Minestrone Soup: (servings 8) Humaira Lateef, MD, FAAFP, CCMS

Ingredients:

-Olive oil, 2 TBS

-Celery, 3 sticks, thinly diced, small

-Carrots, 2 peeled and diced, small

-Onion, 1 small, diced, small

-Zucchini, 1 medium, diced, small

-Garlic, 2 cloves, crushed

-diced tomatoes, 1 can or 1 cup marinara sauce

-great northern beans, 1 can

-1/2 cup Orzo Pasta, boil according to package directions. Set aside.

-Salt, 1 tsp

-Black Pepper, 1 tsp

-dried Parsley, ½ tsp

-Fresh Basil, handful

-Oregano, ½ tsp dried.

-Vegetable Broth, Pre-packaged. 1.5 liter (may need extra)

-Frozen Peas, ½ cup

-Spinach, 2 handfuls

Method:

-In a Dutch oven, heat oil, add onions, carrots and celery, Saute for 4-5 min, add crushed Garlic, saute for 1 min, then add zucchini and continue to saute for another 4-5 min

-Season with salt and pepper, and add diced canned tomatoes, Broth and cover and simmer for 10 min

-Add beans, pasta, oregano, parsley and let it simmer for 5 min

-Add frozen peas, and spinach, cover and simmer for 5 min

-Add fresh basil and turn off the heat.

-Serve or freeze for later use.

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Orange lentil Curry: (servings 4) Humaira Lateef, MD, FAAFP, CCMS

1 cup orange lentil, rinse with water 3-4 times,

3 cup water

4 cloves garlic, crushed, let sit for 10 min before using.

1 tsp salt

1/2 tsp red pepper

1/2 tsp turmeric powder

1/2 tsp ground coriander

Add all to a cooking pot, cook on medium heat, with occasional stirring till lentils are soft and cooked. May add extra 1/2 to 1 glass water, cook until it is all blended through.

Cover and simmer for 10 min.

For garnish/Tempering:

1 small onion, cut in half and thinly sliced

3 Tbs extra virgin olive oil

Fry till onions are golden brown

Now add one tsp of thinly sliced ginger, add 1/2 tsp of cumin seeds, Fry 2-3 min and add to the cooked lentils, Mix, Garnish with fresh thinly cut cilantro,

Serve with boiled rice.

Humaira Lateef, MD, FAAFP, CCMS

Certified Culinary Medicine Specialist.

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MOCHA CHIA PUDDING Humaira Lateef, MD, FAAFP, CCMS

MAKES: 4 SERVINGS

¼ cup (20g) unsweetened cocoa powder

½ cup (120ml) Date Syrup

¼ cup (180ml) unsweetened soy milk (may use low 1% milk)

¾ cup (180ml) strong brewed coffee

1 teaspoon pure vanilla extract

½ cup rolled oats

⅓ cup (80g) chia seeds

In a bowl, combine the cocoa powder with the Date Syrup, and stir to blend well. Slowly add the soy milk, stirring until smooth. Stir in the coffee and vanilla. Add the rolled oats and chia seeds, then stir to combine well

Transfer the pudding to individual dessert bowls. Cover and refrigerate for at least 3 hours to thicken. The longer it sits, the firmer it gets.

Top each serving with some berries, chopped nuts, cacao nibs, or vanilla cashew cream.

Serve chilled