

*The
Sensitive
Souls'
Cookbook*

Compiled and edited by Amy E.

THE SENSITIVE SOULS' COOKBOOK

The idea for this cookbook came from Jenna's original post from March 2009 – "Eat your veggies, raise your vibration" – many of us were inspired to contribute our own vibration-raising, healing and comforting recipes. Many contributors also shared the ways that they, as sensitive souls, approach food choices and preparation so as to give themselves the best support possible.

Here is the original post, followed by our communal responses and suggestions. Responses seemed to fit into the categories: Wellness, Breakfast, Lunch, Raw Foods, Dinner and Comfort Foods.

Also included in each category are some questions intended help you, the sensitive reader, get started thinking about your own, personal recipes, inspirations and vibrations.

When formatting this little book, I used people's names as they gave them in their online responses.

Enjoy! –Amy (editor)

A note from Jenna

I'm so thrilled that Amy volunteered to create this wonderful and amazing gift for our community. In it you'll find lots of ideas and suggestions for food ideas as well as other thoughts on food and life as sensitive souls. Please use the ideas contained herein at your own discretion and with respect for your own sensitive needs and body. Please also consult with your own health care practitioner before making choices based on ideas contained herein. They are not meant or intended as a substitute for professional medical advice.

*Warmly,
Jenna*

JENNA'S ORIGINAL POST:

Eat your veggies, raise your vibration

by JENNA on MARCH 27, 2009

As sensitive souls, we are deeply affected by what we take in. This includes information, sensory input, the energy and emotions of other people, what we drink, **and what we eat.**

How we might be affected negatively by what we eat is obvious when it comes to foods we have allergies too, foods that include chemicals (like MSG), or things like alcohol, sugar, highly processed foods, and caffeine.

But we can be affected by food positively as well. In fact, what we eat makes a huge difference in our ability to function masterfully. This is because there is a vibration to everything we eat, and it affects our own personal vibration in turn.

High-vibration foods carry a natural, positive, uplifting energy. You can feel it when you eat them. They are fresh, whole, natural, organic, “sunlight” foods, grown with sustainable, clean farming practices. Vegetables and fruits in particular are naturally high-vibe foods.

My recent story

I tend to eat very well — I choose fresh, organic, whole, natural, and unprocessed foods often. Every once in while, I'll fall into a bit of a rut and get off track. I noticed recently that I was feeling less than my usual energy levels, and realized that I hadn't been eating enough fresh, high-vibration foods lately, particularly green vegetables.

Part of the reason was that I simply wasn't feeling *inspired* by the vegetables we were preparing and *how* we were preparing them, so I asked for help.

I called my best friend, and said, “I need to know your favorite veggie stand-by dishes!” She emailed them to me, and I thought I’d share them with you, too (below).

I also fished out my notes from a great book called *The Yummy Mummy Manifesto*. Anna Johnson’s book motivated me to think about vegetables (and eating) in a new way with her writing style. She uses delicious words to describe food, asking things like, “Why dump a steaming pile of chard on your plate when you can sexy it up with roasted yams, toasted sesame seeds, chopped carrots, raisins, and a mustard dressing?” Yowsa. This has become a favorite recipe of mine, though I make my version with kale, currants, and sweet potatoes.

The difference is in how she *thinks* about the food. I feel it in the vibration her words carry. She adds adjectives like “chunks, heaps, fresh, whole, and raw” that get my taste buds intrigued and send me to the grocery store (actually my husband does most of our grocery shopping) with visions of great vegetable dishes in my head.

How to Eat High Vibration Foods

Here’s how it works: If you not only make good food choices, but go beyond that to making *high-vibration* food choices, you’ll see positive results in your energy levels, mood, your ability to manage stimulation and to concentrate, and to stay grounded, present, centered.

I hear you asking, “But Jenna, how do I do that?” Here are a few tips to choosing high-vibration foods:

Eat lots of vegetables and fruits that are fresh, whole, and organic, preferably from small local farms where they are grown by people who care about what they are doing (yes, this DOES affect the vibration of the food). If you can’t afford ALL organic, try to eliminate the “[dirty dozen](#).”

<http://www.foodnews.org/walletguide.php>

You’ll cut down on your pesticide intake by 90%.

Notice how you feel after you eat something. This is doing a “vibe-check.”

