



# Voracious Vegetables

**Ten easy & delicious recipes  
for point-panicked WWs**

vo·ra·cious (/və' rāSHəs/)

1. wanting great quantities of food.

"she had a voracious appetite"

insatiable, unquenchable, prodigious,  
uncontrollable, compulsive, gluttonous

*Compiled & adapted by*  
**Patricia L. Raymond M.D. FACG**

*From Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs*

[www.RxForSanity.com](http://www.RxForSanity.com)

[www.ButtMeddler.com](http://www.ButtMeddler.com)

[www.PositivelyHealthyGifts.com](http://www.PositivelyHealthyGifts.com)

[www.YourHealthChoice.net](http://www.YourHealthChoice.net)

FREE download from [www.AGiftFromDrPat.com](http://www.AGiftFromDrPat.com)

**Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs**

© 2014 Patricia L. Raymond M.D. FACG

Published by Carthage Publications

Please distribute freely; download your free copy at <http://www.AGiftFromDrPat.com>.

All recipes are from the public domain, and may be used with source acknowledgement.

Illustrations by Fiverr xxx

Page Layout by Fiverr Gaja73

Cover Design by Fiverr Vocaldesign

ISBN 978-0-9741780-xxxxx

Printed in the United States of America

**Disclaimer and Legal Notices**

While effort has been made to verify information provided in this publication, the publisher assumes no responsibility for errors, omissions, or contrary interpretations of the subject matter contained herein. The publication is produced for entertainment purposes only and is not intended for use as a source of any advice such as legal, medical, or therapeutic. Information in this publication is not intended to diagnose, treat, cure or prevent any disease. The publisher wishes to stress that the information contained herein may be subject to varying international, federal, state and/or local laws or regulations. The purchaser or reader of this publication assumes all responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, including international, federal, state and local, governing all aspects of life in any jurisdiction is the sole responsibility of the purchaser or reader. Neither the author nor the publisher assume any responsibility or liability whatsoever on behalf of any purchaser or reader of these materials. Any perceived slight of any person or organization is completely unintentional.

*From* **Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs**

[www.RxForSanity.com](http://www.RxForSanity.com)

[www.ButtMeddler.com](http://www.ButtMeddler.com)

[www.PositivelyHealthyGifts.com](http://www.PositivelyHealthyGifts.com)

[www.YourHealthChoice.net](http://www.YourHealthChoice.net)

FREE download from [www.AGiftFromDrPat.com](http://www.AGiftFromDrPat.com)

## Table of Contents

I Don't Wanna Eat My Veggies!

Choose Your Chews: Learning to Eat

Veggie Trivia - Bet you didn't know this!

Lemon Garlic **Broccoli**

Dijon **Brussels Sprouts**

**BONUS:** Roasted **Brussels Sprouts on the Stalk** /A Note on Roasted Vegetables

Sweet and Sour Red **Cabbage**

Cumin Roasted **Carrots**

The Best **Cauliflower** Crust Pizza

**Collard Greens** with Rice

Ginger **Green Bean** Stir Fry

Baked **Kale** Chips

Greek Smothered **Okra**

Marinated **Zucchini** Ribbons

**BONUS:** Chocolate **Zucchini** Cake

Choose Your Chews: More Mastication

Find the Tasty Vegetables

About Patricia Raymond M.D.

*From* **Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs**

[www.RxForSanity.com](http://www.RxForSanity.com)

[www.ButtMeddler.com](http://www.ButtMeddler.com)

[www.PositivelyHealthyGifts.com](http://www.PositivelyHealthyGifts.com)

[www.YourHealthChoice.net](http://www.YourHealthChoice.net)

FREE download from [www.AGiftFromDrPat.com](http://www.AGiftFromDrPat.com)

## I Don't Wanna (Eat My Veggies)!

I'm a gastroenterology doctor, not a dietician nor a celebrity chef. But I am also a 'food hacker'; I like to take existing recipes and tweak them to my tastes. I recently became enthralled with finding great vegetable recipes.

If you are of a certain era, your experiences of vegetables were of frozen veggies boiled or steamed until limp, or drenched in a butter or cheese sauce. You may never have used the words tasty and vegetables in the same sentence.

