Orange Pistachio Ancient Grains Pilaf

This is my adaptation of Rebecca Katz’s Orange Pistachio Couscous recipe found in one of my favorite cookbooks of all time - The Cancer-Fighting Kitchen. Quinoa provides all 8 essential amino acids necessary for good health. Millet provides a rich source of magnesium and several B-vitamins, which promote healthy energy.

Serves 6. Prep time 25 minutes.

Ingredients
½ cup quinoa
½ cup millet
1 ¾ cup low-sodium vegetable stock or water
1 teaspoon ground cumin
½ teaspoon ground coriander
1 teaspoon sea salt
1/8 teaspoon freshly ground pepper
½ cup chopped fresh mint
½ cup chopped fresh parsley
2 scallions, white and green parts, finely chopped
2 tablespoons freshly squeezed lemon juice
2 tablespoons freshly squeezed orange juice
1 tablespoon orange zest
1 cup garbanzo beans, drained and rinsed
½ cup currants
½ cup roasted, unsalted pistachios

Method
Rinse quinoa and millet in a fine mesh strainer and place in a small pot with vegetable stock or water over medium high heat. Bring to a boil then simmer for approximately 15 minutes until all liquid has been absorbed. Do not stir while cooking otherwise grains will not cook evenly. To see if the grain is done cooking and all of the liquid is absorbed, tilt the pot to the side. If there is liquid pooling in the bottom of the pot, then continue to cook until all liquid is absorbed. Once quinoa and millet are cooked, add the cumin, coriander, salt, and pepper and stir and fluff with a fork. Spread quinoa on to a sheet pan lined with parchment paper, rake with a fork and let cool to room temperature.

In a small bowl whisk together mint, parsley, scallions, lemon juice, orange juice, and orange zest. Place the quinoa and millet mixture in a medium bowl and add currants, garbanzo beans, pistachios and dressing and mix well. Taste and adjust seasonings as needed.
Wilted Swiss Chard Salad with Warm Cranberry Vinaigrette & Toasted Pumpkin Seeds

This recipe is my own adaptation of a recipe from the *Back in the Swing Cookbook* by Barbara Unell and Judith Fertig. Swiss chard is a nutrient dense leafy green related to beets and spinach. Chard provides an excellent source of carotenes, vitamins C, E, and K, potassium, iron, and magnesium, plus dietary fiber and chlorophyll. Cranberries are loaded with vitamin C and anthocyanidins. Anthocyanidins are an antioxidant pigment that provides certain plant-based foods with their blue, purple, and red pigments. They support the health of your circulatory system.

**Serves 4. Prep time 15 minutes.**

**Dressing – Yields about 2 ½ cups**

- 1 cup fresh or frozen cranberries
- ¼ cup pure maple syrup
- ¼ cup raw apple cider vinegar
- 1/3 cup orange juice
- 1 teaspoon Dijon mustard
- ⅛ teaspoon red pepper flakes
- ⅛ teaspoon ground cinnamon
- ¼ teaspoon granulated garlic
- ⅛ teaspoon sea salt

**Salad**

- 1 bunch Swiss chard (approximately 6-8 leaves)
- ½ cup toasted pumpkin seeds*

1. Place cranberries, maple syrup, and apple cider vinegar in a medium saucepan and heat over medium-high heat while stirring frequently for 5 to 7 minutes until cranberries soften and pop.
2. Meanwhile, chop Swiss chard into thin ribbons and place in a medium sized bowl.
3. Remove cranberry mixture from the heat and add orange juice, mustard, red pepper flakes, cinnamon, granulated garlic, and sea salt.
4. Toss greens with desired amount of dressing, arrange on a plate and sprinkle toasted pumpkin seeds on top.

*To toast pumpkin seeds, heat a large dry skillet on high and add seeds to the pan. Stir for a few minutes until seeds become fragrant and start to pop. Take great care not to burn or overcook the seeds.
Lisa’s Pumpkin Mousse

Try this simple and yummy pumpkin pie recipe as a healthy gluten-free and vegan alternative that is also free of white sugar, white flour, hydrogenated oils, and high fructose corn syrup commonly found in store bought pumpkin pies. The coconut butter gives the mousse a nice silky, melt in your mouth feeling. The healthy fat significantly increases the body's ability to absorb the beta carotene and other immune boosting carotenoids found in the pumpkin. Serve it in a wine glass for an elegant dessert.