How is your energy? What is your mood like? If you were to rate your vibration on a scale of 1 to 10, what would it be? This will help you steer clear of food choices that leave you in a low vibration state.

Keep your eyes out for superfoods like nuts, berries (blueberries, acai, goji), raw foods (cacao nibs, veggies) and nutrient-dense foods, like lacto-fermented vegetables and kefir, and add them in where you can.

Try to get at least 2 to 3 vibrantly colored foods on your plate at each meal, preferably *different* colors (no, brown doesn't count). I like to have roasted beets, grated carrot salad, and steamed greens, along with a grain and a protein, for instance.

Stay inspired with what you are eating by getting ideas from other people (see below), reading great cook books, and mixing and matching your veggies with other delectable treats, like fresh herbs, Celtic sea salt, nuts, seeds, cheeses, and dried fruits.

If you get off track, balance the not-so-high-vibration foods with the good ones to bring yourself back into alignment.

Aim to make 50 to 70% of your plate be high-vibe veggie-filled!

The best part about all this is that eating well is great self-care, and will help your intuition and sensitive radar work clearly and cleanly!

Quick Veggie Ideas to Inspire You

1. Roasted yams or sweet potatoes, lightly steamed chard or kale, toasted sesame seeds, grated carrots, goji berries, currants, or raisins, and a mustard-sesame oil dressing.
2. Spring Pea Salad — Peas, goat cheese crumbles, onion, tomato, dill, salt,

- pepper, vinaigrette dressing.
3. Greens with roasted nuts, ginger, dried cranberries, or garlic and sesame oil.
 4. Roasted anything — cauliflower, carrots, red peppers, onions.
 5. Crunchy raw veggies dipped in hummus, roasted red peppers blended with walnuts and goat cheese, or cooked broccoli blended with plain kefir and fresh herbs.
 6. Broccoli cole slaw (get or shred broccoli), or marinated broccoli salad (softens the broccoli).
 7. Red cabbage salad with peanut sauce or Asian vinaigrette dressing.
 8. Wilted spinach salad.
 9. Eggplant pouches — boil eggplant strips in salted water, lay two in a cross shape, add basil and mozzarella, top with chopped tomatoes and onions, fold up into a pouch, and bake.
 10. Add green veggies to your meal wherever you can — put cooked spinach into your polenta, or make Pasta Primavera with hardly any pasta and mostly veggies.
 11. Stuff bell peppers with chopped veggies and a protein.
 12. Add spinach and fajita-style veggies to a Mexican dish.
 13. Roasted beet salad with feta, walnuts, and vinaigrette.
 14. Grated carrot salad with unsweetened shredded coconut, toasted pumpkin seeds, poppy seeds, currants and vinaigrette dressing, OR grated carrot salad with slivered almonds, chopped fresh parsley, and dressing.

Resources

My previous article on [Food Wisdom](#).

<http://www.highlysensitivesouls.com/news/september06.htm#one>

If you live in the Bay Area: Cafe Gratitude. With three locations in the Bay Area, Cafe Gratitude is a spiritually oriented restaurant that serves raw and vegan food. I have found their meals to be incredibly nutrient-dense, filling and nourishing. Check it out here: <http://www.withthecurrent.com/cafe.html>.

Raw food sites and books. Raw food is all the rage, but even if you don't want to go there, you'll find terrific recipes for high-vibe foods and veggie dishes that will knock your socks off. I'm hearing great things about www.TheRawFoodCoach.com but haven't had much chance to check it out yet.

RESPONSES, CONTRIBUTIONS, SUGGESTIONS, AND VIBES FROM OTHER SENSITIVE SOULS:

SECTION 1: WELLNESS:

AMY: Food nourishes our bodies and, as many people agreed in response to Jenna's original post, when it is vibrant and fresh it also nourishes our souls. Food has also traditionally been used to help us heal and in this section we share ways we use food for healing.

The questions we asked, and which can be helpful to consider:

What do you like to eat and/or drink when you feel sick, and/or what do you serve your loved ones when they are not well?

What foods do you turn to when you are overwhelmed, run down and tired to bring back the spark and restore energy? I love to have a green juice from my local health food store – and I ask the counter person to add half a lemon and half an apple – this cuts the bitter taste of the greens, and makes it a much tastier drink.

Are you the keeper of any traditional or "folk" remedies that have been passed down in your family? Any "grandmother wisdom" about food and healing you would like to share?

