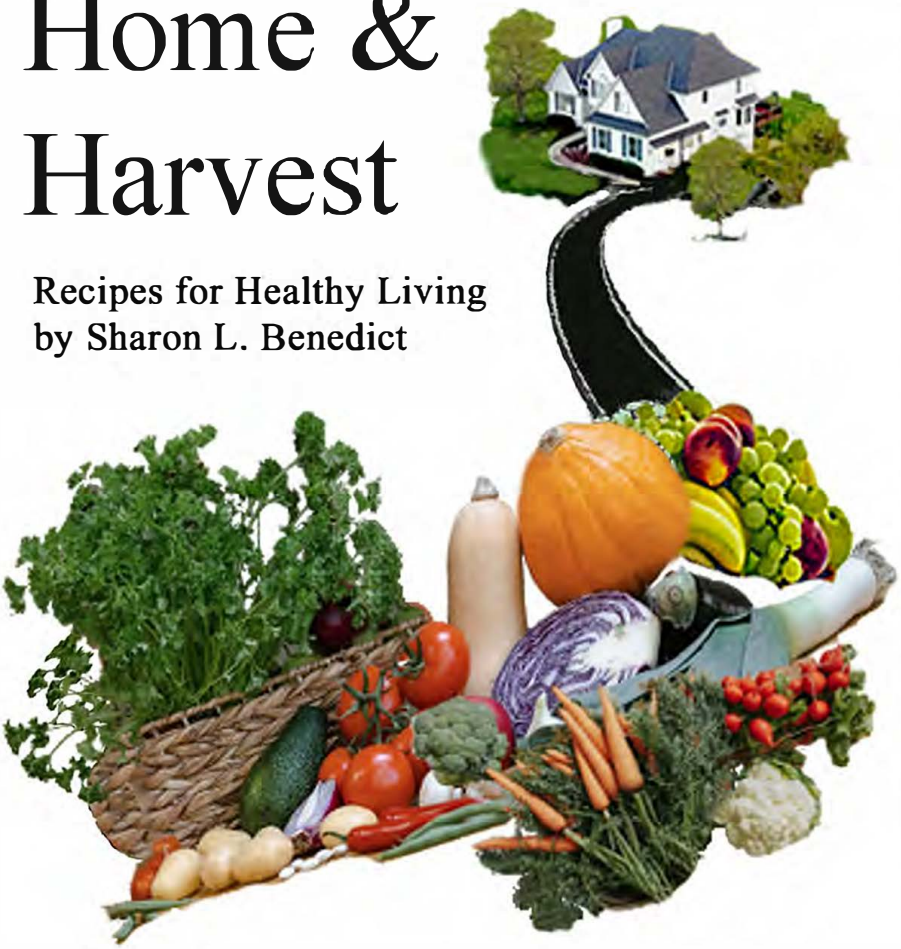
Home & Harvest

Recipes for Healthy Living
by Sharon L. Benedict



150 recipes helping you enjoy healthy whole foods and encourage wellness (including those with special needs such as allergies to certain foods)

Forward by Gerard Boynton, MD
A highly respected and active physician in the loving care of families.

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PREFACE

My gratitude and love go to my family for encouraging and helping me get through very difficult times. A special thanks to my husband, John, for suggesting that I share my recipes with the world out there and to my two daughters, Kimberly and Kelly, for enduring my experiments in the culinary arts and actually enjoying many of the results.

To all the other writers of recipe books who enlightened me in the joy of whole food cooking.

To my friends, Judy, Linda, Lena, Rosanne, Ann, and many others who were supportive in unique ways and were willing to try some of these recipes and have come through the test of time.

I am also indebted to the medical and health professionals who helped me in countless ways in the recovery of my health. A special thanks from my family goes to Dr. Gerard Boynton, M.D. whose dedication to the care of families encouraged me to wellness. He was always there when I needed advice and feedback and gave me freedom with support to make choices (even if those choices were a little unusual!).