Three events occurred to put me on a quest to find at least one amazing vegetable recipe for each easily purchased vegetable in the American supermarket:

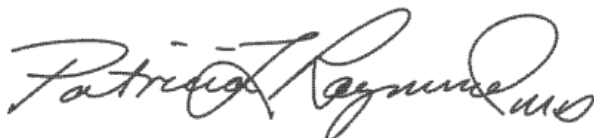
1. I joined Weight Watchers, and if I failed to plan I occasionally needed to enjoy a 'point-limited' dinner, that is, mainly vegetables.
2. I read the book "The Smarter Science of Slim", an amazing work by Jonathan Bailor. Evidence suggests that we should be eating as much as >10 servings a day of non-starchy vegetables for optimum health. As a serving standard is a half cup, we're talking over five cups daily. I simply needed delicious vegetable recipes that I could look forward to consuming in quantity.
3. I joined my local CSA, which stands for "Community Sponsored Agriculture". For a set price at the beginning of each growing season, I would drop by my local farmers market weekly with two canvas bags, and pick up an odd smorgasbord of local seasonal produce. I then would need to figure out what to do with them. Sized for a family of four, as a solo I needed to strategize my produce consumption.

Thus, what I've provided here are my favorite recipes for several common vegetables, those you can drop by Sam's Club, BJ's, or Costco and purchase in bulk. I hope that by exploring these recipes, you may become fond of veggies too.

In this cookbook, I've inserted bonus articles about trying to eat right to prevent diseases you might be prone to; after all, it's important to know when to choose a blueberry muffin (family history of dementia) versus a banana nut muffin (personal history of high blood pressure).

Take this opportunity to explore the amazing variety of vegetables.

Have a healthy happy year!



Patricia L. Raymond M.D. FACG

From **Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs**

[www.RxForSanity.com](http://www.RxForSanity.com)

[www.ButtMeddler.com](http://www.ButtMeddler.com)

[www.PositivelyHealthyGifts.com](http://www.PositivelyHealthyGifts.com)

[www.YourHealthChoice.net](http://www.YourHealthChoice.net)

FREE download from [www.AGiftFromDrPat.com](http://www.AGiftFromDrPat.com)

## Choose Your Chews: Learning to Eat

You want to treat yourself better. But in addition to eating less and exercising more, have you ever been taught how to eat? Like what I told the guy who came to see me with belly complaints and a stalk of celery protruding from each nostril: “You’re just not eating right.” So what to consume?

You’ve blurted out ‘more fruits and vegetables’...and you’re right on the button. We are supposed to eat four servings of veggies and three of fruit daily, although an embarrassing 30% make the veg quota, and 40% hit their fruit allotment. The American Institute of Cancer Research says that if everyone ate *just five servings per day* combined, we’d drop incidence and mortality of all cancers by 20%. I can’t imagine any other announcement of our victory over cancer being met with such a thud of enthusiastic silence from the American public.

But which ones? When should you eat blueberries, and when broccoli? The choice is clear if you’re making a cobbler, but when not constrained by a recipe the data is compelling. My extensive research on chemoprevention in food ranged from peer reviewed journals to women’s magazines, and I winnowed down the startling information to a few fabulous foods for fitness and fortitude. Here they are, in random order:

**Choose Crucifers!** Cruciferous veggies (broccoli, cauliflower, cabbage, brussels sprouts) as a class protect against cancers even more effectively than simply raising the total servings of all fruits and vegetables. In animal studies crucifers block chemical carcinogenesis, reducing susceptibility to carcinogens. Interesting fact: *white* cabbage doesn’t carry this great effect; choose red cabbage.

**Ketchup, willya?** Our second most consumed vegetable nationwide (although I don’t know if that’s after potatoes or lettuce), tomatoes are rich in lycopene, beta carotene (vitamin A), folate, potassium, vitamin C, flavinoids, and vitamin E. However, keep your mind focused on that lycopene. Heat processed tomatoes concentrate the lycopene, while heating disrupts the other nutrients.

Why worry about lycopene? It’s been shown to protect vascular cells from oxidation, a part of the formation of the vascular clumping of atherosclerosis. Lycopene also reduces coronary heart disease by dropping LDL, or evil, cholesterol, and decreasing platelet aggregation and blood pressure. What’s more, you can get the heat processed tomatoes, in the form of ketchup (President Reagan was right, ketchup IS a veggie!), tomato juice and sauce, year round.

There are even more benefits if you are lucky enough to possess a prostate. Five different studies support a drop in prostate cancer risk by 30 to 40% with high ingestion of lycopene. Two to four servings weekly yield a 35% total risk reduction in development of any prostate cancer, and a 50% reduction in the more scary advanced form.

How much? Ten tablespoons per week is optimal. If you hate tomatoes, look to pink grapefruit, guava, and watermelon for your lycopene.

