



## Nourish

*Bill Bradley, Registered Dietitian and Cookbook Author*

When you nourish your body with healthful foods you are also being kind to your body. Nourishing foods contain nutrients that are essential to good health and condition. They are deliciously rich and satisfying and when you eat them in stews, soups or other warming dishes, you can feel them nourishing your body and soul.

Take care of yourself and flourish by incorporating some of the most nourishing, nutrient-dense foods in your diet. Many of these foods are packed with cancer-preventing antioxidants and heart healthy fats, proving that comfort foods can be good for you!

- Salmon, shellfish and sardines
- Kale, spinach, chard and other nutrient dense dark, leafy greens
- Garlic, shallots, onions, scallions and leeks
- Broccoli, Napa cabbage, Brussel sprouts and cauliflower
- Carrots, tomatoes and red peppers
- Potatoes, sweet potatoes and yams
- Pumpkin and other winter squashes
- Edamame
- Beans, nuts and seeds
- Spices such as turmeric, ginger, cayenne and cinnamon
- Herbs such as dill, parsley, cilantro and basil
- Seaweed
- Extra virgin olive oil and vinegars (especially apple cider vinegar)
- Eggs
- Blueberries, strawberries, oranges, lemons and grapefruit
- Avocados
- Yogurt and kefir
- Dark chocolate

Here are a few of our favorite warming and nourishing recipes.

### **Beef and Butternut Squash Stew** by Giada de Laurentiis

We often turn to Giada de Laurentiis for sure-fire delicious recipes. This dish is nutrient-packed and quite tasty. It satisfies meat eaters while offering up healthful ingredients that are readily available throughout the year. We especially love this dish for fall and winter.

### **Turmeric Tea at Mediterranean Living**

Top off your evening with this delicious and healthy drink that is a mix of turmeric in warmed almond or cow's milk. This recipe packs a powerful nutritional punch! The recipe developer, Christine Kenneally, describes the value of using turmeric in your cooking: "Turmeric has been a major part of traditional Indian and Asian cooking for centuries, even being referred to as "holy powder." for its many healing properties."

Turmeric Tea (below) is featured photo for the newsletter.

### **Horta (Greens) With Potatoes at Mediterranean Living**

Never under-estimate the value of including plenty of greens in your diet. If you haven't been eating many dark, leafy greens, perhaps you can make this your New Year's resolution! Here is a great recipe for Horta (Greens) with Potatoes that everyone will enjoy. In Crete, this is a popular side dish at dinner, using whatever wild greens are in season.

### **Italian Baked Polenta With Vegetables at Mediterranean Living**

You'll be pleasantly surprised at just how easy it is to make homemade polenta. This polenta dish is a lovely alternative to vegetable lasagna. It's a great way to pack more servings of vegetables into your dinner. Experiment by switching up the vegetables or herbs to suit your fancy!



## **Turkish Yogurt Soup With Chicken, Chickpeas and Rice from Food & Wine**

This winning soup makes a meal. It's creamy and a perfect remedy to a cold night. Stop over at Food & Wine to see what the fuss is all about.

**Interested in further exploration of nourishing foods?** We highly recommend these books to explore more recipes:

***Healthy Slow Cooker Revolution*** by America's Test Kitchen

***A Taste of Heaven and Earth: A Zen Approach to Cooking and Eating*** by Bettina Vitell

***Silk Road Vegetarian: Vegan, Vegetarian and Gluten Free Recipes For The Mindful Cook*** by Dahlia Abraham Klein

***The Yogurt Cookbook: Recipes From Around The World*** by Arto Der Haroutunian

***A Spoonful of Ginger: Irresistible, Health-Giving Recipes From Asian Kitchens***  
by Nina Simond