

Better Way to Wellness

- Get Nourished... Be Well

WCRC Cooking Club Organic Foods on a Budget

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Redefining “Food”

Real food is seasonal, fresh - as ‘unprocessed’ as possible, full of nutrients and produced with as little chemical intervention as possible.

Processed foods do not provide nutrients as nature intended. Processed organic foods are not ‘healthier’

Fresh real food is typically less expensive pound for pound than it’s processed counterpart.

Eating real food will help you keep healthy and strong.

Shopping

Buy what is in season and grown locally.

Farmer’s Markets often have organic or pesticide free produce for less money than a super market.

Shop at Trader Joe’s or Grocery Outlets to find ‘deals’ on canned and package organic foods.

Take advantage of sales. Buy in bulk. Get together with others to divide large purchases.

Grow your own food. If you do not have space at your home, check community gardens for plots - share one with a friend or two to divide the work. Ask neighbors who might have extra space in their garden.

Recipes for an Organic Meal:

Quinoa and Vegetables with Nuts or Seeds

1 cup quinoa (bulk from Berkeley Bowl)
2 ½ cups water
pinch of sea salt (bulk Berkeley Bowl)

Rinse the quinoa and drain through a fine strainer. In a medium pot simmer the quinoa with the water. Quinoa is done when you can see the curled 'tail' is visible and it is tender with a slight crunch - about 15 minutes. Drain extra water and set aside.

Add 2 cups of any combination of fresh diced vegetables and fresh herbs.

Suggestions: peppers, cucumber, zucchini, tomatoes, roasted eggplant, blanched green beans or broccoli; cooked winter squash or yams; cooked greens, seaweed, red onions, cooked beans such as garbanzo, black beans, or lentils; scallions, basil, oregano, cilantro, rosemary, dill, chives, etc. Use what is in season.

Add ¼ cup of lemon juice or your favorite vinegar, 2 to 4 Tablespoons of extra virgin olive oil, and ½ cup of your favorite seed or nuts (sunflower, pumpkin, sesame, pine nuts, walnuts, almonds, pecans, etc). Season with sea salt and ground black pepper.

Variations: add zest of lemon or orange and spices such as curry, paprika, sumac or cinnamon. Experiment.

Additional sources of ingredients: lemons from garden, vinegar, seeds and nuts from Berkeley Bowl or Trader Joe's, extra virgin olive oil - Bariani's from Farmer's Market or Berkeley Bowl label.

Quick Pasta with Garden Vegetables and Herbs in Marinara Sauce

Prepare and cook seasonal vegetables. Add your favorite jarred Marinara (Trader Joe's Organic Tomato Basil Sauce or Marinara).

Cook your favorite pasta according to package directions. (Trader Joe's or bulk)

Serve with sauce on top of pasta. Optional - Sprinkle with chopped fresh herbs and grated parmesan.

Gluten and Dairy Free Fruit Crisp

Crisp Topping

4 oz of coconut oil, slightly chilled and cut into small pieces, (TropicalTraditions.com),

¾ cup Gluten Free Flour Blend (Sylvan Farms Brand or your own Blend)

¾ cup Quinoa Flakes (bulk at Berkeley Bowl)

¼ cup Cornmeal (bulk at Berkeley Bowl)

1 cup brown sugar (bulk at Berkeley Bowl)

1 ½ teaspoons cinnamon (MountainRoseHerbs.com)

¼ teaspoon nutmeg, optional

Fruit Filling

4 cups of prepared fruit

a Tablespoon or 2 of sugar

1-2 Tablespoons of Minute tapioca

Preheat oven to 350.

In a medium bowl combine the dry ingredients for the topping. Add coconut oil and mix into dry ingredients using a pastry cutter, fork or your fingers. Topping is done when the mixture is crumbly and just holds together.

Mix fruit, sugar to taste and tapioca. Pour into a baking dish. Crumble over the topping. Use as much or little as you like.

Bake in the 350 oven for 25 - 35 minutes or until topping is brown and fruit is tender.