From **Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs**

[www.RxForSanity.com](http://www.RxForSanity.com)

[www.ButtMeddler.com](http://www.ButtMeddler.com)

[www.PositivelyHealthyGifts.com](http://www.PositivelyHealthyGifts.com)

[www.YourHealthChoice.net](http://www.YourHealthChoice.net)

FREE download from [www.AGiftFromDrPat.com](http://www.AGiftFromDrPat.com)

Extra tip, broccoli AND tomatoes together markedly reduce the growth of prostate cancer more than either alone (although I know of no good recipes incorporating both. Readers? If you have one, email me.)

**Heavy Breathing.** The allyl-sulfur compounds in garlic block chemically induced cancers of the skin, breast, and colon, and enhance the immune system, and they taste really good in tomato based dishes.

**Olive Oyl.** While we're talking Mediterranean diet, let us not forget the health effects of Popeye's best goil. The beneficial health effects of olive oil are due to both its high content of monounsaturated fatty acids and its high content of antioxidative substances. Studies have shown that olive oil offers protection against heart disease by controlling LDL cholesterol levels while raising HDL levels. While all types of olive oil are sources of monounsaturated fat, extra virgin olive oil, from the first pressing of the olives, contains higher levels of antioxidants, particularly vitamin E and phenols, because it is less processed. People who consume about two tablespoons of virgin olive oil daily have lower LDL cholesterol and higher levels of antioxidant compounds in the blood.

Spanish researchers suggest that including olive oil in your diet may also offer benefits in colon cancer prevention. Their study results showed that rats fed diet supplemented with olive oil had a lower risk of colon cancer than those fed safflower oil-supplemented diets.

Hint: Resist that temptation to buy a barrel of olive oil at your local warehouse company as the antioxidants start to deteriorate right after bottling. Store your oil away from light, and use it within *two months* of purchase.

Learn to eat, carefully choosing what you chew, because

*Learning to eat was about learning to live- a deciding to live;  
and it is one of the most radical things I've ever done.*

*~Anne Lamott, from Traveling Mercies*

From **Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs**

[www.RxForSanity.com](http://www.RxForSanity.com)

[www.ButtMeddler.com](http://www.ButtMeddler.com)

[www.PositivelyHealthyGifts.com](http://www.PositivelyHealthyGifts.com)

[www.YourHealthChoice.net](http://www.YourHealthChoice.net)

FREE download from [www.AGiftFromDrPat.com](http://www.AGiftFromDrPat.com)

## Veggie Trivia - Bet you didn't know this!

*Culled from various web sources; enjoy!*

- The World Longest Carrot recorded in 2007 was 19 feet 1 7/8 inches.
- The ancient Greeks held parsley sacred, using it to adorn victors of athletic contests and also for decorating the tombs of the deceased.
- "Cool as a cucumber" isn't just a catchy phrase. The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air.
- Before the 1900s eggplant consumption was thought to cause insanity and was called the "mad apple," by Europeans. High society ladies of China used eggplant skins to make black dye and stained their teeth for fashionable cosmetic use.
- In 1947 Marilyn Monroe, then still going by her given name Norma Jean, was crowned Castroville's first Artichoke Queen.
- Beet colorant is the traditional dye for pink lemonade. Beet juice has been used as a natural red dye since the 1500s. In 19th century England the Victorians used beets to dye their hair.
- In Chinese, bok choy means "white vegetable."
- Brussels sprouts were first grown in quantity around Brussels, Belgium during the 16th century, hence the name.
- We are eating 900% more broccoli than we did 20 years ago. In 1970, annual consumption of broccoli was only a half a pound per person.
- Carrots are a root vegetable that originated in Afghanistan. They were purple, red, white, and yellow, but never orange.
- Cauliflower is indeed a flower. The white, crunchy stems and head of the cauliflower plant, which we eat, are actually the undeveloped stems and buds of a flower.
- During World War II, when penicillin and sulfa drugs were scarce, the British and Russian armies used diluted garlic solutions as an antiseptic.
- Green, sweet bell peppers have 2 times as much vitamin C as oranges; red and yellow bell peppers have 4 times as much.
- Spinach has an undeserved reputation for being high in iron. In 1870, Dr. E von Wolf measured the iron content of spinach, but placed the decimal point in the wrong position. This overstated the iron content of spinach ten-fold. German chemists did not discover the mistake until 67 years later.
- Believing tomatoes had aphrodisiac qualities, the French called them pommes d'amour ("love apples"). A tomato is technically a fruit because it is a ripened ovary of a plant. But for trade purposes a tomato is considered a vegetable. The identity crisis stems from an 1893 Supreme Court ruling that classified the tomato as a vegetable so it could be taxed under tariff law.