My gratitude extends to Carolyn Villanueva who, with her clerical and computer expertise, along with enthusiasm for computer puzzles, helped create my first edition. Her efforts inspired me to continue my culinary adventure through the years and learn the needed computer skills to achieve a polished and professional format in this expanded edition.

Knowing that God works in beautiful ways through people, I thank my God for who He is—Father, Friend, and Teacher. Because of His Son, Jesus Christ, my life has peace, purpose, and wholeness. May every reader of this book experience His peace and joy with every recipe.

FORWARD

by Gerard Boynton, M.D.

It has been my privilege to care for Sharon Benedict and her family for the past seven years (1983-1990). As I reflect on her medical odyssey, I am called to the passage of Mark 5:25-30.

“There was a woman afflicted with hemorrhages for twelve years. She had suffered greatly at the hands of many doctors and had spent all that she had. Yet she was not helped but only grew worse. She had heard about Jesus and came up behind him in the crowd and touched his cloak. She said, 'If I but touch his clothes, I shall be cured.' Immediately her flow of blood dried up. She felt in her body that she was healed of her affliction!”

As sophisticated as modern medicine has become, it continues to have its limits. Like the woman in Marie's Gospel, the illness that plagued Sharon was beyond the limits of the medical practitioners to whom she turned for help. Finally, through prayer, dietary modification, and other forms of self-help, she is on the road to recovery. Her medical history is beyond the scope of this forward but suffice it to say that her problems and solutions have bridged both the orthodox and unorthodox practices of medicine.

Along this Road to Recovery, she tried and discarded several of the unproven and "faddish" treatments presented to her. However, the pursuit of wholesome foods and balanced nutrition has been a cornerstone of her recovery. Sharon had to sort this out for herself, as no comprehensive work has been published in this field. This recipe book should serve as a solid reference for others who are pursuing self-help toward recovery, or simply a healthier lifestyle.

Others like Sharon may find themselves bumping up against the limits of medical science. There are many practitioners (in a variety of specialties) who will appeal to the desperate feelings of those afflicted with chronic illness. Be wary of both the unscrupulous and well-meaning who hold out unproven or "quick fix" cures. Some unorthodox treatments may have merit, but many

will simply relieve you of your money and self-esteem. Take heart, prayerful reflection regarding your medical options and a wholesome, balanced diet may be your turning point as well.

Gerard Boynton, M.D.

Corpus Christi, Texas

HOW IT ALL BEGAN

During my younger 46 years on this earth various ailments had surfaced, some more understood than others. In addition, my family had a history of heart disease, diabetes, cancer, allergies, and arthritis. For the full story of healing and forgiveness, *In Daddy's Eyes,* is available online. For brevity here, I will list the primary ailments I had as follows:

- Pre-diabetic/hypoglycemia
- Anemic
- Arthritis
- General Nerve and Tissue Degeneration from unknown chemical cause
- Degenerative Disc of the Spine
- Irritable Bowel Syndrome
- Malabsorption Syndrome
- Nonspecific Immune Disorder
- Multiple Chemical and Food Allergies and Sensitivities
- Myofacial Pain Dysfunction Syndrome (TMJ)
- Bone pain throughout, bruising, hair falling out, jumpy and easily startled, unstable emotions, uncoordinated, nails brittle and peeling, memory and thought disruption, yellow-green cast complexion
- Systemic Yeast Infections
- Metal Toxicity of Mercury and Tin

From 1980 to the present, I have been on my road to recovery. Better days are definitely here for me. Two major factors to my continued healing have been the loving prayers of God's people and my eating habits. Together, I gained the courage and strength to live a healthier lifestyle. How my eating habits have changed since 1980! I discovered God is very practical and reachable for unraveling mysteries. The gift of patience and positive endurance are absolute necessities in winning each victory along the way. The

years really do go fast . . . even when the moments sometimes seem to last forever! During the years, to correct various imbalances, including multiple environmental and food allergies, specific dietary and supplemental changes were made as part of my regimen of recovery. However, my diet basically consisted of whole foods, such as low fat, low salt, low sugar eating pattern.

