

# Live Healthy

KITCHEN RECIPES



**PECAN VALLEY CENTERS**  
FOR BEHAVIORAL & DEVELOPMENTAL HEALTHCARE



## PECAN VALLEY CENTERS

FOR BEHAVIORAL & DEVELOPMENTAL HEALTHCARE

*“Help today, for a brighter tomorrow!”*

**24- Hour Crisis Line:**

**1-800-772-5987**

**[www.pecanvalley.org](http://www.pecanvalley.org)**

*“To provide help and hope to all who strive to overcome challenges associated with mental illness, alcohol and chemical dependency, intellectual and developmental disabilities within our community.”*



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## A Better You! 🌿

John and Mary are a typical married couple with two school age children. Their routine consists of getting up in the morning rushing to get them ready for school and themselves off to work.

Many times individuals are like this family that have the bad habit of having the left over pizza from last night's dinner for breakfast. For lunch they might macaroni and cheese for lunch or at a nearby fast food place. Over stressed and tired or just not wanting to cook they might pick up some fast food for dinner.

Today's modern society faces many factors that affect its physical and mental health negatively. It faces many increases that do not include salary increase, but of: portion sizes, consumption of processed cereals, sugar, refined flours, unhealthy fats such as trans fats and saturated fat. It also faces a decrease de-stressing, but of the intake of: vegetables, fruits, variety of nutritious foods, and physical exercise.

Every time we sit down to eat we should ask ourselves, "Is this a healthy choice? How is this contributing to my every day health?"

People long for your physical and mental well-being. Your health is our interest. Because of this, the *Sowing Hope* Program through **Pecan Valley Centers** offers you this small booklet of healthy food rich in nutrients that will improve your health in a comprehensive way, so that you can become a better you.

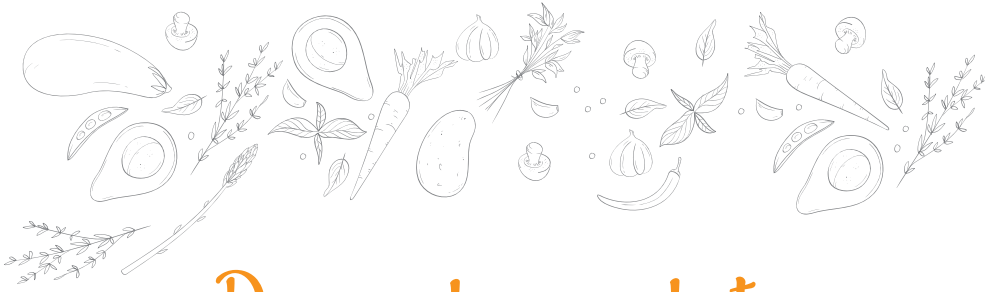
*Here's To Your Good Mental Health!*

**Enjoy!!**



## Helpful Advice

- 1 Chew food thoroughly to start having good digestion.
- 2 Avoid drinking liquids at meals.
- 3 Avoid fried foods. Use quality olive oil for cooking.
- 4 Avoid sweets and refined flours.
- 5 Avoid soda and sugary drinks.
- 6 Consume 1oz (a handful) of nuts such as almonds, pecans, walnuts, pistachios, etc., five times a week.
- 7 Eat vegetables with salads at each main meal, preferably raw of various colors: dark green, light green, yellow or orange, red or purple and white.
- 8 Fruits should be eaten alone.
- 9 Try to make sure that your diet is made up of 50% vegetables, 30% whole grains (grains, bread, pasta, etc.) and 20% protein (animal products should be defatted and pasture raised as much as possible).
- 10 Soak legumes (beans, chickpeas, lentils, etc.) and grains (rice, quinoa, barley, etc.) for 24 hrs. Pour out the soaking water. Then rinse them well again then cook them.
- 11 Avoid using aluminum pots and utensils when cooking.
- 12 Cook over low heat. Use small portions salt preferably pink or sea salt.



## Do you know what your Brain needs?

***These are the most important things that your brain needs:***

- \* Water.
- \* Oxygen (air).
- \* Sunlight.
- \* Good night's rest (sleep 7-8 hours).
- \* Physical exercise.
- \* Avoid stress.
- \* Social and family interactions.
- \* Memory exercise.
- \* Meditation.
- \* Gratitude, joy and laughter.
- \* Diet rich in omega3, complex carbohydrates, fruits, vegetables, whole grains and legumes. A diet free of sugars, additives and dyes, alcohol, tobacco and other drugs. Small portions of salt is needed.



