

# EAT TO LIVE

Session #12

**Oct 12, 2016** most notes/recipes on website  
Todd and Terry Giese [www.mycaringfamily.com](http://www.mycaringfamily.com)

## KALE SQUASH SALAD

1 large butternut squash peeled & cut into 3/4" cubes  
1 whole head garlic  
1/4 cup fresh lemon juice (from 1 large lemon)  
2 teaspoons pure maple syrup  
2 tablespoons Dijon mustard  
1 tablespoon finely chopped shallot (or onion)  
1 1/2 pounds Tuscan (Lacinato) kale...about 2 large  
. bunches stemmed, leaves thinly sliced

1 cup pomegranate seeds (from 1 large pomegranate)

### PREPARATION

Toss squash with some olive oil and salt/pepper  
Put whole head of garlic in some foil with a touch of oil  
ROAST both at 425 degrees F ~40 minutes  
Squeeze softened garlic into bowl with  
Lemon juice, maple syrup, mustard, shallot, a little S & P  
WISK together while drizzling in olive oil till good texture  
ADD squash and pomegranate seeds, combine & serve

Alive Scott Stoll, MD

Breaking the Food Seduction Neal Barnard, MD

Diet for New America John Robbins

Program for Reversing Heart Disease Dean Ornish

Eat to Live Joel Fuchman, MD

Eating Mindfully Susan Alpers, PhD

Eating on the Wild Side Jo Robinson

Fifty Two Loaves William Alexander

Forks Over Knives on Netflix

Prevent and Reverse Heart Disease CB Esselstyn Jr

The China Study T Colin Campbell PhD & son

The Idiot's Guide Plant Based Nutrition J Hever

Whole T Colin Campbell

Better than Vegan Chef Del

Lenten Cookbook Arestedis Laftsidis

The Vegetarian Bible Publications International

## CREAMED KOHLRABI AND SPINACH

1 lb kohlrabi, peeled, cubed  
3 shallots chopped (or onion 1 C)  
one sweet pepper chopped  
a little mushroom chopped  
one or two apples cubed  
2 cloves garlic  
3/4 cup cashew or unsweetened almond milk  
1 t lime juice  
some Tamari sauce  
1-2 cups spinach or fresh greens

### PREPARATION

Pan fry till golden the kohlrabi  
Put to the side while sauté onion/garlic  
Add pepper and mushroom, lime, tamari  
And the spinach... reduce heat, serve



## SWEET POTATO ROUNDS for dessert

Cook sweet potato in 400 degree oven till soft/ooze  
Let cool, then slice into 1/4" rounds  
Fry in a little olive oil till nice and brown...Mmmmm

### AMAZING DRESSING for CHOPPED KALE

2 T apple cider vinegar  
2 T fresh orange juice  
1/2 tsp tamari or soy sauce  
1/2 T honey  
1/2 T grated fresh ginger  
2 T olive oil  
1 T Dijon mustard