Calories were a factor but more important was the quality and nutritional condition of the food. When trying to improve your eating habits, think whole foods, as close as God created and your family can enjoy. Remember, be patient with yourself and family. Be gentle & creative with introducing whole foods, making it more fun.

The recipes in this book hope to prove that whole foods can be appetizing and enjoyable for meals as well as snacks and desserts. I also hope the book will add variety for those with restricted diets or food allergies as you collaborate with your doctor on what will and will not work for you. Except for those with restricted diets, eating a variety of quality foods enhances body and life. There are those who believe certain foods like butter and eggs are not healthy foods. You will need to make that decision yourself with the help of your doctor.

For most of us, the conservative or moderate use of these products in combination with whole grains, fruit, vegetables, and legumes provide the healthy body with a broad range of nutritional ingredients for proper digestion and absorption. Again, always talk with your doctor(s) when making any dietary changes.

So often, even without health restriction, we limit the types of foods we enjoy. The variety of whole foods available in this country is phenomenal. Not only are the basic foods available but many specialty items are now in standard franchise grocery chains as well as health food grocery stores all over the United States.

Although the cost for so-called "health foods" may seem higher, with wise management it can be easily integrated into a family budget. As you eliminate, dollar for dollar, processed and "junk" food items and incorporate more whole foods, your family not only

will enjoy healthier eating but also a balanced budget. One simply trick I use when shopping is substitute dollar to dollar one food item for a healthier one. Remember your budget is not the only thing that needs to stay balanced. Exercise, rest, and a vital prayer life are essential to a balanced life.

Also, your pace in moving into whole foods eating should be as much fun as possible for the entire family. So do not throw out everything you have in the pantry and refrigerator! Many of the foods you have may be perfectly suitable for the transition you are making.

Learn to read labels and understand the basic food groups from which all foods are derived. Lastly, be encouraged that this adventure will nurture you and your family in very special and unique ways.

May faith, hope, and above all, love travel with you always.

SUGGESTED READING LIST

Listed below are excellent references to enhance your knowledge and wisdom in healthcare and wellness, including other recipe books that will add to your fun adventure in whole foods cooking. The list has been updated. However, several classic resources hopefully available have been retained for your enjoyment.

If you are starting a library, include the first four books listed**. Be sure to cruise through Sharon's website for lifeskill tips at Celebrating Your Journey and more recipes for free.**

JANE BRODY'S NUTRITION BOOK *(a classic resource)*
Jane Brody
W.W. Norton & Co. (1987)

BODY CARE *(a classic resource)*
Andrea Wells Miller
W Pub Group (May 1, 1984)

THE AMERICAN MEDICAL ASSOCIATION FAMILY MEDICAL GUIDE
Jeffrey R.M. Kunz, M.D. Editor
Wiley; Fourth Edition (2004)

WHOLE FOODS FOR THE WHOLE FAMILY (recipe book)
Roberta Bishop Johnson, Editor
La Leche League International (January 1, 1981)

FEASTING NATURALLY I & II (*a classic resource*)
Feasting Naturally from Your Own Recipes
Mary Ann Pickard Cookbook Publishers, Inc. 1980, 1982, Lenexa, Kansas Southern Star, Inc., 2478 Bristol Place, Fayetteville, Arkansas 72701-2738

CREATIVE WALKING FOR PHYSICAL FITNESS *(a classic resource)*
Harry J. Johnson, M.D.
Castle Books, Grosset and Dunlap (1970)

BEVERAGES

JUICES & MORE - HOT OR COLD

Prepare any of the following combinations:

- Pineapple-cranberry
- Apple-banana
- Raspberry-pear-apple
- Cabbage-carrot

Create your favorite 100% fruit and/or vegetable juice mix. When using the fruit or vegetable, have fun using a juicer or a puree food processor for a delicious smoothie.