From **Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs**

[www.RxForSanity.com](http://www.RxForSanity.com)

[www.ButtMeddler.com](http://www.ButtMeddler.com)

[www.PositivelyHealthyGifts.com](http://www.PositivelyHealthyGifts.com)

[www.YourHealthChoice.net](http://www.YourHealthChoice.net)

FREE download from [www.AGiftFromDrPat.com](http://www.AGiftFromDrPat.com)

## Lemon Garlic Broccoli

From *Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs*, compiled & adapted by Patricia Raymond MD

1 to 1 ½ pounds broccoli florets (whatever fits in your large covered microwavable casserole dish)

1/4 cup water

1 tablespoon olive oil

2 tablespoons lemon juice, bottled is fine

2 garlic cloves, minced or 2 teaspoon garlic powder

1 teaspoon red pepper flakes (optional)

1 teaspoon salt, adjust to your liking

- Fill your covered casserole with broccoli florets (I use between a third to a half of a large BJs bag per recipe). Add the water. Microwave broccoli and water in covered casserole on high for 6 minutes or until crisp-tender.
- While the broccoli is cooking, combine the olive oil, lemon juice, garlic, red pepper , and salt in a small bowl.
- Drain the cooked broccoli. Pour lemon-garlic mixture over broccoli and mix to coat. (If using fresh garlic cover the dish and let sit for about 2 minutes to allow heat from broccoli to "cook" and remove the raw taste from the garlic. If using garlic powder you are ready to serve.)

Adapted from Food.com

From *Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs*

[www.RxForSanity.com](http://www.RxForSanity.com)

[www.ButtMeddler.com](http://www.ButtMeddler.com)

[www.PositivelyHealthyGifts.com](http://www.PositivelyHealthyGifts.com)

[www.YourHealthChoice.net](http://www.YourHealthChoice.net)

FREE download from [www.AGiftFromDrPat.com](http://www.AGiftFromDrPat.com)



## Dijon Brussels Sprouts

From *Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs*, compiled & adapted by Patricia Raymond MD

Fast and easy, these microwave-steamed Brussels sprouts have a sophisticated flavor with a nice mild kick of heat.

1 pound Brussels sprouts, halved  
¼ cup water  
1 teaspoon crushed garlic (Trader Joes)  
½ teaspoon cayenne pepper  
½ teaspoon crushed red pepper flakes

### Dressing

2 TBSP Dijon style mustard  
1 TBSP lemon juice  
2 green onions, chopped

- Half the Brussels sprouts, and put them in a microwave safe covered casserole dish. Add garlic, cayenne and crushed peppers to the water in a measuring cup and mix. Add the water mixture to the Brussels sprouts and toss to coat evenly.
- Cover casserole dish, and microwave on high to 6 minutes. Test to see if softened with fork after cook time.
- Add chopped green onions to casserole dish. Mix lemon juice and Dijon mustard in small cup, and then add to Brussels sprouts. Toss until evenly coated. Cover until serving to allow the flavors to mix. Add salt and pepper to taste.

Adapted from AllRecipes.com

From *Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs*

[www.RxForSanity.com](http://www.RxForSanity.com)  
[www.YourHealthChoice.net](http://www.YourHealthChoice.net)

[www.ButtMeddler.com](http://www.ButtMeddler.com)

[www.PositivelyHealthyGifts.com](http://www.PositivelyHealthyGifts.com)

FREE download from [www.AGiftFromDrPat.com](http://www.AGiftFromDrPat.com)

## Roasted Brussels Sprouts on the Stalk

From *Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs*, compiled & adapted by Patricia Raymond MD

One of my favorite fun veggie snacks; buy a stalk when you see one in season!

Wash the stalk, then cut it in half (it's about 2 feet long, but it needs to fit inside your microwave and still rotate). Save half for later. Wrap the moistened half you're cooking in microwave safe plastic wrap, and microwave on high for 6 minutes.

Unwrap the stalk, spray with olive oil, and generously dust with salt and pepper. Place on baking sheet, and roast at 400 degrees for 15 minutes. Turn and roast for an additional 10-15 minutes until some browning or crisping of outside leaves is seen.

Serve with a pair of clean kitchen scissors, to snip the Brussels sprouts of the stalk for hand snacking!