# Vegetarian Cashew

## MAYONNAISE

### INGREDIENTS

- 1 ½ cup of cashew soaked in hot water for 4 hours
- 1 clove garlic
- 1 small red bell pepper or half a large one
- Lemon juice to taste
- 2-3 tablespoon of olive oil
- ¼ teaspoon of salt

### PREPARATION

Whisk all the ingredients in a blender or processor until creamy. Keep in the fridge. Does not keep for more than a week.





# Tahini

## DRESSING

### INGREDIENTS

1/3 cup tahini

¼ cup of lemon juice

1/3 cup of water

½ teaspoon salt

### PREPARATION

Liquefy everything. If you want thinner, add only ¼ cup of water. Use on salads or vegetables.



# Carrots

## PATE

### INGREDIENTS

4 carrots, peeled and grated  
1 large onion thinly sliced  
¼ cup brazil nuts or cayu  
2 tablespoons of olive oil  
Salt to taste

### PREPARATION

Put the onion, carrots, oil and salt in a saucepan. Slowly sauté until cooked then place in a processor together with the nuts and crush them until they form a smooth pasta. Let it cool and store in the fridge.

Very good for spreading on bread.



# Arugula or BASIL PESTO

## INGREDIENTS

- 1-cup pecan or walnuts or pine nuts soaked for 8 hours and lightly toasted.
- 1-2 cloves or garlic
- 1 cup of arugula
- 2 tablespoons of olive oil
- ½ teaspoon of salt
- 3 tablespoons water or juice of lemon

## PREPARATION

Place in a blender or processor. Make a cream. Ready to use.



# Chickpeas SPREAD

## INGREDIENTS

- 2 cups cooked chickpeas
- 1 red bell pepper chopped
- ½ cup chopped black olives
- 3-4 green onions, chopped
- ½ cup vegan mayonnaise

## PREPARATION

Cook chickpeas until soft. Place them in a bowl. Add the rest of the vegetables, the mayonnaise and finally the olives.

Store in the refrigerator.

Enjoy as a sandwich or as a dip with your favorite chips or crackers.



# Vegetarian CHEESE SAUCE

## INGREDIENTS

- 1 large onion
- ½ cup red bell pepper
- 3 tablespoons toasted cashews
- 1 teaspoons of Tahini
- 1 cup nutritional yeast

## PREPARATION

Place in mixer until creamy.



# Hummus

## INGREDIENTS

- ½ cup of boiled chickpeas. Boil until very soft
- ¼ cup tahini
- ¼ cup lemon juice
- 1 clove garlic
- 2 tablespoons of olive oil
- ½ teaspoon salt
- ½ teaspoon of cumin
- 2-3 tablespoons of water
- ½ teaspoon of paprika

## PREPARATION

Put all the ingredients in a blender or processor, except for the paprika. Blend until it is a smooth pasta.

Transfer to a container with a lid. Distribute the paprika on top then place the lid on the container.

Store in the fridge.



# Hummus with DRIED TOMATOES

## INGREDIENTS

400 grs (15 oz.) of cooked very soft chickpeas  
6 soaked dried tomatoes  
1 tablespoon of Tahini  
2 tablespoon of olive oil  
1 clove garlic  
Fresh coriander to taste  
Juice of 1 fresh lemon

## PREPARATION

Place all ingredients in a blender or processor until it forms a smooth paste.

Store in a covered container in the refrigerator.



# Tofu MAYONNAISE

## INGREDIENTS

2 cups firm tofu  
10 black pitted olives chopped  
1 teaspoon garlic powder or a clove of garlic  
1/3 cup olive oil  
Salt and lemon to taste

## PREPARATION

Process the tofu with the oil and garlic. Add salt and lemon to taste. Mix it again. Finally, add the chopped olives.

Note: you can replace the olives with  $\frac{1}{2}$  roasted and peeled red pepper, if you want another color.







# Brown Rice SALAD

## INGREDIENTS

- 1 cup of brown rice: washed and soaked for 24 hours
- 3 garlic cloves
- ¼ cup chopped pecans or walnuts
- 1 carrot grated
- Olives chopped
- 2 tablespoons of olive oil
- ½ teaspoon salt
- 1 ½ cup hot water

## PREPARATION

Drain the rice well. Place it in a pan to brown together with the garlic over medium heat until slightly golden. Add the hot water and cook over low heat until the water has consumed (the rice must be tender). Let cool. Then add the other ingredients and mix them. Then its ready to serve.



