

Open Your Mind and Your Taste Buds to some of Nature's Best Meal Enhancers

Extra Virgin Olive Oil

- 'Extra virgin' is the superior and most pure form of the olive oils
- Heart health: protects blood vessels and helps lower LDL cholesterol
- Regulates blood sugar and aids in weight control



Garlic

- Heart health- aids in circulation and lowers blood pressure
- Has antibiotic, antibacterial, antiviral, anti-parasitic, anti-inflammatory properties
- Contains Vitamin C, Vitamin B6, calcium, manganese, B1 and sleep promoting tryptophan



Ginger

- Beneficial for digestive and heart health
- Aids in nausea from motion or morning sickness
- Anti-inflammatory and contains magnesium, Vitamin B6, manganese



Lemon

- Contains antioxidants like Vitamin C
- Beneficial for the prevention of atherosclerosis (plaque build up in the arteries) and diabetic heart disease
- Promotes lung health and is related to a lower rate of asthmatic incidences

Parsley

- Antioxidant, anti-inflammatory, and provides immune system support
- Excellent source of Vitamin A and C, Vitamin K, folic acid for heart health



Cilantro (coriander)

- Referred to as the 'anti-diabetic' plant as it stimulates the secretion of insulin; lowers blood pressure
- Anti-inflammatory and is a very good source of dietary fibre as well as a good source of iron, magnesium and manganese



Basil

- Anti-inflammatory (rheumatoid and inflammatory bowel conditions); antibacterial
- Excellent source of Vitamin K which helps protect against osteoporosis and prevent damage to the cells
- Very good source of iron, calcium and vitamin A as well as a good source of dietary fibre, manganese, magnesium, vitamin C and potassium



Saturday May 9, 2009 at 11:30am

**WOMAN'S DAY FOOD DEMO with Diane Murphy CNP, ROHP
Registered Holistic Nutritionist**

Feel free to log into the websites below after the demo to print off recipes



WWW.HOLINUTRITION.COM

www.BalancedHealthCare.ca

Hummus

Ingredients

- 1 can chickpeas, drained and rinsed
- 3 Tablespoons Olive Oil or Flaxseed oil
- 2 Tablespoons Tahini
- Juice of 1 lemon
- 1 garlic clove, crushed
- ¼ tsp ground cumin
- Dash of cayenne pepper*
- Salt and pepper to taste
- Fresh cilantro or parsley (optional)

Directions

- Place all ingredients in a food processor and blend until desired consistency.

*Cayenne pepper is a great spice for stimulating metabolism and cleaning fat out of the arteries- so try not to leave out this amazing ingredient!



Golden Squash Soup

Ingredients:

- 1 medium sized butternut squash, peeled and cut into small chunks
- 1 large onion, chopped
- 3 medium cloves garlic, chopped
- 1 TBS chopped fresh ginger
- 1 tsp turmeric
- 1 tsp curry powder
- 2 TBS + 3 cups chicken or vegetable broth
- 6 oz canned coconut milk
- 2 TBS chopped fresh cilantro
- salt & white pepper to taste



Directions:

1. Chop onion and garlic and let sit for 5-10 minutes to bring out their health-promoting benefits.
2. Peel squash and cut into pieces.
3. Heat 2 TBS broth on medium heat in medium soup pot. Heat until onions translucent.
4. Add garlic, ginger, and continue to sauté for another minute. Add turmeric, curry powder, and mix well. Add squash and broth, and mix. Bring to a boil on high heat. Once it comes to a boil reduce heat to medium low and simmer uncovered until squash is tender, about 15 minutes.
5. Place in blender and blend with coriander and coconut milk. **Make sure you blend in batches filling blender only half full. Start on low speed, so hot soup does not erupt and burn you**

Vegetarian Chili

Ingredients

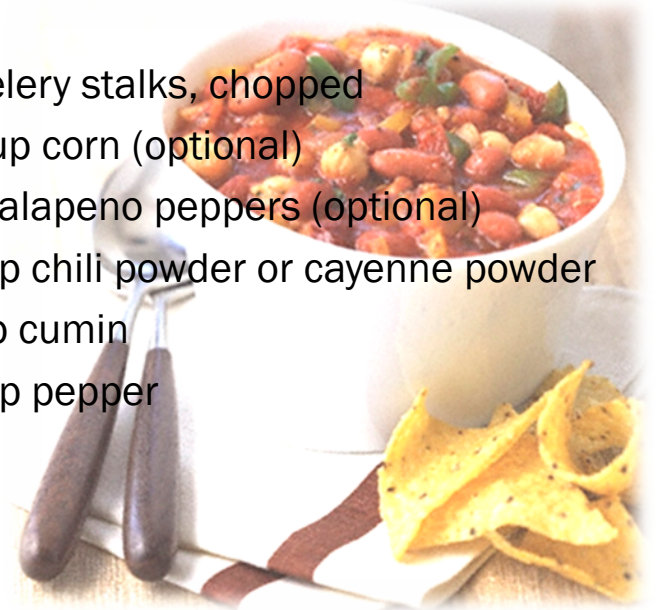
- 3 TBSP of soup stock or 1 TBSP of olive oil*
- 3 cloves of garlic
- 1 ½ x (796ml) cans diced tomatoes
- 1 x (540ml) can of kidney beans
- 1 x (540 ml) can of chick peas
- 1 red or yellow pepper
- 2 Portobello mushrooms, sliced
- 1 onion, chopped
- 2 celery stalks, chopped
- ¾ cup corn (optional)
- 1-2 jalapeno peppers (optional)
- ½ tsp chili powder or cayenne powder
- 2 tsp cumin
- ½ tsp pepper

Directions

1. In a pot heat up either the vegetable stock or the olive oil and lightly cook the garlic and onions until translucent.
2. Add all the other ingredients in a pot and bring to a boil.
3. Let simmer on low heat for at least an hour or two (longer for more spicy)
4. Add the rest of the can of tomatoes if too thick
5. If not spicy enough gradually add more cumin and chili powder to taste. (1/2 tsp at a time)

If using a slow cooker/crock pot then put all ingredients in and cook on low for about 6 hours.

**if using olive oil to heat onions instead of soup stock, use low heat*



Fresh Herb & Veggie Salad

Ingredients

- 1 head Romaine Lettuce, washed and shredded
- Handful cilantro, washed and chopped
- Handful parsley, washed and chopped
- 1 Red or yellow peppers, diced
- 1 -2 green onions, chopped
- 1 cup of small grape tomatoes
- ½ avocado (optional)

Dressing

- Extra Virgin Olive Oil (approx 1 Tbsp)
- Wedge of lemon, squeezed
- Garlic clove(s), minced
- Fresh ginger, minced (optional)
- Wheat free Tamari sauce OR Bragg's Aminos (low sodium soy sauce) -start with a capful
- Apple cider vinegar (not too much -start with a capful)
- Add sea salt and ground pepper to taste if desired
- Sprinkle of sesame seeds



Easy Tomato & Basil Appetizers

Ingredients

- Tomatoes, sliced about 1 cm thick
- Fresh basil leaves (1 large leaf for each slice of tomato)
- Part skim organic mozzarella, sliced
- 1 TBSP Extra Virgin Olive Oil



Directions

- Put a basil leaf on each slice of tomato then add a slice of mozzarella cheese on top.
- Lightly drizzle olive oil over each tomato.