### A Note on Roasted Vegetables

You can almost any vegetable and get a sweet and lovely effect. I roast vegetables when they're on the verge of going bad, or it's the evening before a BJ's grocery run or delivery from my local CSA (Community Sponsored Agriculture) and I need to use some veggies up .

Clean and trim the veggies, toss them in a bowl with a small dollop of olive oil and a couple teaspoons of a spice blend. I love the spice blends from <http://www.TheSpiceHouse.com>, with particular favorites Butchers Rub and Fox Valley. Use your hands to mix; make sure all the veggies are coated with a whisp of oil and a little (or more) of the seasonings.

Turn them out onto a rimmed baking sheet, and bake at 450 for about 15 minutes. Flip the veggies with a spatula, and then cook for another 10-15 minutes until you get a little browning or crisping of the edges.

I have roasted:

Broccoli	Cabbage wedges	Summer squash
Cauliflower	Tomato halves	Asparagus
Bell peppers	Zucchini	

From *Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs*

[www.RxForSanity.com](http://www.RxForSanity.com)

[www.ButtMeddler.com](http://www.ButtMeddler.com)

[www.PositivelyHealthyGifts.com](http://www.PositivelyHealthyGifts.com)

[www.YourHealthChoice.net](http://www.YourHealthChoice.net)

FREE download from [www.AGiftFromDrPat.com](http://www.AGiftFromDrPat.com)

## Sweet and Sour Red Cabbage

From *Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs*, compiled & adapted by Patricia Raymond MD

2 garlic cloves, minced  
1 large onion  
1 pound red cabbage head  
2 TBSP olive oil  
¼ tsp fresh ground black pepper  
1 tablespoon plus 1 teaspoon brown sugar  
½ cup broth or water  
5 TBSP apple cider vinegar

- Mince garlic in food processor, then change blades to 2 mm slicing disk. Slice the onion.
- Add garlic and onion into large wok with the olive oil, cook over medium heat until onion is tender, about 5 minutes. Meanwhile, slice the cabbage using the 2 mm slicing disk.
- Add the cabbage and remaining ingredients to the wok, and cook over high heat, mixing the contents, until mixture comes to an active boil. Cover and reduce heat, cook for 5 minutes.
- Uncover and cook to evaporate some of the liquid and until the cabbage is still crisp but tender, about 5 more minutes.
- Taste and adjust seasoning with more sugar or vinegar, add salt and pepper to taste. May serve hot, cold, or room temperature.

Adapted from Cuisinart Food Processor Cooking Quick & Easy by Greg Patent

## Cumin Roasted Carrots

From *Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs*, compiled & adapted by Patricia Raymond MD

Simple and delicious. I've had all kinds of dill roasted carrots, but the cumin and smoked paprika make these amazing. I actually snacked on a bowl of them while watching HGTV!

1 pound bag baby carrots  
1 TBSP olive oil  
1 teaspoon salt  
½ teaspoon ground cumin  
½ teaspoon smoked paprika  
1/4 teaspoon ground black pepper

- Heat the oven to 500 degrees. Line a rimmed baking sheet with aluminum foil.
- In a medium bowl, combine all ingredients and mix well to coat evenly. Spread the carrots on the prepared baking sheet, and scrape the bowl to add any leftover liquid and spices to the carrots.
- Bake for 15 minutes, then roll the carrots with a spatula and roast another 10-15 minutes until lightly browned and tender.

Adapted from J.M. Hirsch, *Cooking for Picky Eaters*

### **(The Best) Cauliflower Crust Pizza**

From *Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs*, compiled & adapted by Patricia Raymond MD

1 small head cauliflower  
 ¼ cups parmesan cheese  
 ¼ cups mozzarella cheese  
 ¼ teaspoons salt  
 ½ teaspoons basil  
 ½ teaspoons oregano  
 ½ teaspoons garlic powder  
 red pepper flakes (optional)  
 1 whole egg

- Place a pizza stone or pizza pan in the oven. Preheat oven to 450°F. On a cutting board, place a large piece of parchment paper and spray it with nonstick cooking oil.
- Wash and thoroughly dry a small head of cauliflower. Cut off the florets. Pulse in your food processor for about 30 seconds, until you get rice sized bits of cauliflower. You should end up with 2 to 3 cups cauliflower “rice”.
- Place the cauliflower in a microwave safe bowl and cover. Microwave on high for 4 minutes. Dump cooked cauliflower onto a clean dish towel and allow cooling a little.
- Once cauliflower is cool enough to handle, wrap it up in the dish towel and wring the water out of it. Squeeze out as much water as possible. VERY IMPORTANT; this will ensure you get a chewy pizza like crust instead of a crumbly mess.
- Dumped squeezed cauliflower into a bowl. Now add Parmesan cheese, mozzarella cheese, salt, spices, and a dash of red pepper if you want. Now add the egg and mix with your hands.
- Form the dough into a crust on your oiled parchment paper. Pat it down thoroughly, you want it tightly formed together, not too thick or thin.
- Slide the parchment paper onto your hot pizza stone or baking sheet in the oven. Bake for 8-11 minutes, until it starts to turn golden brown. Remove from oven.
- Top the pizza with your preferred toppings, and slide parchment with topped pizza back in the hot oven and cook for another 5 to 7 minutes until the cheese is melted and slightly golden. Be patient; allow it to cool for several minutes before serving.

