

Module 1: Essentials

- I want to encourage you to make variations on all the recipes and be creative.
- Use what is in season or what you have in your refrigerator.
- It is the trademark of a great chef to be innovative and flexible.
- Use the understanding of nutrient-density as your basic guideline for your own dishes.

Salad As A Main Dish

Any salad is wonderful with added pieces of nuts, seed, fruits, legumes and chopped onions. The dressing can be simple and great tasting. We want to stay away from oils (they do not grow on trees) and use nuts or avocado.



Organic green salad

Small chopped onion

Mushrooms

Seed or nut pieces

Beans

Berries

Optional: other veggies (like carrots, radishes, tomatoes, etc.) and edible flowers

Dressing: lemon juice, cashew nuts, poppy seeds, some water

Kale/Pomegranate Salad

Cut organic curly kale in small stripes (remove big stems). Add lemon-avocado dressing and mix well (no oil and salt needed). Mix in some small cut onions, sunflower (soaked for about 3 hours) and pomegranate seeds. *Optional:* edible flowers like Nasturtiums to make your plate smile. Chew well to get all the wonderful nutrients.



1 bunch of kale

1 onion

1 pomegranate

½ cup of sprouted sunflower seeds

Dressing:

1 avocado and lemon juice

Optional: edible flower petals

Edible Flowers

Eat only organic. Never harvest flowers by the roadside. Remove pistils and stamens from the flower before eating.



Nasturtiums, geraniums, calendulas, primroses, violets, roses, hollyhocks, hibiscus, sunflowers, arugula flowers, mint flowers, zucchini blossoms, clover, lavender, dandelion, chamomile blossoms, and herb blossoms like chive flowers, basil flowers, dill flowers, fennel.

Steamed Veggies



The great thing about steamed veggies and mushrooms is that they are not exposed to unhealthy oils. And, they are also easy to digest. Especially all of the crucifers, asparagus and artichokes make great dishes. Apart from salads, they are the healthiest dishes. You can serve them with quinoa or rice and, if you wish, some dressing or pate. I also recommend sprinkling some seeds on top like sesame seeds.

Cooked Dark Greens

They are the champions of the nutrient-dense veggies and an absolute must in this diet. I enjoy simmering the greens with a bit of water and onions in their own juice on a very low flame. Once they are limp, add a bit of lemon juice and a nut sauce if you want the dish to be creamier.



Fill cooking pot with available dark greens and a little water:

spinach, kale, mustard greens, beet tops, Swiss chard, 2 or 3 chopped onions, garlic

Once the greens are cooked add: lemon juice

Optional: nut sauce, maybe even some whole almonds

Rainbow Salad

Color, color, colors ... important in the Better World Cuisine. Chop and mix.



yellow and red bell peppers, beets, carrots, jicamas, red radishes, blue radishes, bok choy, avocados, cucumbers, mangos or pineapple, blueberries, etc., etc.

pumpkin seeds

Dressing: orange juice, cashews and a bit of apple cider vinegar

Mexican Bean Salad

Colorful with lots of nutrients. Soak dried beans or use cans only if they are BPA free (Eden or Trader Joe's)



1 can of organic black beans, rinsed and drained

1 can of red kidney beans, rinsed and drained

1 can of yellow pinto beans, rinsed and drained

1 green and 1 red bell pepper, chopped

½ cup of sunflower seed (ideally sprouted)

1 red onion, chopped

½ bunch of fresh cilantro, chopped

Dressing: lemon juice, garlic, red pepper

Herb Salad

The bitter leaves in an herb salad greatly support the digestive tract.



herb salad mix, a bit of arugula or watercress, sprouts
Extras: chopped onions, pistachios, figs, pomegranate seeds, geranium flower petals

Dressing: 4 Tbs of lemon juice, 1 Tbs of poppy seeds, 1 avocado or 1 Tbs of almond butter, 2 Tbs of almond milk

Sally's Broccoli Salad

This salad is a great way to eat crucifers.



1 ½ lbs of thin strips of broccoli

1 small chopped onion

1 cup of slivered almonds or sunflower seeds

Optional: shredded carrots

Dressing: 4 pitted dates, 2 Tbs of raw apple cider vinegar or lemon juice, and ½ cup of olive oil

Homemade Sunflower Sprouts

Sunflower spouts are a great contribution to a healthy diet. It is easy to grow them yourself.



A good source for seeds: www.sproutpeople.com.

*Soak sunflower seeds **WITH** shells for about 20 minutes in a mixture of 3% hydrogen peroxide and water (1 to 2 ratio).*

Plant in a tray filled with organic soil. Cover with 2nd tray and some weights.

Water every day.

After 4 days put in light for about another 4 days of greening.

Hulled sunflower seeds, on the other hand, need only soaking for a few hours. They taste great as soon as you can see their little tails. They are best eaten fresh the same day.

Vegan Waldorf Wrap

This is a fabulous meal on the go. It is the ultimate sandwich replacement. Once you get the hang of it you will crave them.



- 1.) Prepare big **collard leaves**. Remove the big middle stems. Blanch the leaves in hot water.
- 2.) Mix some **cashews with a bit of paprika and a little water** in a blender to make a creamy pate.
- 3.) Lay out 2 or more leaves overlapping each other. Make a square about 8" x 8". Spread pate over entire leaves.
- 4.) Place the followings ingredients in the middle (90 degrees from the direction of leaves) and wrap them up as tightly as you possibly can: **coconut flakes, walnut pieces, some cranberries, grated apples with lemon juice, grated carrots and red cabbage**

Fermented Raw Sauerkraut

Cabbage is wonderful, still, fermented foods are not for everyone.

Juice a cabbage (use pulp and juice). Mix pulp and juice with remaining ingredients. Pack all into a large glass jar.

Allow kraut to ferment in a cool, unrefrigerated place for 1 - 3 days.



1 head of red or white cabbage

3 Tbs lemon juice

1/2 cup minced dill and a bit of salt

Optional: soaked caraway seeds

Fruit Salad

A nice big fruit salad is best eaten in the morning and uplifts your energy level for many hours. If you do not like fruit for breakfast, you can spread them out throughout the day. Emphasize a variety of colors and types according to availability. Avoid seedless fruit. You can add a small amount of nuts or seeds on top or add some coconut flakes, sprouted oats or granola.



melon, pineapple, mangos, peaches, apricots, kiwis, grapes

berries: blueberries, raspberries, strawberries,

Dressing: peach sauce or milk

Optional: nuts and seeds

Soul Food

This food can be added to any dish as a great enhancement. For Better World Cuisine this is an absolute must.



Ingredients: love

Fragrance: joy and gratitude

