



90-Minutes of Kitchen Zen™

Find one day per week for 90-minutes of food prep

You'll enjoy these benefits

- Engage in healthful commitment
 - Delight in creating and sustaining your own vibrant health
 - Shop for and eat local foods when possible
 - Support small farms using sustainable agricultural methods
 - Know that you are contributing to the health of the planet
- Cultivate a time for mindfulness
 - Express gratitude
 - for giving yourself the time and for the good quality food you are about to enjoy
 - Experience the “Zen” of cooking
 - Experiment during one or two dinners per week...
- Family time
 - Age-appropriate kitchen and food preparation jobs
 - Quality time with your sweetheart and/or your children
 - share the workload!
 - Role-model your commitment to the planet and to your health
 - Opportunity to discuss the environment and the impact of your decisions
 - Create a comfort level in the kitchen for the next generation
 - Explore the benefits of eating “real food” versus drive-through food

How to's

- Veggies
 - Cut ahead of time, store in glass, tupperware or zip lock bag
 - salads, casseroles, stir-fry
 - Grilled peppers, eggplant, zucchini, onion, you-name-it: brush with (garlic infused) olive oil; place under broiler on low or onto grill for 3-ish minutes each side. These will keep in the fridge for a couple of weeks!
 - Roast garlic, peel, and store in fridge for added zip to any meal!
 - Wash greens and dry well. Tear into small pieces for salad mix
 - make up salads ahead and store in fridge
 - add “wet” veggies at meal time to avoid a soggy salad
 - cukes, cut tomatoes, olives, onions...
 - Pre-cut veggies are available in the produce section of some grocery stores; they are more expensive, but very convenient!

- Fruits
 - Cut ahead of time, squeeze a drop of fresh lemon juice on top, and seal well in glass or tupperware
 - Perfect for smoothies, salad with yogurt or cottage cheese, or just as a snack
 - After the 4th day or so, toss the leftovers into a baking dish, add a pinch of cinnamon and sugar, and bake a “delish and nutrish” fruit compote!

- Grains
 - 2 parts water to 1 part grain
 - Bring to a boil, simmer for 1/2 hour
 - brown rice, millet, couscous, barley, bulgur
 - Exceptions
 - polenta requires more water, longer cook time and constant stirring!
 - quinoa cooks in 12 minutes
 - Cook up a pot of grains each week to be used in salads, casseroles, and soups

- Meat, tempeh, and eggs
 - Marinade ahead of time (2 – 3 days), then cook; or
 - Bake tempeh or chicken breast early in the week for a yummy addition to a dinner casserole, a lunch sandwich, or on top of a salad
 - Hard-boil a half-dozen eggs for a salad topper or snack

- Beans
 - Soak overnight
 - Rinse with fresh water. Add fresh water to pot and bring to a boil, simmer 2 – 6 hours, depending on the bean
 - Cook up a pot of beans each week to be used in salads, casseroles, and soups
 - NEWS FLASH! Beans are available in cans with low or no salt and organically cultivated

- Nuts
 - Roasted: no oil needed; put in a pan on medium heat, stirring often, until they pop—about 5 minutes. Store in fridge
 - Not only are roasted nuts very high in nutritional value, but also add a lovely flavor to a salad or on top of a cooked casserole

- Other Tidbits
 - Choose a small-sized plate; notice how gorgeously full of food it is!
 - Serve from the kitchen, taking your plate to the dining area. All leftovers go into the fridge!
 - Each Day: unlimited veggies, 2 – 4 servings of fruit, 4 – 6 servings of whole grains, 2 – 3 servings of protein from farms
 - Share an entrée with a friend, when eating out
 - Add raisins or dried apricots for flavor and interesting texture, especially with sun-dried tomatoes
 - Try one new recipe every other week!