What about tea and herbs that work well for you? (With the disclaimer, of course, that these are our personal preferences and do not substitute for professional medical advice!)

Related to the above: What do you do to help support your system seasonally and when you feel allergies flare up?

What do you prepare and serve yourself when your tummy feels sensitive?

What about when you have the blues? Do you have any foods you turn to make you feel nurtured?

ERIKA HARRIS: In addition to organic veggies, fruits, nuts, seeds, sprouts and fermented goodies (like kombucha, kimchee and artisanal vinegars) I have found great benefit with superfoods. I compiled some information on how superfoods can be especially beneficial to HSPS. Your readers might find it of interest:

<http://www.joyful-work-for-sensitive-people.com/david-wolfe-superfoods-food-and-medicine-of-the-future.html> **Eat the Sun!**

JAY: I eat a substantial amount of **greenery** each day, plus non-mercury fish (canned Alaska salmon), root crops (sweet potatoes, parsnips, turnips), no sugar beyond dark chocolate, minimal salt, a handful of vitamins starting with B-12 and fish oil, green tea, most fruit and nuts.

USHASMOM: I am a complete novice with the idea of eating to live rather than living to eat; however I just completed a week-long retreat titled "The Conscious Gourmet" where we learned all about eating whole foods, avoiding dairy and sugar, and maintaining a balance between acidity and alkalinity, etc. I am now home and trying to incorporate the concepts we

learned into my daily life, and my new revelation so far is how much I'm affected by **sugar!** Now that I've cut it out for the most part, I can really tell when I eat something that has sugar in it. I feel so much better without it, not to mention the fact that I no longer have any energy swings--both up or down.

RAGNA: I don't know much about food, but I do know a lot about **tea!**

When I'm nervous I drink liquorish root tea

When I'm tired of feeling ill chamomile (with honey)

Fennel tea is perfect when your tummy is upset

Green tea can refresh and calm you (lots of choice in flavours there, to suit everyone)

caffeine in green tea goes slowly into the body compared to caffeine in black tea or coffee

Rooibos is good for relaxing, especially when warming herbs are added

Mint refreshes when you're tired

There is probably lots more to find out about this, but as a sensitive soul these are the teas that are really comforting

KAYE: I drink green tea occasionally, and also recently discovered **Tulsi tea**, which is Indian originally (from India), and that's supposed to be very good for you, and I like that.

(Editor's note: Yes! Tulsi is called the queen of herbs in India, where many people grow the plant in their home gardens – it is also called Holy Basil, and is very calming and restorative!

I have also recently been told that tulsi is reputed to lower the levels of cortisol, the stress hormone, in your body -Amy) Also, I microwave vegetables, which works great for me (although some think microwaves aren't healthy). I microwave about any veg and it's an easy, quick way to have natural whole vegs, and usually cooked right in the container I can then put into the refrigerator. I just rinse, chop them into the container, add a little water, and put them in the microwave...done! Then I often add salt and pepper, or you could add butter too.

One thing I discovered lately is microwaving a big yam/sweet potato, microwave on high until it's soft, about 8 minutes or so, and I usually turn it over half way through. Then I cut it open and put a little butter and some honey (which is also supposed to be good for you) and

you will love it! :)

I also like fruit as a kind of snack.

SAQISOUNDS: I had gotten a real bad cold a couple years ago that just wouldn't completely go away, and I started on these great smoothies, not only did it take the cold out, but it prevented a lot more from starting up!

This is best with a "vitamix" machine (vitamix.com)

use all organic ingredients

1 banana

1 to 2 cups orange/and or apple juice as a base

handful of spinach, a leaf of Kale (don't worry you won't taste it!)

half an apple

any other fruit you want

I recommend a bit of lemon and lime if you're getting over a cold

blend for a minute or two

and voila!

JOAN: Be aware that sensitive people, like us, can also have lots of **food allergies**.

I do. Especially to fruits and vegetables. And *especially* during pollen season.

Before mixing lots of veggies, fruits, nuts, seeds or spices together, check with your doctor on whether he/she recommends trying an elimination diet or changing your diet at all, especially if you think you have food allergies. An elimination diet was recommended by my allergist and naturopath. *Regular* chiropractic and daily nasal rinsing with Neil Med Nasal rinse, (both, also recommended by my allergist), also eased my nasal allergies. An elimination diet is having a specific fruit, vegetable, nut, seed or spice, 7 days in a row, and see how your body reacts to it. If you're fine, you can increase your intake of it, if you react badly to it, eliminate it from your diet.