Adapted from TastyKitchen.com

From *Vociferous Vegetables: Ten easy & delicious recipes for point-panicked WWs*

[www.RxForSanity.com](http://www.RxForSanity.com)  
[www.YourHealthChoice.net](http://www.YourHealthChoice.net)

[www.ButtMeddler.com](http://www.ButtMeddler.com)

[www.PositivelyHealthyGifts.com](http://www.PositivelyHealthyGifts.com)

FREE download from [www.AGiftFromDrPat.com](http://www.AGiftFromDrPat.com)

## Collard Greens with Rice

From *Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs*, compiled & adapted by Patricia Raymond MD

2 cups broth  
1 cup white rice  
1 TBSP olive oil  
½ teaspoon salt  
¼ teaspoon red pepper flakes  
2 cups collard greens, rinsed and chopped  
Pepper to taste  
Dash cayenne pepper (optional)

- In a large pot, bring the broth to a boil. Add the rice, olive oil, salt, and red pepper flakes.
- Add the collard greens and reduce heat to a slow simmer. Cover and allow to cook until rice is soft, about 20 minutes, stirring occasionally.
- Add a dash of black pepper, salt, and cayenne pepper to taste.

Adapted from Norfolk CSA

## Ginger Green Bean Stir Fry

From *Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs*, compiled & adapted by Patricia Raymond MD

1 pound fresh green beans, ends trimmed but left long  
2 TBSP low sodium soy sauce  
2 teaspoons ketchup  
1 teaspoon red wine vinegar  
½ teaspoon tabasco sauce  
3 cloves garlic, minced  
2 teaspoons ginger, minced (I use from a tube)

- Steam green beans in a steamer basket or colander over boiling water for 5 minutes until crisp tender. Remove from heat when completed.
- Combine the soy sauce, ketchup, vinegar, and hot pepper sauce in a small bowl.
- Spray your wok or large skillet with oil, and place over medium-high heat. Add the garlic, ginger, and green beans, stir fry about 2 minutes. Add the soy sauce mixture and cook, stirring occasionally, about 1 minute.

Adapted from Weight Watchers

## Baked Kale Chips

From *Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs*, compiled & adapted by Patricia Raymond MD

1 bunch kale  
1 tablespoon olive oil  
1 teaspoon seasoned salt or seasoning mixture of choice

- Preheat an oven to 350 degrees F .Line a non insulated cookie sheet with parchment paper.
- With a knife or kitchen shears carefully remove the leaves from the thick stems and tear the leaves into bite size pieces. If the kale is pre chopped, remove the large stems and discard.
- Wash and thoroughly dry kale with a salad spinner or clean dishtowel.
- Add kale to a bowl. Drizzle kale with olive oil and sprinkle with seasoning. Mix with your hands to distribute the oil and seasoning evenly.
- Bake until the edges brown but are not burnt, 10 to 15 minutes.

*A note on kale: If you like to make homemade soups, add a big double handful of kale to the soup while simmering. Kale holds up well to the heat, softening but doesn't become mushy.*



Okra recipe here

*From* Vociferous Vegetables: Ten easy & delicious recipes for point-panicked WWs

[www.RxForSanity.com](http://www.RxForSanity.com)

[www.ButtMeddler.com](http://www.ButtMeddler.com)

[www.PositivelyHealthyGifts.com](http://www.PositivelyHealthyGifts.com)

[www.YourHealthChoice.net](http://www.YourHealthChoice.net)

FREE download from [www.AGiftFromDrPat.com](http://www.AGiftFromDrPat.com)

### Marinated Zucchini Ribbons

From *Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs*, compiled & adapted by Patricia Raymond MD

4 zucchini  
2 green onions, chopped  
2 TBSP olive oil  
2 TBSP rice vinegar  
1 teaspoon crushed red pepper  
Salt and pepper to taste

- Thinly slice raw zucchini into long ribbons (lengthwise). Toss with remaining ingredients. Refrigerate at least 1 hour and up to 8 hours before serving.
- May be made with yellow summer squash instead of, or mixed with, zucchini.