BREADS, BISCUITS AND BATTER

(including CRACKERS, MUFFINS, PANCAKES, STUFFINGS, AND WAFFLES)

FLOUR TORTILLAS OR CHAPATIS

(variation from Whole Foods for the Whole Family, p. 168)

4 c.	whole wheat flour (or 2c. whole wheat + 2c. pastry or unbleached white)
1 ½ t.	sea salt
¼ c.	vegetable oil
¼ t.	baking powder (or 1/2t. cereal free type)
1 ½ c.	warm water

1. Mix dry ingredients. Using a dough hook on mixer, add oil and water to make a soft, pliable dough. Mix for 2 minutes. If dough hook not available, rub in oil first, then mix in water to make a soft pliable dough.
2. Divide into 12-16 balls. Cover; let rest 20 minutes. Flour well, roll into a thin circle between sheets of waxed paper, flouring as needed to prevent sticking.
3. Bake on ungreased heavy skillet until brown specks appear on cooking side {approx. 2-3 minutes for each tortilla). Flip over; cook other side.
4. These store well in refrigerator or freezer.

CEREALS

GRANOLA MIX

6 c.	old fashioned rolled oats
1 t.	cinnamon
1 c.	whole wheat flour
½ c.	wheat germ
1 ½ c.	shredded unsweetened coconut
1 ½ c.	total assorted amounts-your preference—sunflower, pumpkin, sesame seeds, unsalted nuts (almonds, pecans, walnuts), dates (add more if desired)

Liquid Mixture: (warm this mixture)

½ c.	vegetable oil
½ c.	honey
½ c.	water
1 t.	vanilla
1 t.	almond extract

1. Stir all dry ingredients together.
2. Then drip liquid mixture over dry ingredients. Toss with hands till mixed thoroughly.
3. Put on two cookie sheets. Bake 300 degrees for about 30 minutes, turning granola at 10-minute intervals. Cool and store in airtight container.

DESSERTS

CAKES, FROSTINGS AND TOPPINGS

CAROB CAKE

(variation from Whole Foods for the Whole Family, p. 115)

1 ¾ c.	whole wheat flour (pastry)
1/3 c.	honey
2/3 c.	fructose (optional-for sweeter taste)
1 t.	baking soda
½ t.	sea salt
1/3 c.	carob powder
1 t.	vanilla
1 t.	vinegar (apple)
1/3 c.	vegetable oil
1 c.	water
½ c.	nuts, chopped (pecans or walnuts)
½ c.	raisins (optional)

1. Preheat oven to 350 degrees. Mix all liquid ingredients together. Combine dry ingredients in ungreased pan.
2. Add dry ingredients to liquid mixture.
3. Blend well with fork, scraping sides to ensure all the flour is mixed in. Use rubber spatula if needed.
4. Stir in raisins & nuts. Place in oiled & floured square pan.
5. Bake 25-30 minutes, until toothpick comes out clean. Remove from oven; cool before cutting.
6. Serve plain, top with honey/nut glaze, and/or favorite ice cream in between cut layers.

COOKIES

OATMEAL COOKIES (DADDY'S DIRT CLODS)

½ c.	sunflower oil (3/4 c. if recipe doubled)
¾ c.	honey (1 ¼ c. if recipe is doubled)
1	egg
¼ c.	water
1 ½ t.	almond extract
1 c.	whole wheat pastry flour
¼ t.	sea salt
½ t.	baking soda
1 t.	cinnamon
2 c.	rolled oats
1 ¼ c.	wheat germ
1 c.	chopped almonds and pecans (add four finely chopped date for sweeter taste)
1 c.	raisins

1. Mix liquids. Add dry (oats last) ingredients. Blend together.
2. Drop on oiled cookie sheets (or use parchment paper).
3. Bake 350 degrees for 15-20 minutes or until done.
4. Remove cookies from sheet. Let cool for ten minutes before storing.
5. These cookies are delicious served hot and topped with your favorite topping or ice cream. Or just a cool glass of milk is fantastic.