Lightly cooking your foods changes the protein, and may make you less allergic to it.

Once again, check with your doctor on what he/she recommends before trying an elimination diet or changing your diet at all, especially if you think you have food allergies.

Also, a good article, see link below, from the NYTimes, on Pollen related food allergies. I've had pollen/food allergies since birth, so I'm no stranger (and I'm sure others on your mailing list are no strangers) to the facts in the article below. My allergy goes one step further, than in the article, and I get pharyngeal edema (throat swelling). Here's the link to the article By ANAHAD O'CONNOR Published:

March 16, 2009: Hay Fever Can Lead to Other Allergies

LINK: http://www.nytimes.com/2009/03/17/health/17real.html?_r=1

THE BOTTOM LINE:

An allergy to pollen can cause allergies to fresh fruits and vegetables.

VID72: Started eating less of these: Wheat, rice, sugar, milk, oats, banana, potato, corn, iceberg lettuce, coffee, tea (incl. green). **Started eating more of these:** Eggs, low fat cheese, raw nuts and seeds, salads, cranberry juice, agave nectar, herbal caffeine free tea.

My dentist noticed my teeth have gotten whiter. I have reduced inflammation and the consequential pain. I could literally feel my sinuses clearing within a few days.

JAY: I'm new to this site. You may already know about this but it's very interesting that just today I received this in a newsletter about honey for allergies:

From: Dr. Ben Kim's Natural Health Newsletter March 31, 2009

"If you suffer with seasonal allergies in the spring or fall seasons, I encourage you to seek relief this year by taking a teaspoon or two of unfiltered, raw organic honey every day.

I've long been curious about raw honey's ability to improve immune system function and reduce seasonal allergies, and I recently stumbled upon a study from the Journal of Medicinal Food that explains how this works.

According to the study, pollen collected by bees promotes an anti-allergenic effect by decreasing the activity of mast cells, which are responsible for creating teary eyes, a stuffy nose, and other uncomfortable symptoms associated with seasonal allergies. The key is to use raw honey that's unfiltered and carefully preserved from hive to bottle so that you get beneficial pollen into your system.”

Also an article here by Tom Ogren: Local Honey, Health and Allergies <http://www.carlislehoney.com/allergies.htm>

I'm reacquainting myself with my HSPness. I'm really enjoying reading everyone's recipe ideas for fruits and veggies. Just in time. I'm getting bored with food prep.

SECTION 2: BREAKFAST

AMY: I have always heard that breakfast is the most important meal of the day, and indeed, for me, the way I fuel up in the morning seems to determine the mood and energy with which I approach the whole day!

So - what do you like to eat for breakfast?

What are some favorite recipes and food combinations that get you going in the morning?

What about when you are traveling?

When I do have time for breakfast, I like eggs and salad (with sea salt, olive oil and lemon), but what about when you cannot eat a full breakfast? For example, I am a yoga teacher and practitioner, and often I am either heading to a yoga class in the morning, or teaching a class where I need a relatively empty stomach so I can practice or demonstrate poses. At these times I like to start my day with green tea that has been sweetened with agave or honey and fortified with almond milk or soymilk for protein. This drink energizes and sustains me until lunchtime, when I usually have something high-protein and nourishing.

JENNA: For breakfast, here's what I've been doing lately. I need to have wheat-free breakfasts (and so they usually end up being gluten-free too) so I have to be creative about grains.

Smoothies:

1. **Banana smoothie:** Banana, kefir, flax meal, flax oil, greens powder, whey protein powder. Bonus: raw cacao nibs
2. **Berry smoothie:** Fresh or frozen organic berries or wild blueberries, flax meal, flax oil, whey protein powder, kefir.

(I make kefir using the Kefir starter powder from www.bodyecology.com.)