# Special CORN BREAD

## INGREDIENTS

- 1 cup of cornmeal
- 4 fresh shelled corn or frozen equivalent
- 4 tablespoon of olive oil
- 2 tablespoons ground flaxseed or egg replacer
- ½ cup green onion
- ½ chopped onion ( white, purple or yellow)
- ¼ cup chopped red bell peppers
- 1 clove garlic, minced
- ½ cup of non-dairy milk ( any non-animal milk)

## PREPARATION

Sauté the onions, bell pepper and garlic. Slightly liquify the corn with the milk. Mix all ingredients and place them in a boiling pan.

Bake at 350°F for 30 minutes or until golden brown.



# Eggplant BURGERS

## INGREDIENTS

- 1 eggplant peeled, washed and cut into cubes
- 2/3 cup ground walnuts
- ¼ teaspoon garlic salt or garlic powder
- 1 teaspoon onion powder or ½ cup green onions
- ¾ cup quick oatmeal
- 1 cup of breadcrumbs

## PREPARATION

Steam the eggplant until tender. Place in a container and add the rest of the ingredients. Mix well and let stand for 5 minutes.

Make hamburgers patties. Place them in an oiled roasting pan. Bake at 350 F until golden brown.

Serve with tomato sauce.

Ideal to accompany rice or noodles.



# Lentil *and* Walnut STEW

## INGREDIENTS

3 cup of lentils soaked for 12-24 hours  
1 medium onion - chopped  
Minced garlic to taste  
1 cup tomato puree  
4 cup of filtered water  
½ cup chopped walnuts  
½ cup chopped red bell pepper  
3 tablespoons olive oil  
1 carrot cut into slices  
Oregano or other seasonings to taste.  
Salt

## PREPARATION

Brown the onion, garlic, bell pepper and carrot in the oil. Then add the tomato, water, seasoning and lentils. Cover and simmer until the lentils are tender. Remove from the heat and add the walnuts.

Note: can be served with rice or potatoes.



# Quinoa TABOULI

## INGREDIENTS

- 1 cup quinoa, washed and soaked for 24 hours
- ¼ cup hemp seeds
- 1 red onion - chopped
- 1 bunch of parsley or cilantro
- 1 bunch of mint
- 3 medium tomatoes, seeded
- Juice of two lemons
- Zest of ½ lemon
- 6 tablespoons of olive oil
- 1 cup water
- Salt

## PREPARATION

Drain the quinoa well. Simmer with lemon zest and salt until the water is consumed (quinoa must be transparent). Cool it down.

Place in a bowl. Add the onion, chopped tomatoes, parsley and chopped mint to the quinoa.

Separately make the dressing with the lemon, oil and some salt. Add to quinoa. Mix well. It's ready.



# Meatballs OF OATS

## INGREDIENTS

1-cup whole wheat bread, soaked in vegetable milk.  
½ cup of ground walnuts  
1 cup quick oatmeal  
½ cup green onion  
3 cloves garlic minced  
Chopped parsley to taste  
1 egg or two heaping tablespoons of whole wheat flour.  
1 teaspoon salt

## PREPARATION

Mix everything. Let in soak so that the oats are moistened.  
Form balls. Roll them in breadcrumbs.  
Place breaded balls in a well-oiled roasting pan. Bake until lightly browned.



# Multicolored FRESH SALAD

## INGREDIENTS

Every day prepare a salad of raw vegetables of various colors. Pick for the following suggestions:

Red or Purple: tomato, red cabbage, red bell pepper, radicchio or red onion, etc...

Yellow or orange: carrots, yellow/orange bell pepper

Light greens: Zucchini, Celery or Cucumber etc...

Dark green: Spinach, Broccoli, Arugula or Kale etc...

White: Cauliflower, garlic or white onion etc...

## PREPARATION

Select any mixture of colors then season with lemon juice, olive oil, salt and spices or with a dressing recipe.







# Oats COOKIES

## INGREDIENTS

- 1 cup quick oats
- 1 cup oats bran
- 1 cup whole wheat flour
- ¼ cup raw sugar
- 1 teaspoon of stevia
- ¾ of soy milk powder or 1 cup of non-dairy milk
- 1 teaspoon of baking powder if desired
- ¾ cup coconut oil
- ¾ cup chopped walnuts
- ½ cup of grated coconut

## PREPARATION

Mix all the ingredients. If powdered milk is used, add a cup of water.

Let rest 10-15 minutes. With a tablespoons place in a roasting pan lined with parchment paper. Bake (350°F) until lightly browned.