## Chocolate Zucchini Cake

From *Voracious Vegetables: Ten easy and delicious recipes for point-panicked WWs*, compiled & adapted by Patricia Raymond MD

½ cup canola oil (ALT: ¼ cup canola oil and ¼ cup unsweetened applesauce)

1 ½ cups white sugar

2 teaspoons vanilla extract

2 cups all-purpose white flour

½ cup unsweetened cocoa powder (I like Hershey's Special Dark for the extra cocoa kick)

1 ½ teaspoons baking soda

1 teaspoon salt

2 cups shredded zucchini

- Preheat oven to 350 degrees. Grease and flour a 9 x 13 inch baking pan or a Bundt pan. Prepare the shredded zucchini; I use the shredder in my food processor.
- In a large bowl, mix together with a mixer the oil, sugar, and vanilla extract until well blended. In a separate bowl, combine the flour, cocoa, baking soda and salt and mix well. Add the dry ingredients with mixer to the sugar mixture. The results will be moist but crumbly. Fold in the zucchini with a spoon; now it looks like worms crawling in the dirt (Oh boy- trust me at this point). Spread evenly into the prepared pan.
- Bake for 40-45 minutes in the preheated oven, until the top springs back when lightly touched or until a knife insertion comes back clean. Serve from pan or cool briefly before plating. Doesn't need icing IMHO.

From *Vociferous Vegetables: Ten easy & delicious recipes for point-panicked WWs*

[www.RxForSanity.com](http://www.RxForSanity.com)  
[www.YourHealthChoice.net](http://www.YourHealthChoice.net)

[www.ButtMeddler.com](http://www.ButtMeddler.com)

[www.PositivelyHealthyGifts.com](http://www.PositivelyHealthyGifts.com)

FREE download from [www.AGiftFromDrPat.com](http://www.AGiftFromDrPat.com)

### Choose Your Chews: More Mastication

There are five easy steps to a healthy diet:

1. List your ten favorite foods.
2. List your five favorite beverages
3. List all green vegetables that look like marsh grass, fur balls, or little trees.
4. List water
5. Avoid 1 & 2; eat only 3; drink only 4.

We have previously chewed over the out-of proportion benefits of consuming crucifers (broccoli, cauliflower, cabbage, and Brussels sprouts), tomatoes, garlic and olive oil. Now we'll move on to some other favorite foods, which in contrast to the crucifer class actually don't resemble marsh grass, fur balls, or little trees.

**I don't care if you whine, you're not getting more.** Recent studies show that drinking one glass of red wine every day may have certain health benefits. Research indicates that moderate red wine consumption may help protect against certain cancers and heart disease, and can have a positive effect on cholesterol levels and blood pressure. Red wines contain several antioxidants that are responsible for its healing powers.

The key to reaping the health benefits of red wine seems to be moderate consumption. Drinking one glass a day for women and up to two glasses a day for men may decrease the risk of heart disease, cancer and stroke. Excessive or binge drinking, however, doesn't produce the same benefits. In other words, when it comes to red wine: more is not better.

**Something's fishy here.** We now advise broiled or baked fish three times a week—you *lose* points if they're batter dipped and fried. The benefits? Cardiovascular health, decreased stroke, and a possible reduction of Alzheimer disease risk. The key seems to be the omega 3 fish oil.

But before you run out to the mega market for a monstrous case of omega 3 capsules, there seems to be more to this. In surprising studies in which researchers fed fish protein to older (non-fish) animals, the older animals began to produce proteins as if they were younger. Cool, but as yet unexplained. Other studies suggest that the more fish you eat, the less likely you are to be depressed.

**Nuts to you!** Nuts have amazing properties, as 1.5 oz contain 6.6 grams of protein (the same amount as one egg), 2.8 grams of fiber (the same as  $\frac{3}{4}$  c strawberries), and is a source of the vital trace minerals magnesium, manganese, and copper.

*From* Vociferous Vegetables: Ten easy & delicious recipes for point-panicked WWs

A handful a day can prevent heart attacks, block buildup of bad cholesterol, and contain the growth of cancer cells. In March 2003 after a ten year review of the data, the FDA approved the statement that '1.5 oz of nuts daily may reduce risk of coronary artery disease'.