Ingredients
1 15-oz. package of Farmer’s Market brand organic pumpkin
1 cup medjool dates, pitted and soaked for ~30 minutes or so
4 tablespoons raw coconut butter* or raw cashew butter**
2 teaspoons cinnamon
1 teaspoon freshly grated ginger
1 teaspoon ground nutmeg

Method
Drain dates. Place all ingredients in a food processor or high powered blender and blend until smooth and creamy. Chill for at least 30 minutes before serving.

*Coconut butter is not the same thing as coconut oil…it can be found in the peanut butter aisle…it is made from ground coconut meat so retains all of the important nutrients found in a whole coconut). You can also substitute cashew butter for the coconut butter.

**Cashew butter is found in our bulk department by the grind your own nut butters. You could also try almond butter, but for a more neutral flavor use coconut butter or cashew butter.
TEA TASTING

Relaxing Lemon Ginger Chamomile Tea

Chamomile is a flower that is very soothing to the nervous system and digestive tract. This is a great “anytime tea” when you need help relaxing or a little digestive support. Brew a cup before bedtime or a nap and make it a ritual for restful sleep.

Ingredients

- 1 chamomile tea bag or 1 tablespoon loose leaf Republic of Tea Chamomile Lemon Herbal Tea
- 1 teaspoon freshly grated ginger
- 1 wedge of lemon
- 1 teaspoon honey

Method
Bring fresh water to a rolling boil. Then pour water over tea and ginger. Steep for 5-7 minutes. Stir in honey and lemon juice.

Savory Broccoli Cilantro & Miso Ginger Tea

This unusual savory tea is surprisingly chock full of minerals, especially calcium. Chickpea miso is a deliciously savory fermented food that contains probiotics and important amino acids. Freshly grated ginger is a warming spice that supports healthy digestion and can help alleviate nausea.

Ingredients

- 1 teaspoon chickpea miso
- 1 teaspoon freshly grated ginger
- 1 Numi Organics® brand Broccoli Cilantro savory tea bag
- 1 lemon wedge

Method
Place miso and ginger into the bottom of a mug. Bring fresh water to a rolling boil and pour 10 ounces over the tea bag and seasonings. Brighten with a squeeze of lemon.
Instructor Bio:

Lisa Markley is the Healthy Eating Specialist & Culinary Nutritionist at Whole Foods Market in Overland Park, KS. She comes to us with a solid background in nutrition and health. Her education began at Northern Arizona University, where she obtained a Bachelor of Science in Health Education. She then went on to pursue a Master’s degree in Nutrition from Bastyr University, the United States’ leading university in natural health and science, where her favorite classes were Whole Foods Cooking and Organic Gardening. Lisa also completed a Dietetic Internship at the University of Kansas Medical Center where she worked in Clinical Research and Integrative Nutrition for 5 years before shifting gears to her current culinary path. Over the past fifteen years, she has gained valuable experience and exposure to both conventional and holistic perspectives on nutrition and she integrates this knowledge in helping people finding a balanced approach to their own health.

Lisa is dedicated to our local food system and is an avid fan of eating with the seasons. She writes frequent articles about eating healthy local, seasonal foods for Tastebud Magazine and Edible Kansas City. She is also a member of Les Dames de Escoffier, Slow Food Kansas City, Cultivate Kansas City, the Kansas City Food Circle, and the Chef’s Collaborative.

Lisa is here with us today, because she believes the path towards optimal health starts in the kitchen. As a Culinary Nutritionist, she strives to help people maximize their nutrition by teaching them tangible, practical ways of cooking with health-supportive ingredients prepared in ways that taste delicious. Over the past four years, she has taught over 150 cooking and nutrition classes to people interested in eating healthier and using food as the powerful medicine it is. Her specialty is cooking simple and delicious recipes featuring primarily plant based, whole foods, clean animal products, and food-allergy friendly meals.