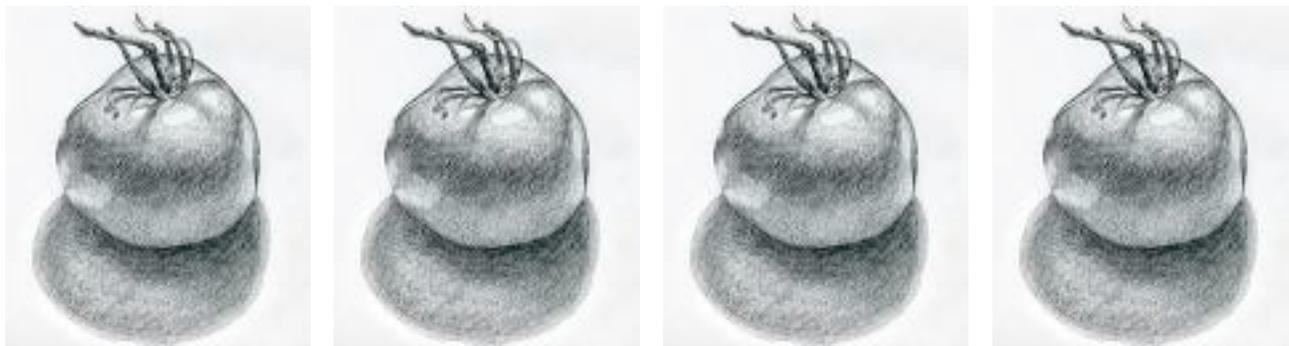


**Nutrition News & Healthy Recipes For California Grey Bears**

I've been watching my husband in the garden. What's he most interested in?  
Planting tomatoes, of course!



This is a good thing because eating tomatoes are known to be especially helpful in lowering the risk of prostate cancer. These precious ruby orbs contain a red pigment called lycopene. It is a powerful antioxidant that made big headlines in a study conducted at Harvard University.

In the study men who had just two servings of tomato sauce per week had 23% less prostate cancer risk compare to those who rarely ate tomato products. Men consuming ten or more servings of tomato products each week had a 35% reduction in risk. This was even true if their tomato servings came in the form of pizza sauce, spaghetti sauce, or ketchup. Fact is, that the cooking process releases lycopene from the plant's cells, increasing its absorption. What's this all mean? No holds barred on tomato servings!!!

**Tomatoes Eat Tomatoes Eat Tomatoes Eat Tomatoes Eat Tomatoes Eat Tomatoes Eat Tomatoes Eat**

In honor of June being Men's Health Month and in celebration of Father's Day, I've included some tomato-focused culinary delights for all. Look into your Grey Bear's Bag-O-Goodies this week and find some vegetables to substitute into the following recipes to make them Grey-Bear-Strong. Practice now and by June 21<sup>st</sup> you will have some great tomato favorites of your own to serve up.

*Salsa*, the Spanish word for *Sauce*, can be

- Eaten with veggies (celery and thin slices of cucumber, zucchini, or yam) or chips as a dip
- Used as a salad dressing
- Served over steamed or baked potatoes, broccoli, or cauliflower
- Added to spice up a soup
- Stirred into a bowl of hot beans along with half an avocado  
(sometimes I serve this last option over a bed of finely chopped cabbage)

*Basic Salsa:*

- 1 large can of tomatoes (or 4-6 large ripe tomatoes), chopped small
- 1 onion (or a bunch of green onions), chopped small
- 2- 4 fresh chili peppers, chopped very small  
(Serranos or Jalapenos purchased at most markets)
- 1/2 bunch of cilantro, chopped small

## Rice with Kale, Tomatoes, and Olives - serves 4

### Ingredients:

1/4 cup vegetable broth or water  
1 onion, diced  
5 cups kale (collards, chard, or cabbage), chopped  
2 cans (14.5 oz each) chopped fire-roasted tomatoes, undrained, or 3 cups chopped fresh tomatoes plus 1/2 cup water or vegetable broth  
1/2 cup kalamata olives (or other variety), sliced  
1 tablespoon fresh parsley, chopped  
1/4 cup vegan Parmesan cheese or nutritional yeast flakes (optional)

### Directions:

Set a pot of brown rice (buckwheat, millet, or quinoa) to cook for 35-40 minutes (other grains 15 minutes). Use a ratio of two cups of water per one cup of grain.

Heat the vegetable broth in a large saucepan. Add the onion and cook and stir over medium heat for 3 minutes. Add the kale and the tomatoes and their liquid. Bring to a boil, lower the heat, cover, and simmer for 20 minutes. Stir in the olives and parsley and cook for 5 minutes longer.

Serve over a bed of rice and sprinkle the top with the optional vegan Parmesan cheese or years flakes. Serve immediately.

Stored in a covered container in the refrigerator, these leftovers will keep for up to 3 days.

## Two other fruits that contain goodly amounts of lycopene are watermelon & pink grapefruit.

Please be creative and make substitutions in any of the recipes that I offer. It is often at these times when I substitute one vegetable for another that I come up with some awesome new realization or concoction that I would never have dreamed of. Be adventurous with your weekly bag of Grey Bear food!

### Revisions to May's Kitchen and Garden Notes:

Miso soup: 1-2 Tablespoons miso paste (10 oz. was incorrect, too much); Lemon grass (optional)

Tonic Soup: Astragalus root can be purchased at The Way of Life Herb Store on 41<sup>st</sup> avenue, or omitted; Any type of mushroom can be substituted for the Shiitake mushrooms

Hot and Sour Soup: Any hot chilies can be used; Lemon grass and Galangal can be purchased at Staff of Life or Whole Foods Markets; cilantro can be substituted for Kaffir lime leaves or omitted; Fresh Ginger root can be substituted for fresh Galangal (Thai ginger) root in this recipe; any mushroom varieties ok.



Be sure to wash your hands with SOAP and water after handling chilies when making salsa. I learned the hard way and my face was on fire for a good half an hour. The salsa was good though!

Thank you for your creative suggestions, tips, and topics.

### **Food for Life Nutrition & Cooking Classes - Eating for Disease Prevention**

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