With apologies to filbert fans, the best nut overall seems to be the walnut. With more omega 3 fatty acids than any other nut, they are one of the most abundant sources of antioxidants including ellagic acid, a phytonutrient that inhibits the growth of cancer cells. Sterols in these nuts have been shown to block absorption of cholesterol in your bloodstream. So chow down on your share of the 250,000 tons of walnuts harvested in the U.S. each year.

Put some care into what you choose to chew. After all,

*Americans will eat garbage,  
provided you sprinkle it liberally with ketchup.*

~ Henry Miller

*From Vociferous Vegetables: Ten easy & delicious recipes for point-panicked WWs*

[www.RxForSanity.com](http://www.RxForSanity.com)

[www.ButtMeddler.com](http://www.ButtMeddler.com)

[www.PositivelyHealthyGifts.com](http://www.PositivelyHealthyGifts.com)

[www.YourHealthChoice.net](http://www.YourHealthChoice.net)

FREE download from [www.AGiftFromDrPat.com](http://www.AGiftFromDrPat.com)

### Find the Tasty Vegetables

d r p p v y w p j t n s y d k w z r y  
 d r c m h c s e k z a r z r m e s i g  
 q i d a a a n e r g e c u s t p u q j  
 o u e r p u e m o l e u c t v e g l g  
 x g r p f l e t e r g c c x a c a a c  
 b o t l a i r c c f a u h s b b r g v  
 t r y k k f g l u z b m i s t l a r w  
 i b u v d l d k t k b b n h i t p g z  
 p e q s c o r n t b a e i c p d s a a  
 l v p p s w a t e r c r e s s n a h e  
 d w i t b e l l l j h u u t a r j r a  
 w e n n b r l h p n a f e g t v y s o  
 b o s a i p o s p s r m y i u n u e o  
 u y r l e k c c p i d a c m w l j t d  
 h y a p r b p i c r n h o d j r a c h  
 z z p g e v n m m o o r h s u m g r i  
 r e f g m a y e u k l u u d o n i o n  
 r n c e c r a j e p h i t t m y r q z  
 b y o h c k o b w r v j v g g u k r q  
 x m l r b o o x k u g m x e g z h q t

artichoke  
 arugula  
 asparagus  
 beet  
 bellpepper  
 bokchoy  
 broccoli  
 brusselsprout  
 cabbage  
 carrot  
 cauliflower  
 celery  
 chard

collardgreens  
 corn  
 cucumber  
 eggplant  
 garlic  
 greenbean  
 kale  
 kohlrabi  
 leek  
 lettuce  
 mushroom  
 okra  
 olive

onion  
 parsnip  
 pea  
 pumpkin  
 radish  
 rutabaga  
 spinach  
 tomato  
 turnip  
 watercress  
 zucchini

From Vociferous Vegetables: Ten easy & delicious recipes for point-panicked WWs

### About Patricia Raymond M.D.



**Patricia Raymond M.D. FACG of Rx for Sanity** is a nationally-known speaker on rekindling the joy of practicing medicine and on the benefits on both sides of patient-physician partnerships (<http://www.RxForSanity.com>). She is a member of the prestigious National Speakers Association and is a humorous content-rich speaker whose keynotes lead to laughter and learning.

Dr. Raymond is a Fellow of the American College of Gastroenterology; some call her a “crack-professional”! Raymond sings and educates about the joys of screening colonoscopy as her alter ego, the Toast of the Compost--the divine Ms. Butt Meddler (<http://www.ButtMeddler.com>)! Raymond was nominated for the Hilarious Health Activist Award from 2012 and 2013 WEGO Health Activist Awards. She is a practicing gastroenterologist in Virginia Beach.

The author of ***Don't Jettison Medicine: Resuscitate Your Passion for the Career You Loved, Colonoscopy: It'll Crack U Up!, Colonoscopy Is a Gas!***, the upcoming ***Colonoscopy: It's Not A Party Until Somebody Loses Their Pants*** (available on Amazon.com and at <http://www.PositivelyHealthyGifts.com>), and dozens of published articles and abstracts, Dr. Raymond serves as an expert resource to the media.

Recently, Dr. Raymond has been on a quest to be well by eating well; she recommends the books T. Colin Campbell's “The China Study” and Jonathan Bailor's “The Smarter Science of Slim” for those who wish to make wiser food choices sans the hype. Download her other FREE ebook of health conscious but tasty recipes **Quintessential Quinoa: Ten easy & delicious recipes for meat eaters who hate tofu** at her giveaway site: <http://www.AGiftFromDrPat.com>.