

## EAT TO LIVE Session #10 (previous summaries on [www.mycaringfamily.com](http://www.mycaringfamily.com))

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### Some good resources:

Alive Scott Stoll, MD  
Breaking the Food Seduction Neal Barnard, MD  
Diet for New America John Robbins  
Program for Reversing Heart Disease Dean Ornish's  
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 MD  
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

#### KOHLRABI SALAD

½ cup blanched hazelnuts or sesame seeds  
2 medium kohlrabi (about 2 lb. total), peeled, thinly sliced on a mandoline  
1 tart apple (such as Pink Lady or Crispin), peeled, cored, thinly sliced on a mandolin  
lemon zest and lemon juice from ½ a lemon  
1 tablespoon Dijon mustard  
1 tablespoon apple cider vinegar  
1 tsp maple syrup  
1 tablespoon extra-virgin olive oil  
Toss kohlrabi, apple, lemon zest, and vinegar in a medium bowl; season with salt. Add ½ cup mint and gently toss to just combine.  
Toss toasted nuts with 1 T oil then add in

#### CREAMED KALE

3T onion or shallot & 2 cloves garlic  
3 bunches kale; zest of lemon  
1 C almond milk  
Salt, pepper, 1 t nutmeg  
Begin by mincing garlic and chopping onion.  
Next, clean and stem kale. ...Heat a large skillet over medium high heat w 3T olive oil then  
Add garlic and onion, sauté for 5 to 6 minutes, until softened, add lemon zest then  
Add kale, stir and cook for 2 to 3 minutes, until leaves begin to wilt.  
Finally, add in salt, white pepper, nutmeg and almond milk.



#### BEAN AVOCADO WRAP

1 can cannellini (15-ounce) (1.5 cup)  
1 tablespoon tamari sauce (or soy)  
1 tablespoon (white) balsamic vinegar  
2 small avocados, halved  
2 tablespoons fresh lime juice (or key lime juice)  
2 tablespoons fresh parsley or cilantro  
1 tablespoon diced hot pepper  
1 teaspoon garlic minced  
1 teaspoon smoked paprika  
2 teaspoons minced onion  
salt/ black pepper to taste  
2 tortillas (or can wrap in lettuce leaf!)  
2 Roma tomatoes, thinly sliced  
2 large handfuls of baby spinach

1. Sauté the beans in a large frying pan over medium heat for 1 to 2 minutes or until warm. Add the liquid aminos and cook, stirring occasionally, until the liquid has cooked away. Add the vinegar and cook, stirring once or twice, until the liquid has cooked away. Remove from the heat and mash the beans with a fork.

2. Scoop the avocado flesh into a large bowl and mash until there are no chunks. Add the mashed beans, lime juice, parsley, green chiles, garlic powder, paprika, and onion powder. Mix until combined. Add the salt and pepper to taste.

3. Spread half of the avocado mixture onto one wrap or tortilla. Add a row of tomato slices across the shorter dimension of the wrap, an inch or so from one edge, a row of spinach next to it, another row of tomatoes, and another row of spinach. Roll the wrap over the first row of tomatoes, and continue until it is completely rolled up. Chop into 3 to 4 sections.

MELON with lime