Other favorite breakfasts:

1. **Polenta with currants**, a little butter & milk/cream, and honey or agave
2. **Soaked oatmeal** (left overnight at room temperature soaking in warm water with 2 T kefir or yogurt makes it more digestible, as recommended in the book Nourishing Traditions), also with currants, milk, butter, and maple syrup. Sometimes I add bananas too.
3. **Rice cereal** -- leftover brown rice cooked with chopped pears, milk, & toasted nuts. From the Esalen cookbook.
4. **Weekend treats:** wheat-free/gluten-free **waffles, pancakes, or crepes** made with Pamela's Baking Mix or homemade from non-wheat flours like buckwheat, millet, or amaranth. Also: **spoonbreads** (cornmeal soufflés), **eggs with spinach & bacon**.

This is a little counter-culture, but I always try to eat some kind of fat (just a little) whenever I eat anything sweet so it balances my blood sugar. I am also less concerned about animal fats and saturated fats (like coconut oil) than most people, after doing lots of research a la Nourishing Traditions, The Body Ecology Diet, Full Moon Feast.

DIANNA: My favorite on the go breakfast in summer or snack (and occasional dinner—ok, I admit) is hummus and baby carrots. While this isn't technically a recipe, it is a good combo for keeping my energy steady. It works for me. Hope it's helpful to other sensitives.

HEDDY JOHANNESSEN: **Here is a recipe for sacred spiral bread:**

(**editor's note** – I am putting this under “breakfast” but it could go in any category!)

Ingredients and materials needed: Medium size mixing bowl, Large mixing bowl, Fork, Spoon, Cutting board, Clean kitchen towel, Two 8-inch round pans Knife ¼ cup of warm water, Few pinches sugar 2 ¼ ounces packages of dry yeast 1 tbsp

salt ¼ cup honey 4 tbsp butter 1-cup water 1-cup milk 3 + cups unbleached flour

Put the quarter cup of warm water in the medium-sized mixing bowl. Add a few pinches of sugar. Let the sugar dissolve in the warm water.

Add to the sugar-water mix the yeast and set aside. This will be the air element that will allow your loaf to rise.

In large bowl, combine 1 tbsp of salt, ¼ cup of honey, and 4 tbsp's of butter. With a fork, mix these ingredients until they are blended.

Over low heat on the stovetop, blend 1 cup of water and 1 cup of milk; together they represent the air element. Heat so the mixture is hot but be careful not to burn the milk.

Pour the hot water and milk into the large bowl. Stir the mix gently for a few minutes so the butter, salt and honey blend dissolves.

Add the yeast along with the ¼ cup of sweetened water that is activating the yeast. Let the mix sit for 5 minutes.

Add 3 cups of the flour, the earth element, mixing it with a spoon. Continue adding the flour, adding no more than 1 cup at a time, until the mixture begins to resemble a ball and starts to pull away from the sides of the bowl.

When the mix begins to get too heavy to turn with a spoon, you have to knead it with your hands. Sprinkle flour onto a cutting board or other surface, & cover your hands with flour as well. Put the ball of dough onto the board or surface and begin kneading it. Keep adding flour as you turn the ball of dough over and over to keep it from sticking to your hands. Press the heel of your palm into the dough and then pull

the dough back over itself. Fold the dough back in half, rotate it clockwise 45 %, and press into it again.

Develop a rhythm to your kneading. Each time you turn the dough, envision it passing through each direction, consecrated by little circles of its own. The sacred circle-earth, air, fire, water and spirit. As you press your hands into the dough, let good intentions and energy travel through your hands. Continue kneading for around 10 minutes, adding flour as necessary and let the dough rest a while.

Wash the bowl you used to make the base of the bread and dry it.

Coat the insides of the bowl with butter. Put the ball of dough into the buttered bowl, turn it over once, and let it rest. This keeps the dough from sticking to the bowl.

Cover the bowl with the towel and let the bread sit somewhere warm and let it sit for 2 hours.

Once the dough has doubled in size, take your fist and punch the center of the risen dough to deflate it. Fold the dough over itself so it forms a ball once again.

Grease the 2-inch round pans with butter and set aside.

Turn the dough back onto the floured surface and cut into two pieces. Knead the dough gently so that the 2 distinct loaves are forming.

Take the first loaf and stretch it out, rolling it into an oblong shape as you stretch. Once the dough is stretched out, begin twisting it little by little. Begin at one end and keep twisting until you reach the other end. When the elongated dough has been twisted and is lying flat in a straight line, take one end and pull it clockwise to start

creating a spiral. Pinch it so it curls inward and sticks to itself. Continue turning the twisted loaf around this point until you have made a spiral. Pinch the outer edge to the inside to keep it from unrolling.

