



## LEMONY CAULIFLOWER RISOTTO

### SERVES 4

Cauliflower stands in for rice in this sunny risotto. The secret ingredient, pumpkin puree, makes this dish creamy and rich while adding beta carotene (vitamin A) and fiber.

- 1 head cauliflower, greens and core removed, roughly chopped
- 2 Tbsp (30 mL) extra-virgin olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 1/2 cups (350 mL) unsweetened plain almond milk or milk of choice
- 1 cup (250 mL) pumpkin puree
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) dried thyme, rosemary or sage
- 1/4 tsp (1 mL) ground black pepper
- Zest of 1/2 lemon
- 1/2 cup (125 mL) finely grated Parmesan cheese
- 1 Tbsp (15 mL) lemon juice

In food processor, working in batches, pulse cauliflower until finely chopped, about the size of rice. Transfer to large bowl. Set aside.

In large, high-sided skillet or large pot, heat oil over medium. Add onion and garlic. Sauté for 8 to 10 minutes, until onion begins to brown slightly. Stir in reserved cauliflower “rice,” milk, pumpkin, salt, thyme (or rosemary or sage), pepper and lemon zest. Increase heat to medium-high until mixture is bubbling; reduce heat to medium-low. Continue to cook, uncovered and stirring often, for 8 to 12 minutes, or until cauliflower is soft enough for your liking (you don’t want it mushy). Stir in Parmesan and lemon juice. Serve immediately.

**EACH SERVING CONTAINS:** 210 calories; 10 g protein; 11 g total fat (3 g sat. fat, 0 g trans fat); 21 g total carbohydrates (8 g sugars, 8 g fiber); 442 mg sodium



## QUINOA RISOTTO PIE WITH SWEET POTATOES

### SERVES 6

This is a cheater's risotto made with whole grain quinoa, ricotta and eggs, set in a tart tin for a pie-like play on arancini (fried risotto balls). Sweet potato rounds give this easy risotto pie a touch of elegance.

- 2 Tbsp (30 mL) extra-virgin olive oil, divided
- 2 cups (500 mL) low-sodium vegetable stock or water
- 1 cup (250 mL) uncooked quinoa
- 2 large eggs
- 1/3 cup (80 mL) ricotta
- 1 Tbsp (15 mL) white wine vinegar  
or apple cider vinegar
- 2 tsp (10 mL) thyme
- 1/4 tsp (1 mL) salt
- 1 large sweet potato, peeled and thinly sliced into rounds (about 1/4 in/0.6 cm thick)

Preheat oven to 375 F (190 C). Grease 8 in (20 cm) tart tin with removable bottom with 1 Tbsp (15 mL) olive oil; place on large baking sheet.

In medium saucepan, bring stock or water and quinoa to a boil, then reduce to a simmer. Cover and cook for 15 minutes. Remove from heat and steam, covered, for 5 minutes. Fluff with fork, transfer to large bowl and cool for 5 minutes. To cooked quinoa, add remaining 1 Tbsp (15 mL) oil, eggs, ricotta, vinegar, thyme and salt; mix until fully incorporated.

Arrange sweet potato slices in concentric circles (they don't need to be perfect) in bottom of tart tin, making sure to cover entire bottom. Gently add quinoa mixture on top of potatoes, spreading out to sides and smoothing until flat. Bake for 45 minutes. Cool for 5 minutes before flipping onto plate and removing tart tin from pie. Slice and serve immediately. Alternatively, chill overnight in refrigerator in tart tin, remove according to above directions, slice and eat chilled or reheat on low in oven.

**EACH SERVING CONTAINS:** 211 calories; 8 g protein; 9 g total fat (2 g sat. fat, 0 g trans fat); 25 g total carbohydrates (2 g sugars, 3 g fiber); 195 mg sodium



## GREEN PEA, ALMOND AND ROASTED GARLIC RISOTTO

### SERVES 4

Instead of using dairy, blend peas, nuts and roasted garlic to create a silky, pastel green base. Roasted garlic becomes muted and mellow with no sharpness left—so don't fear the amount. Whole peas act as the “rice” of this quintessentially spring-like, grain-free risotto.

- 1 head garlic, halved horizontally
- 6 cups (1.5 L) green peas, fresh or frozen, divided
- 1 1/2 cups (350 mL) low-sodium vegetable stock, plus more to thin
- 1 cup (250 mL) unsalted raw or blanched whole almonds
- 2 Tbsp (30 mL) lemon juice
- 1 Tbsp (15 mL) extra-virgin olive oil
- 1 tsp (5 mL) apple cider vinegar or white wine vinegar
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) ground black pepper

Preheat oven to 350 F (180 C). Add both halves of garlic head to large sheet of parchment paper, crunch up into a tight ball and roast for 45 minutes to 1 hour, until soft and fragrant. Cool until you're able to handle comfortably.

Squeeze roasted garlic (use the whole head or half, depending on taste) into blender; discard peels. To garlic, add 2 cups (500 mL) peas, stock, almonds, lemon juice, oil, vinegar, salt and pepper. Blend until smooth and creamy.

Transfer to large pot or high-sided skillet, stir in remaining 4 cups (1 L) peas (whole) and heat over medium until bubbling. Thin with additional water or stock, if necessary. Serve immediately.

**EACH SERVING CONTAINS:** 453 calories; 21 g protein; 23 g total fat (2 g sat. fat, 0 g trans fat); 48 g total carbohydrates (13 g sugars, 14 g fiber); 428 mg sodium



## 2 TO 5X

higher concentrations of certain pollutants can be found indoors (compared to the concentrations typically found outdoors). This can affect allergies, asthma, sleep quality and more. When you consider that Americans spend roughly 90 percent of their time indoors, it becomes clear how important indoor air quality is.

## 118° F (48° C)

is the maximum temperature foods are usually heated to on a raw food diet. Because there is little to no heat applied in the raw food kitchen, foods are kept “living,” which preserves the integrity of many nutrients. And some raw “cooking” techniques, like sprouting and fermenting, unlock valuable nutrients, rendering an ingredient more digestible.



## 1%

of Americans—at a minimum—have celiac disease. That means roughly 3 million people are living with this autoimmune disease. By comparison, approximately 2 million people in the U.S. have Alzheimer’s. When someone who has celiac disease consumes gluten, a protein found in wheat and certain other grains, their immune system attacks their small intestine, inhibiting their ability to absorb nutrients.

## 139 USES

of the phrase “self-care” were examined in a 2011 research paper. The researchers found that, in the 1970s, self-care was often used simply to refer to individuals taking initiative to manage their own health or illness. By the 2000s, the definition had evolved to be more expansive: self-care was viewed as a daily activity—one that included social and emotional needs in addition to physical ones.

## 1 to 2 minutes

is how long you should toast grains for before adding liquid and cooking them when making a risotto. Briefly toasting grains over medium heat in a dry skillet brings out their nutty characteristics. Grains that become risotto-like and creamy, like amaranth, millet, quinoa and oats, can all be used instead of white rice to make a dreamy risotto.

