

WILD RICE

Measure	Wild rice with walnuts, rosemary and fresh citrus
2 litres water	Water for cooking
3/4 cup	Wild rice
2/3 cup	Green grapes, halved
2/3 cup	Clementine segments, separated
1/2 cup	Walnuts, crushed
1/2 cup	Dried cranberries
3 tbsp	Lime juice
1 tbsp	Sugar (or 1/2 cup apple juice, reduced to 1 tbsp)
2 tsp	Dried rosemary, finely ground

Yield: 2 Portions

Directions: Cover rice with water for cooking in a bowl. Bring to a boil, and continue boiling for about 40 minutes or until rice softens and starts to split.

While it cooks, prepare the rest of your ingredients. When rice is finished cooking, drain and run under cold water to stop the cooking and cool down the rice. Add all other ingredients and mix well. Serve cold with a fresh rosemary garnish.

RED RADIANCE

Measure	Red radiance
1/2 bunch	Lacinato (Dinosaur) kale (with stocks)
1/2 bunch	Collard Greens
6 stalks	Celery
1 bunch	Parsley
1 bunch	Spinach
2	Lemons
4	Carrots, medium
6	Red beets, medium
Half of a	Ripe canteloupe
2 cubic inches	Fresh ginger

Yield: 8 Cups

Directions: Wash your produce (drying is not necessary). Cut everything into pieces that will easily fit into the juicer. Juice any leaves and soft produce (such as cantaloupe) first, and hard vegetables like beets and carrots last (they will help push out anything that is left behind in the juicer). You can also use hard produce to move things along at any point in the juicing process.

BREAKFAST OATS

Measure Breakfast oats

2/3 cup	Roasted oat blend (below)
1 cup	Frozen mixed berries
1/2 cup	Plain yogurt
1/4 cup	Apple juice
Half of a	Banana, sliced lengthwise
5	fresh blackberries
3/4 tsp	Corn starch
1/2 tsp	Ground cinnamon
1/2 tsp	Vanilla extract

Roasted oat blend

4 cups	Whole oat flakes (rolled oats), toasted (if not already)
1.5 cups	Hazelnuts, roasted
3 tbsp	Brown sugar
1/4 tsp	Salt

Yield: 1 Serving

Roasting the hazelnuts: Bake hazelnuts in a single layer on middle rack of a preheated 300F oven for about 7 minutes, mixing once after about 4 minutes. Keep a close eye in the last few minutes to make sure they are not burning.

Toasting the oats: Bake oats in a single layer on middle rack of a preheated 350F oven for about 12 minutes, mixing once after about 6 minutes. Keep a close eye in the last few minutes to make sure they do not burn.

Directions: Make a corn starch slurry by mixing it with an equal part of water. Place aside. Plate your roasted oat blend, top with yogurt, and prepare your other ingredients aside.

Place apple juice, vanilla extract, frozen berries and ground cinnamon into a pan. Bring up to a simmer, and continue simmering for about 2 minutes. Add corn starch slurry, and continue mixing for about 30 seconds until the mixture thickens. Pour over yogurt, top with fresh fruit, and serve while hot.

SWEET & SPICY BLACK BEANS

Measure	Sweet and spicy black beans on fragrant basmati
2 cups	Black beans, canned, drained and washed
1 cup	Low-sodium vegetable or chicken stock
1 medium	Red bell pepper, julienne
1 small	Yellow onion, julienne
4 stalks	Green onion stalks, chopped
4 cloves	Fresh garlic, minced
2 cubic inches	Fresh ginger, finely grated
2 tbsp	Olive oil
1 tbsp	Brown sugar
1 tbsp	Low-sodium soy sauce
1 tbsp	Corn Starch
2 tsp	Toasted sesame oil
1/4 tsp	Chili flakes
	Fresh herbs for garnish (optional)

Measure	For the rice
1/2 cup	Brown basmati
1 cup	Water for cooking
2	Cloves, whole spices
1	Bay leaves
To Taste	Fine Salt

Yield: 2 Portions

Directions: Rinse your rice well, and drain. Place in a pot and cover with spices and water for cooking. Bring to a boil briefly, then reduce heat and let simmer 40 minutes, lid closed. Remove from heat, and let steam for 10 minutes (do not remove the lid).

While the rice is simmering, measure out and prepare all of your ingredients, aka "mise en place". Make a slurry out of corn starch by mixing with an equal part water. Heat olive oil in a wok or medium pan on medium heat. Gently sauté your chili flakes for about 15 seconds mixing frequently, then add your garlic and ginger and continue sautéing for another 30 seconds. Add your onions and sauté for about 2 minutes, then add red peppers for another 2 minutes.

Add chicken stock and all other ingredients except toasted sesame oil, mix well, then crank the heat up to medium-high. When the mixture starts to simmer, add toasted sesame oil, and pour in corn starch slurry while you keep mixing with the other hand. As soon as the mixture thickens, continue mixing for a few more seconds, then remove from heat and serve immediately over rice. Sprinkle with fresh herbs (optional).