



# Nutritional Nuggets

by Lisa Finn

## TOP BENEFITS OF EATING HEALTHY

- Helps build a strong immune system
- Helps balance us both mind and body
- Helps increase mental focus
- Helps stabilize brain function and mood

## NUTRITIONAL TENETS TO LIVE BY

- Use simple & fresh ingredients (frozen is good too)
- Local & organic when possible
- "Eat the Rainbow" (phytochemicals give vegetables their different colors and each color contains different and important nutrients that we need)
- Eat whole, unprocessed foods as much as possible
- Basic rule of thumb is eat everything in moderation

## LISA'S PREFERRED MEDITERRANEAN DIET

- Lots of veggies, fruit, beans, lentils, nuts, whole grains, extra virgin olive oil\*, avocado oil.
- Moderate amount of fish, cheese & yogurt.
- Small amounts of meat, sugar, alcohol

**\*TIP:** make sure to look at olive oil labels- it should be from a single-origin (i.e., 100% Italian, Greek or Spanish olives). This means it is not blended with cheaper oil to cut on cost. Higher quality, better taste and higher nutrient value.

# Red Dal with Spinach/Sweet Potatoes

## RECIPE INGREDIENT NUTRITIONAL HIT LIST:

**LENTILS**- high in protein, super high in fiber - why fiber is important... lowers cholesterol, regulates blood sugar, helps moves things along in your body

**SWEET POTATOES (W/ SKIN)** - example of importance of color - phytonutrients, again high in fiber, Vitamin A

**SPINACH**-high in potassium, magnesium, tons of vitamins

**GINGER**- known for it's anti inflammatory properties

**ONIONS/GARLIC** - allium family - super veggies - tons of vitamins, helps lower cholesterol & blood pressure

**OLIVE OIL** - loaded w/antioxidants (prevent disease) Just drink it:)

**COCONUT MILK**- antibacterial properties (Get full-fat, NOT low fat\*)

**TIP:** \*Low fat products invariably add sugar and other ingredients that we don't necessarily want in our bodies!

## SUPER HEALTHY SPICES AND HERBS

**CUMIN**- antioxidant

**TURMERIC**- example of golden color - rich in phytonutrients/anti-inflammatory

**CAYENNE**- another example of bright gorgeous red crimson color

**VITAMINS A,B,C, E.** Great for digestion, heart health

**CILANTRO** - Healing herbs - big antioxidants/lots of vitamins

**TIPS:** \*Explore w/ spices & fresh herbs - see what tastes good to you and use them LIBERALLY. I look at my spice drawer as my vitamin chest. It not only makes your food taste better, but it's like sprinkling vitamin supplements into your food. Same w/ ALL fresh herbs. Refrigerate fresh herbs in a glass jar in water and cover the leaves & stems. Will last much longer

# Red Dal with Spinach/Sweet Potatoes

## INGREDIENTS

Couple of glugs of olive oil  
2 cloves of garlic (finely chopped)  
1 -2 inch of fresh ginger (peeled & finely chopped)  
1 jalapeno - green chili (finely chopped)  
1 onion (finely chopped)  
1 teaspoon cumin  
1 teaspoon turmeric  
2 cups red lentils  
1 can of coconut milk (full fat)  
2 cups of vegetable stock, chicken stock or water  
a bunch of fresh cilantro (or parsley) roughly chopped  
juice of 1 lemon

## TOPPINGS

2 sweet potatoes (or butternut squash) skin on, cut into 1-2" cubes  
2 large handfuls of spinach

## DIRECTIONS

1. Preheat oven to 425 F.
2. Place cubed sweet potatoes on baking tray, drizzle with olive oil. Sprinkle with salt, pepper & cumin. Roast in oven until softened and edges are crispy - about 25 mins.
3. In a large saucepan, sizzle the ginger, jalapeno, onion & garlic in a small glug of oil until softened.
4. Add cumin & turmeric to the pan and cook for a couple of minutes to toast and release the spice oils.
5. Add the lentils, coconut milk and stock (or water) to the pan and bring to a gentle boil, then turn the heat down and bubble away for 25-30 minutes.
6. To finish your dhal, take it off the heat, stir in the spinach and allow it to wilt a little.
7. Add the lemon juice & chopped cilantro (or parsley)
8. Pile into bowls and top with the crispy sweet potatoes (or squash) & garnish with cilantro (or parsley).