FRUITS

(including PUREES, FILLINGS, & TOPPINGS)

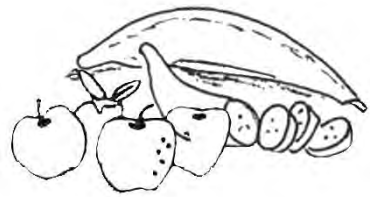
BAKED APPLES

4	apples, cored (choose your favorite apple; fuji apples are the sweetest)

Fill core with a slightly chopped or mashed mixture of:

1/3 c.	pecans (for mashed mixture, blend into a coarse meal)
1	banana
½ t.	cinnamon
¼ c.	raisins or chopped dates (optional)

1. Sprinkle cinnamon over apples. Place in individual dishes with ¼ inch deep of water.
2. Bake 375 degrees for approximately 45 minutes.
3. Optional: before placing filled apples in dishes, coat apples with vegetable oil; then roll in mixture of ½ c. whole wheat breadcrumbs, 1 t. cinnamon, 1 T. maple sugar. Place in dishes with less water in each dish.



EGG DISHES

COTTAGE CHEESE CREPES

1 c.	cottage cheese (lowfat)
5	eggs
½ c.	unbleached white flour (or whole wheat pastry flour)
1 T.	butter blend (butter/corn oil) or vegetable oil (for griddle)

1. Put in blender and blend well till smooth.
2. Wipe a small amount of butter blend/oil on griddle where crepes will be placed. Pour ¼ of batter on medium heated griddle; turn when bubbles. Watch heat to avoid burning.
3. Makes four crepes about 6 inches wide each.
4. Top with fruit puree toppings or roll fruit into crepes as a tube. Try some nut butters also.

HERBS AND SPICE MIXES

(The proportions on all mixes can be varied to your taste…experiment.)

CURRY POWDER

1 t.	cumin
1 t.	coriander
½ t.	mustard powder
¼ t.	turmeric
½ t.	cardamon
¼ t.	fenugreek
2 dashes	cayenne pepper
¼ t.	white pepper (optional)

GREEK SEASONING

1 t.	oregano
½ t.	lemon juice (lemon powder or dried grated lemon)
¼ t.	cinnamon
1 clove	garlic (or ¼ - ½ t. garlic powder)
¼ t.	parsley
¼ t	fennel
1/8 t.	nutmeg (substitute: allspice, ginger, or mace)

MEATS

MEATLOAF (EGGS & MILK FREE)

1-1 ½ lb.	ground beef (can substitute spiced ground turkey)
½ c.	raw grated potato
¼ c.	chopped onion
¼ c.	grated carrots
½ t.	sea salt
½ c.	tomato juice (or pureed and peeled tomatoes)
½ c.	frozen peas (can add or substitute celery, green beans-partially cooked, green peppers)
¼ c.	wheat germ (omit for wheat free recipe)

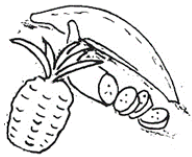
1. Mix all ingredients together. Make into two large patties and put in broiler pan.
2. Bake at 350 degrees for 1 hour.

SNACKS

RICE GRANOLA SNACK

½ c.	raw pepitas
½ c.	raw coarsely chopped almonds
½ c.	raw sunflower seeds
3 c.	puffed whole honey rice
1 T.	honey
2-3 T.	sunflower oil
¼ t.	sea salt
1 c.	puffed millet (optional)

1. Mix thoroughly. Spread on cookie sheet. Bake 275 degrees for 1 hour, turning granola every 30 minutes. Cool.
2. Add chopped fruit-dried pineapple, apple, apricot, banana. Pick your favorites. Fruit may soften granola. Keep separated if preferred.