Place the spiral loaf in one of the round pans.

Repeat the same technique with the other ball of dough until you have created two beautiful spirals.

Cover both loaves with a towel and let them rise again till they are double in size-an hour or less.

Heat the oven to 400 % and place both loaves in the oven, releasing them to the fire element-for 30 minutes or until golden brown.

Test the loaves by tapping on them. They will sound hollow when done. Allow the loaves to cool before removing them from the pans.

You can add nasturtiums, pumpkin, oregano, rosemary or other herbs or whatever to the bread. It is all up to your imagination. Enjoy!! Blessed Be

Trust me, this recipe is worth it!!! Feel free to modify the recipe to your tastes.

Blessed Be , Heddy

CATHERINE: Here are a few of my favorite easy recopies. This is the first time I have posted so I hope I am doing it right. Enjoy.

Nutty Granola recipe from Ellie Krieger

Cooking Spray

3 cups old-fashioned oats
1/2 cup chopped raw unsalted walnuts
1/2 cup chopped unsalted almonds
1/2 cup chopped unsalted pecans
1/2 cup pure maple syrup
1/4 teas salt
1/4 teas cinnamon
1/2 cup raisins

Preheat oven to 300. Spray baking sheet.

Combine ingredients, spread on pan and baked about 30 minutes

SECTION 3: LUNCH

AMY: Lunch can be a challenge...

What do you do when you work outside the home and need a good, nutritious lunch? It seems that many of the options offered in restaurants or fast-food places just do not work for our sensitive bodies and just make us feel tired and dissatisfied...how do you solve that lunchtime dilemma?

Do you bring food from home? If so, what do you like to bring for lunch? How do you package it? What are some favorite sandwiches?

Do you buy lunch food or eat out? If so, what do you like to order for lunch? What are some ways you have found to create healthy and nourishing lunches from the offerings at your work-local deli or cafe?

What about the folks who are at home for lunch? What do you like to prepare?

ALLISON: Something I love to have for a light lunch is bread (Mountain bread or Turkish bread) with some home-made Eggplant (Aubergine) Dip.

The dip is really easy to make:

Wrap an eggplant in foil and cook for 30 minutes in the oven at 160°C (320°F) then allow to cool. (Overnight if you have that long)

Peel the eggplant and put it into a bowl with fresh chopped Parsley, 1-2 pinches of salt, a bit of olive oil and the juice of half a lemon (or to taste).

Chuck it in a food processor until it is smooth enough and you're done!

Store in the fridge, should keep well for a few days.

Hope this helps people!

JEN: When I worked full time I would often pack a sandwich of almond butter and fruit preserves (no added sugar). Sometimes I would mix a leftover cooked grain like rice or quinoa with vinaigrette and raw or cooked veggies and chickpeas. I also brought lots of snacks because I felt like I needed to eat every few hours to keep up my energy and concentration. Fruit, yogurt, veggies, nuts, granola, spring water and herbal tea bags.

SECTION 4: RAW FOOD AND SALADS

ARTEMISTA: I have found a mostly-veggie diet incomparable in keeping my energy levels balanced and mood high - all good things for HSPS!
Here are some of my favourite, self-invented raw food recipes!

Spinach, Beetroot, Orange and Cucumber salad: 1/2 a bag of raw spinach leaves, about 2 raw beetroots finely sliced, 1/2 a cucumber sliced, and about 2-3 oranges diced. For easy dressing, just add sesame oil. Easy-peasy and delicious.

Carrot, Cabbage, Apple and Celery salad: About 3-4 carrots, 5-6 savoy cabbage fresh dark green leaves, 2-3 apples, and 5 sticks+ celery. Grate the carrots, thinly slice the cabbage, grate or finely chop or slice the apples, and slice the celery. Simple lemon juice (juice of 2 lemons squeezed) works best as a dressing and a preservative, stopping the apple going brown. Delicious and super-healthy for the stomach! Add chopped walnuts if you want some nutty flavour.

I live off these, hope you enjoy them as much as I do! Will definitely try some of the recipes mentioned above as they look yummy too...

MARG: I am a musician and thrive on both the making of music and teaching thereof, so sometimes preparing meals is beyond my realm as I am always in my 'sensitive state' but being human, in need of physical sustenance (food)....

