



# COMFORT FOOD

## A WINTER'S DELIGHT

**BY SIMONE STEPANCIC**

Do you remember days during winter time when you were still living at home and your mom made you a nice warm vegetable soup? For most of us these are good memories that bring us right back into our youth. Whenever I eat vegetable soup, ice cream, apple pie or foods that remind me of my home and my mom I feel good, comfortable and emotionally balanced.

We all have a craving for sweets, (well, almost all!). This craving goes way back into our infancy when we tasted for the very first time the most perfect food on the planet: mother's milk. It was sweet and that sweetness stays with us forever.

Today, when we are experiencing stress, sadness and loneliness, we still search for something sweet such as cookies, pastries, bread, pasta and pizza. But eating lots of carbohydrates, sugar, and bad fats can have a negative impact on our health. This food gives us the instant pleasure of satisfying the emotion-based cravings, but only temporarily. Because it has no nutritional value, we become even hungrier and more dissatisfied afterwards.

Food can have a negative or positive effect on our body, emotions and mind. When we choose healthy food to eat, the energy created keeps our mind clear, and we feel emotionally balanced, alert, and satisfied.

### HEAL YOUR EMOTIONS THROUGH HEALTHY FOOD

1. Eat in a peaceful emotional and mental environment for better digestion and absorption of food.
2. Make the time to eat, and eat consciously.
3. Prepare your food with love and attention. It will give a whole new dimension to your life.
4. Experience your food as nourishment for your body and soul, a gift from God.
5. Have a positive and healthy relationship with food.
6. Let go of old unhealthy thought patterns. Eating good and healthy will dissolve and clear up all imbalances that you have towards life and food, and create a new experience within the body.

#### HEALTHY TRANSITION

Buy organic, NON-GMO (genetically modified) food as much as possible. Look for pure organic fruits and vegetables. They taste and smell better, and contain high levels of vitamins and minerals. Using

chemicals, pesticides and herbicides deprives food of vitamins, minerals, enzymes and macronutrients. Chemically and GMO laden foods will poison your body and your mind.

#### HEALTHY FOOD CHOICES

Raw-unfiltered apple cider vinegar  
Celtic sea salt, herbs and spices, sea vegetables  
Organic coconut oil, organic cold pressed olive oil, sesame oil, pumpkin oil, walnut oil  
Raw organic honey, raw organic agave nectar, 100% organic maple syrup, organic molasses  
Whole grains: kamut bread, spelt bread, sprouted bread, brown rice bread  
Basmati brown rice pasta, wild rice pasta, quinoa, millet, buckwheat, kamut pasta, sprouted grains and seeds  
Yam potatoes, sweet potatoes  
Organic black olives, organic sun-dried tomatoes  
Organic humus with olive oil  
Organic salsa with no vinegar, unsweetened tomato ketchup  
Homemade salad dressing  
Organic brown rice crackers, baked tortilla  
Whole Food Energy bars "VEGA" or "LARA" bars  
Raw organic almonds, pecans, brazil nuts, pine nuts and macadamia nuts  
Organic fresh fruits and vegetables  
Goat milk and goat cheese (preferably unpasteurized)

#### UNHEALTHY FOOD CHOICES

White vinegar  
Refined sea salt, refined table salt  
Canola oil, palm oil, refined vegetable oil, hydrogenated fats (margarine, and vegetable shortening)  
White sugar, sucralose, high fructose corn syrup  
Refined grains and refined cereals, white bread, white bagels  
White rice pasta, white pasta  
White potatoes  
Canned olives, canned tomatoes  
Humus with canola oil  
Salsa with vinegar; tomato ketchup with sugar and vinegar  
Prepared salad dressings  
Potato chips with refined vegetable oil, French fries  
Unhealthy chocolate bars with artificial flavours and colourings, pastries, cookies with hydrogenated oil  
Roasted almonds, peanuts, and other nuts  
Non-organic fruits and vegetables, packaged and canned fruits and vegetables  
Pasteurized hard and soft cheeses

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Below are some simple, delicious recipes that will nourish you and your family during the cold winter months. Enjoy them!

## HEALTHY RECIPES



### SAUERKRAUT CASSEROLE WITH BEANS

Ingredients:

- 2 glass jars of organic sauerkraut
- 1 medium onion, chopped
- 5 garlic cloves, minced
- 1 can organic Romano beans
- 1 teaspoon cumin, whole
- 1 bay leaf
- 1 teaspoon Hungarian or Spanish paprika (optional)
- Celtic sea salt, to taste

Preparation:

In a large skillet, heat a small amount of water; add onion and cook uncovered over medium heat for 5 minutes. Add olive oil. Stir in sauerkraut, beans, paprika, water, garlic, cumin, and bay leaf. Cover and cook for 20 minutes.

TIP: You can use dry beans. They have to be cooked separately. Transfer beans and water into sauerkraut mixture and cook for an additional 5 to 10 minutes. Adjust seasoning with Celtic sea salt and black or cayenne pepper.



### BARLEY CASSEROLE WITH BEANS AND ROOT VEGETABLES

Ingredients:

- 2 cups pot barley
- 9 cups water
- 3 medium size parsley roots
- 2 stalks celery root
- 1 bunch of parsley, chopped
- 4 carrots, thinly sliced
- 4 cloves garlic, minced
- 1 medium onion, chopped
- 2 tablespoon organic tomato paste
- 2 bay leaves
- 1 can or dry organic Romano beans
- 2 tablespoon olive oil
- Celtic sea salt (according to taste)



Preparation:

Combine pot barley, water, and bay leaves in a pot. Bring to a boil. Reduce heat and simmer for about 15 minutes. Add beans. Meanwhile cook the onion in a small amount of water for 5 minutes. Stir in garlic, celery root, parsley root and carrots and cook for about 10 minutes or until tender. Add tomato paste and parsley; mix well. Add olive oil to for flavour and aroma. Transfer all vegetables into pot barley and cook for an additional 15 minutes or until vegetables are tender.



### RED LENTIL GINGER CASSEROLE

Ingredients:

- 1 tbsp coconut oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 inch fresh ginger root, unpeeled
- 2 slices lemon
- 2 cups red lentil
- 4 cups water or more
- Celtic sea salt

Preparation:

Heat coconut oil in a large pot over medium-heat. Add onions, ginger, lemon slices and garlic; cover and sweat over low heat for 5 minutes. Add red lentils and water. Cook for about 30 minutes. Watch for thick consistency!