SOUPS & SAUCES

MINESTRONE SOUP (MEATLESS)

1 c.	lentils
1 c.	soak kidney bean (soak one hour)
6 c.	water

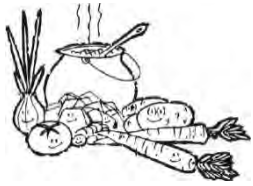
Cook one hour and add:

2-3 c.	water
½ c.	chopped onion
½ T.	parsley
2 c.	chopped tomatoes
½ T.	oregano
½ T.	basil, chopped
1-2	garlic cloves
½ t.	sea salt
½ c.	barley, whole grain or pearled (can substitute brown rice or cut potatoes)

Simmer one hour. Add:

1-2 c.	green beans

Cook 20 minutes longer. Serve, Freezes well.



VEGETABLES

CARROT & CABBAGE SKILLET-STIR FRY

1	carrots, thinly sliced in slivers
1 T.	olive oil
½ t.	anise seed
¼ t.	sea salt
½ t.	oregano
pinch	garlic powder

Sauté for 2-3 minutes on medium heat. Add:

2 c.	chopped cabbage
1 T.	water

1. Stir fry for 2-3 minutes until cabbage almost turns translucent.
2. Serve on a hot whole wheat tortilla.
3. You can also drop a teaspoon or two of your favorite dressings for vegetables on each tortilla.
4. Makes about four servings.

ODDS AND ENDS

QUICK & EASY CATSUP

2 c.	tomato puree
½ - 1 t.	sea salt
4 T.	cider vinegar
2 T.	honey
¼ t.	garlic powder
¼ t.	basil, dried or finely chopped
¼ t.	nutmeg (or allspice)
¼ t.	dry mustard
dash	white or black pepper
dash	ground mac (or nutmeg)
dash	ground cinnamon

1. Using blender, combine all ingredients.
2. Simmer in a saucepan for five to ten minutes.
3. Store in covered container in refrigerator.
4. This is less sweet than commercial brands. You might want to add a bit more honey to desired taste.

INDEX

As part of the index, I have coded a list of vegetarian type recipes to assist those who are particularly interested in these types of recipes. There are various kinds of vegetarian diets. There are generally three basic types; however, I have added one more to separate eggs from dairy products (coded for convenience):

- Strict vegetarians or vegans (V) no animal protein of any kind
- Ovo vegetarians (OV) only eggs eaten as animal protein
- Lactovegetarians (LV) only dairy products eaten as animal protein
- Ovolactovegetarians (OLV) only eggs and dairy products as animal protein

In addition, people may modify these types for varied reasons, considering themselves "part-time" vegetarians, preferring fish, poultry, then red meat. For a vegetarian diet to be a health one, I quote the following from the classic Jane Brody's Nutrition Book (p. 443-4):

" ... there are two important facts that a vegetarian must appreciate to assure an adequate diet. One is that vegetable sources of protein are less complete and less efficiently used by the body than animal proteins. This means that you must know how to combine vegetable proteins in a way that makes them complete and thus able to fulfill your body's protein requirements. The second fact is that if the protein you eat will be used to meet your protein requirements, your diet must contain enough calories to support your ideal weight . . . vegetable proteins have varying strengths and weaknesses in terms of the amount of essential amino acids they contain. The trick Is to combine vegetable proteins so that the strengths of one compensate for the weaknesses of the other. and vice versa. Here, in three simple alternatives, is how to do it: Combine legumes (dried peas and bean or peanuts) with grains. Combine legumes with nuts and seeds. Combine eggs and dairy products with any vegetable protein."

Keep this information in mind when using any of the recipes listed in this book when planning an appetizing as well as a healthy vegetarian menu.

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