cookbooks, videos, live presentations, get-away-weekends (Costa Rica, San Diego, Colorado) and cruises. To their credit their patients are getting healthy and experiencing life as never before. Just imagine!

Your train is leaving the station...NOW!

What I present to you here is a brief review of Dr. Joel Fuhrman's latest two-volume book, *Eat for Health*. Book One describes a four-phase journey into eating a great tasting diet that is very different from the Standard American Diet (SAD). Book Two contains a meal planer, recipes, and shopping guides. The four-phase approach allows for gradual adjustment to this eating-style. Dr. Fuhrman, a father of four teenagers, knows that his menus must taste, look and smell scrumptious!

Since GREENS are a daily *key component* in his meal planning (highest nutrient food with a *direct* solar energy charge), I offer you now, three awesome ways to pack a punch to your immune system for whole-body love. (How fortunate we are to get GREEN items in our Grey Bears' bag each week!!!) Get creative, get cooking, get eating. Rabbits, you've never had it so tasty. = }

If you can't find a copy of *Eat for Health*, keep you eyes peeled for some other titles by more amazing doctor/scientists: *The Cancer Survivor's Guide*; *The McDougall Quick & Easy Cookbook*;
The UltraSimple Diet; *Everyday Cooking with Dr. Dean Ornish*; *The Multiple Sclerosis Diet Book*.

** Discover ***Power Plate*** (on line recipes & nutrition information) <http://pcrm.org/health/powerplate>

Lemon Zest Spinach – serves 4*

Ingredients:

1 1/4 pounds fresh spinach (organic is best)
6 cloves garlic, minced
5 tablespoons pine nuts
3 teaspoons lemon juice
1 teaspoon olive oil
1/2 teaspoon lemon zest

Directions:

Steam spinach and garlic until spinach is just wilted (3-5 minutes). Place in bowl and toss in remaining ingredients. Wow!

Orange Sesame Kale – serves 4*

Ingredients:

3/4 cup raw cashew or almond butter
2/3 cup orange juice (or apple juice)
2 teaspoons Italian herbs
1-2 cloves garlic, grated (always an option!)
2 bunches kale leaves, chopped
2 Tablespoons unhulled sesame seeds, (lightly toasted in 200 degree oven for 3 minutes)

Directions:

With a wire whisk, combine nut butter, orange juice and herbs. Steam kale for 15-20 minutes, turning halfway through cooking. Combine steamed kale and nut butter mixture. Sprinkle with toasted sesame seeds. Devour.

*I usually make enough for dinner and hopefully enough for lunch the following day. (Rabbits eat lots.)

Raisin Collards and Carrots – serves 4*

Ingredients:

4 bunches collard greens, leaves removed from tough stems and chopped
4 carrots, grated
1 medium cucumber
1/2 cup raisins
1/4 cup raw almond butter
2 teaspoons organic seasoned rice vinegar
1 teaspoon nutritional yeast (Red Star is great)
1/2 cup currants (optional)

Directions: Steam collard greens for 10-15 minutes. Add grated carrots and steam another 5 minutes. Blend all other ingredients in a blender until smooth. Add sauce to collards/carrots mixture and toss. Add currants if desired.

Notes:

- The two 'oil-free dressings' in these recipes can be used for any green salad. (low fat)
- You can always add these steamed greens to sandwiches and soups for additional flavor and/or to boost nutritional value. Go GREENS!
- Rabbits, you should see Dr. Fuhrman's *Eat for Health* dessert section. Nibble, nibble, munch.

Please send questions, suggestions, tips, or topics that you would like explored.

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