In keeping with current theories that raw food is the only real sustainable source, I try to give myself the upkeep I need by reaching for things that are in that category when I am hungry but not able to give my attention to preparing something as elaborate or structured like a meal of 'breakfast, lunch, or dinner'. This means I reach for something I can put my hands on that's tasty and full of enzymes and vitamins and minerals...almonds, bananas, oranges/tangerines, apples, pumpkin seeds, broccoli and baby carrots.

I know I have broken it down into simplistic items, but it helps me put in something that I don't have to be too mindful about and therefore a good beginning to nourish myself with the higher vibration foods that really do make a difference.

I hope my idea can be helpful in some way, as simple as it seems. Sometimes the basis to self-care begins with baby steps

SECTION 5: DINNER

AMY: Ahhh, the end of the day...

What do you like to make for dinner? What is your favorite dinner recipe?

What about those times when you are just too tired...do you have any quick and easy, or one-pot meals that you like to prepare and wish to share here?

What do you like to make for guests?

What are some favorite seasonal meals - any special dinner or meal ideas for summer nights, autumn harvest, winter chill and spring cleansings?

CATHERINE: Here are a few of my favorite easy recopies. This is the first time I have posted so I hope I am doing it right. Enjoy.

Crockpot Chicken Curry

2 cups onions

1 large carrot

2 medium red potatoes

1 large apple peeled cored and cut into large chunks

1/4 cup raisins

1tbsp curry powder

1 1/4 pounds chicken breasts, cut into pieces

1/2 cup fat free low sodium chicken broth

1/4 cup reduced fat sour cream

1tbsp cornstarch

Coat crock-pot with cooking spray. Place onions, carrots, potatoes, apple, and raisins on the

bottom. Sprinkle with curry powder. Add chicken and then pour broth over. Cook on low for 4-6 hours. About half an hour before done, combine sour cream and cornstarch and stir into curry.

Serve with whole grain rice.

Serves 4-6.

JESS: My favorite veggie dishes:

Kale with heirloom tomatoes, balsamic vinegar or lemon juice, oil and herbs, steamed together.

Cauliflower with leek sauce. Steam the cauliflower and 2 leeks, then put the leeks in a food processor or blender with 1 tbsp olive oil, salt, pepper and loads of fresh basil, then blend until it's creamy and pour over the cauliflower.

Seaweed salad. Thinly slice cucumber and green onions and add to seaweed greens. (I get them at an Asian market. I rinse them off so they're not so salty.) I add sesame oil and seeds, garlic, ginger, and a dash of apple cider vinegar to taste. Though cucumber salad without the seaweed is also very refreshing. Speaking of nori, I also get nori rolls and make my own sushi with brown rice and a lot of veggies. I spread a thin layer of brown rice on a sheet of nori, then cut lots carrots and cucumbers into strips and add sprouts, then wrap that in the brown rice/nori.

EMILY: I don't know if you have heard of the Cookbook called Ottolenghi? It's a UK restaurant. <http://www.ottolenghi.co.uk/> There are some recipes on their website you might like. http://www.amazon.co.uk/Ottolenghi-Cookbook-Yotam/dp/0091922348/ref=sr_1_1?ie=UTF8&s=books&qid=1239300135&sr=8-1

I love it and it has wonderful inspirational ways of using lots of vegetables. It's not a

vegetarian book-it contains lots of meat and fish and also has a delicious patisserie section but is all fresh and uses healthy organic ingredients.

For example, French beans and mangetout with roasted crushed hazelnuts, freshly squeezed orange juice and zest, chives, garlic and hazelnut oil.

Another example, is roasted butternut squash with pumpkin, sunflower and black sesame seeds, nigella seeds, sliced almonds and fresh basil with a side of roasted aubergine dip made with mashed up burnt aubergines, Greek yoghurt, pomegranate molasses, olive oil, lemon, parsley and garlic. Yum yum.

NICOLE VICKERS: I sauté chopped broccoli (even the stalks and little leaves that people usually peel away) kale, red onion, green onions, & fresh cilantro in olive oil with Italian seasoning (heavy on the Italian seasoning) garlic, red pepper and seasoning salt. I leave it in just long enough to saturate all of the flavor. I don't mind using a little extra oil for that melt in your mouth flavor. The texture is real nice on your tongue and its awesome with angel hair pasta and minced roma tomatoes. Yummy!!!