# Sweet Cashew SQUARES

## INGREDIENTS

- 1 cup of cashews
- 4 tablespoons of coconut oil
- 4 tablespoons of vegetable milk
- 3 tablespoons of honey

## PREPARATION

Whisk everything. Take to freezer. Cut into squares.



# Delicious COOKIES

## INGREDIENTS

- 2/3 cup almond butter
- 2/3 cup of honey
- 2/3 cup of water
- 2/3 cup whole wheat flour
- 2/3 cup oatmeal
- 4 tablespoons of grated coconut
- 1 cup chopped walnuts
- ½ cup chopped dates
- 1teaspoon of salt
- 1 teaspoons baking powder

## PREPARATION

- Mix the first three ingredients and the salt.  
Add the other ingredients. Mix well.  
Spoon unto an oiled roasting pan with a tablespoon on at  
a time. Bake at 350°F for 20 minutes.



# Sweet Potato CROQUETTES

## INGREDIENTS

- 2 cups grated coconut
- ¼ cup of raw sugar
- 1 teaspoon of stevia
- 6 cups of sweet potato
- 1 cup chopped almonds or walnuts

## PREPARATION

Mix the coconut with the sugar and the stevia. Add to the crushed sweet potato. Add the nuts and put everything together.

If it is necessary to put a little flour to solidify batter.

Make croquettes of the desired size. Place in pan smeared with oil. Bake at 350°F until golden brown.



# Glossary

## **Seeds, nut, dry fruits such as the following:**

almonds, Brazillian nuts, Walnuts, Pecans, Cashews, cereals, Pistachos, Macadamias, Linseed, Sun Flowers, Pumpkin seeds and peanuts are all rich in protein, in the B and E vitamin group; rich in minerals: calcium, iron, magnesium, phosphorous, Copper, Selenium and Zinc. Also, rich in saturated, mono and poli-staturated fats that are essential to the body the brain,

Linseeds and walnuts are the richest in Omega 3s that are necessary for the brain and cardiovascular functions.

**Tofu** is the cheese or curd taken from soy. It is rich in proteins, low in sodium and has no cholesterol. It is a good source of calcium, phosphorous, iron and amino acids essential proteins and tryptophan. It can be used in the preparation of sweets and salads. It comes in different textures: white (soft) ideal for shakes; firm and extra firm that are most generally used for different salty recipes.

If only part of the tofu package is used simply, cover with water the remaining part and refrigerate. It could keep for a week. Buy organic tofu.

**Whole grains and cereals** contain bran around the grain (this is fiber) besides the wheat germ and carbohydrates. They contribute a great portion of nutrients, vitamins, minerals and proteins. They are sources of the primary vitamins B1, B2 and B6. The contain calcium, iron, phosphorous and magnesium etc...

**Legumes/beans** are a rich source of proteins, B vitamins, calcium and iron. Combined with cereals or nuts/seeds these transform into a very nutritious plate.

**Stevia** is a natural sweetener, 80 times sweeter than regular sugar, but with calories.

**Tahini** is known as sesame butter. It is rich in calcium and phosphorous. It has a content of 45% de protein and 55% fats.

**Nutritional Yeast** is the inactive source of dried yeasts from leaflets into powder. Rich in B vitamin complex, proteins and minerals. It can be used in a variety of dishes: sprinkled on soups, rice etc. to replace cheese.

**Quinoa** is a pseudo-cereal even eaten as a cereal. It contains proteins of 14 - 22% high biological value and is gluten free. It contains minerals like calcium, iron, potassium magnesium, and zinc. It is a good source of vitamin E, B2, B9, B1, B3. It helps to lower trigliceridos. It can be found in different varieties: white, red and black. Red and black have the richest sources of antioxidants.

**Egg Replacer** is gluten free egg substitute based on potato, tapioca starches, baking soda and Psyllium fiber.

**Hemp Seeds** are rich in protein easy on the digestion. They provide Omega 3 and 6, magnesium, iron Vitamin E fiber, calcium etc... They help to reduce cholesterol LDL (bad cholesterol), reduce arterial pressure, and reduce inflammation.

**Fruit:** fruit should be considered sources of water, vitamins, minerals, antioxidants, fiber and sugars. To be digested assimilated and for best results of its nutrients the combination with other vegetables, proteins and starches should be avoided. These types of combinations produce high grades of fermentation in the body - this is not recommended.

Remember: consider eating fruits as if they were a meal. They need a digestion process of approximately three hours before ingesting another type of food.

**Parchment paper** is useful when baking. It is treated with silicon while was paper is very sensitive to high temperatures or prolonged time in the over.