HEDDY JOHANNESSEN: As requested, here is my contribution to the cookbook. I am so happy to finally be able to contribute what has been my passion. I am a celtic kitchen witch. So here is my contribution: I subsist on a meager budget and yet I have kept writing and discovered some tricks along the way that may help others looking for how to do the same.

One, I cook most of my healthy savory meals myself at home. I have become quite a chef. It's a far cry from my meals a year ago when I took fried onions literally. Flash forward to the present. I've mastered gourmet meals. Red kidney bean soup, beef and barley stew, pumpkin soup, roasted pumpkins, ciders, pumpkin breads, sacred spiral

bread, French onion soup, hot roasted chicken (my sis wants the recipe), stir-fries, moon cookies. I am a kitchen witch. I hang a kitchen witch on a hook in my kitchen and let her work her magic. I pray to Demeter and Hestia, goddesses associated with food and the hearth and grains. I like to light a candle and clean the preparation area then begin cooking. All of these steps set the mood and awaken the energies and atmosphere for successful cooking. It was a Scandinavian custom to hang a kitchen witch ornament in your kitchen for positive energies and good luck for cooking. It may have been the belief that the kitchen witch would draw the energies. The kitchen witch was well versed in herbs and spices and cooking and the hearth. They looked to the local shaman or seer or witch, if you will, for the knowledge and protection.

I have Scandinavian roots. I cook most of my meals myself and live on a tiny budget and hardly ever need to eat Kraft dinner. It is cheaper to eat healthy than to live on Kraft dinner. It does not hurt to add a little magic to home cooking. I was given a nice blank journal as a gift. I filled the book up with recipes and it is now my little personal cookbook. I buy in bulk and when food is on sale. I use everything up as much as I can. I also support local artists and businesses.

All the above things I mentioned do help to save money. It costs less for a bowl of healthy hearty stew than it does for a dinner from Wendy's Restaurant. I save money that way and then so have money for that bottle of white out I ran out of or a new ink cartridge and a pack of printing paper. I eat an organic food diet and feel the best I have ever felt in my life. Some argue that organic food is more expensive but then, isn't everything? Feeling healthy leads to feeling better and that leads to more energy to write.

SECTION 6: COMFORT FOOD

AMY: What foods do you love to eat that brings you comfort? What was your favorite comfort food when you were a child - to share with the "inner child" in all of us!

Do you have any suggestions for lovely comforting meals and dishes that are also not too heavy/fattening/sugary, etc?

What is your favorite dessert? Do you like to bake? What do you make that fills the house with beautiful aromas?

I have been enjoying this kale dish for years as a comfort food: A couple of small red (bermuda) onions - a couple of small golden onions (small onions seems to have more flavor and sweetness) - a bunch or two of chopped fresh kale — dino (lacinto) kale if it is available - 5 or 6 nice, smallish russet potatoes. I use a wok for this. Cube and boil the potatoes with the skin, slice and caramelize the onions in a generous amount of good olive oil. Once the onions are really soft and caramelly, add the potatoes and kale, and a bit of water so the kale steams. Once the kale is soft, mix everything all together. Here, I add a little more olive oil, so the dish is really creamy and rich salt to taste. This is nice on a chilly day when you need a hot, satisfying dish. It is good with plain yogurt as a side for topping, or with a bit of grated cheese.

CLARE: I am a big fan of comfort food, so I like to get my veggie intake with comforting, delicious soups and stews. Fresh yummy veggies, boiled up together with herbs and vegetable stock then blended together (along with the water you cooked them in) is a wonderful way to get your veggie quota in winter, when salads and raw vegetables are not so appealing. When the weather is cold I love to make a vegetable curry with a variety of colourful veggies, as well as butter beans, potatoes and

chickpeas for a bit of substance. I also love slicing raw vegetables, such as celery, spring onions, carrots and mushrooms, into elegant, thin strips and dipping them in a spicy cottage cheese.

JULIA ROSE: Healthy smoothies! I use a banana as the base and then add in some type of milk (no cow's milk) and berries, vanilla, etc.

LOUISE: Chocolate, even if it's one small candy before I go to bed.

SILENT EMPATH: I must agree that chocolate is a wonderful comfort food. I also love to eat mac and cheese as a comfort food as well.

JEN: When I was a child I loved pancakes for dinner. Now I make them for dinner as an adult (occasionally!) and my whole family enjoys them.