

Ruscombe Mansion Open House 2014



Baltimore From the Jones Falls, 1837. Watercolor, pen and ink, by Bob Hieronimus

HEALING RECIPES TO MAKE AT HOME

VOLUME IV

www.Ruscombe.org

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30th
Anniversary

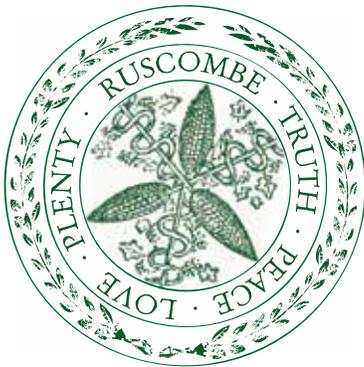
RUSCOMBE MANSION COMMUNITY HEALTH CENTER

4801 & 4803 YELLOWWOOD AVE. • BALTIMORE, MD 21209

Welcome to the fourth volume in Ruscombe's foodie tradition. Presented here is another collection of recipes from the holistic practitioners at the Ruscombe Mansion Community Health Center in Baltimore, Maryland. Many of these were on the table for sampling at our 30th Anniversary Open House in 2014. More information about the services and classes offered at Ruscombe can be found at www.Ruscombe.org.

You'll see several recipes in this booklet touted as "gluten-free". The gluten-free diet is traditionally indicated for persons with celiac disease, a condition that impacts a small percentage of the population with an adverse reaction to the gluten protein in wheat and other grains. However, the term gluten-free has recently been coopted by the advertising agencies in charge of pushing packaged foods laced with toxic chemicals at you. You'll see "gluten-free" on products that are ridiculously bad for you, from candy to sugared cereals.

The thing to remember when reading labels in the grocery store aisle is that "gluten-free" does not necessarily mean "good for you". Gluten-free certainly does not mean sugar-free, and in fact, many packaged foods that boast of being "gluten-free" are loaded in sugar. Gluten-free certainly does not mean calorie-free either, unfortunately. What you save in foregoing the wheat, by choosing a piece of packaged gluten-free bread, you can gain right back in the amount of calories, which most restricted diets are counting.



But if you are cooking from scratch, as we would always recommend, there are many good reasons to look for gluten-free options for your favorite dishes. Restricting your diet to avoid foods that cause inflammation in general will lower your chances of developing many chronic disease conditions like cancer, arthritis, diabetes, and obesity. You can start by finding gluten-free grain sources, but you can also avoid or cut back on dairy products, meat, coffee, alcohol, and of course, the main bugaboo: sugar.

We're all well aware that sugar is not good for us, but only recently is the word spreading that there is a link between sugar and cancer and other inflammatory illnesses. Researchers describe diseases like cancer as "feeding on sugar", recommending that you starve the cancer by cutting the sugar out of your diet. This is harder than you might think, especially if you are going to the extreme of avoiding many sweet fruits with their natural sugars, for the full effect.

While several sugar substitutes are available, each comes with its own drawbacks. The best route is to retrain your tastebuds over a period of time by gradually weaning yourself away from sweet-tasting things until your cravings diminish. You will eventually find yourself satisfied with more refreshing flavors. Ask your Ruscombe practitioner for ideas on how to improve your diet. For ideas you can taste, visit Ruscombe's Co-op Café, offering mostly organic lunches, often locally-grown, on select days. Call 410-367-7300 for hours and menus.

As always, we are grateful for the many great resources we relied on for quotes and photos throughout this book. They include www.care2.com, www.mercola.com, and www.whfoods.com.

Your body is your temple. Fill it with all good things!

Heather's Olive and Garbanzo Bean Tapenade

This recipe came to us from Heather Dorst, RN, M.Ac.,L.Ac.
Licensed Acupuncturist and Registered Nurse
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Garbanzo Beans are a food you want to keep on your “digestive support” list—especially if you are focusing on the colon. Between 65–75% of the fiber found in garbanzo beans is insoluble fiber, and this type of fiber remains undigested all the way down to the final segment of your large intestine (colon).



Ingredients

- 1 15 oz. can garbanzo beans, rinsed and drained
- 1 bunch parsley, leaves and small stems
- 1 7 oz. jar green olives with pimentos
- 2 Tablespoons fresh lemon juice
- 1-2 Tablespoons of olive oil
- salt to taste

Instructions

Place all ingredients in food processor and blend until smooth.

Adjust seasonings and amount of oil to get desired consistency.

Enjoy on crackers or bread.

Barbara's Tapa of Mushrooms Simmered in Wine

This recipe came to us from Barbara Harman
Positive Psychology® Life Coach
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www.BarbHarmanCoach.com

It's important to eat only organically grown mushrooms because they absorb and concentrate whatever they grow in — good OR bad. This is what gives mushrooms their potency. Mushrooms are known to concentrate heavy metals, as well as air and water pollutants, so healthy growing conditions is a critical factor.

Makes 6 servings

Ingredients

- 2 pounds fresh mushrooms, cleaned and trimmed
- 1 Tablespoon olive oil
- 1 or 2 shallots (to taste) minced
- 4 to 6 garlic cloves (to taste) minced or pressed
- 1 cup dry white wine
- ½ teaspoon dried thyme
- ½ teaspoon dried rosemary
- Salt and freshly ground pepper
- ½ cup chopped fresh parsley

Instructions

Cut the mushrooms in half or quarters if very large.

Heat the oil over medium-low heat in a large heavy-bottomed frying pan and add the shallots and half the garlic. Sauté, stirring, until the shallots are tender.

Add the mushrooms and remaining garlic. Sauté, stirring over medium-high heat until the mushrooms begin to release some of their liquid.

Add the wine, thyme, rosemary, salt and pepper to taste, and half the parsley. Cook, stirring often, over medium heat, until the mushrooms are tender, about 20 minutes. Some of the wine should still be in the pan.

Add the remaining parsley, correct seasoning, and transfer to a serving dish. Serve warm, with toothpicks stuck in each mushroom if serving as hors d'oeuvres. Chicken sausage makes a nice addition to this dish, which can also be cooled and refrigerated, then reheated just before serving.

Diana's Beet Salad with Horseradish Dressing

This recipe came to us from Diana Keener, M.Ac., L.Ac.
Acupuncture and Qi Gong
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Beets are an amazing food. In separate studies they have been shown to lower your blood pressure, improve your stamina, fight inflammation, decrease your chances of cancer, help with detoxing, and of course, they are full of vitamins and minerals and fiber.

Dressing Ingredients

- 1/4 cup olive oil
- 4 Tablespoons red wine vinegar
- 2 Tablespoons prepared horseradish
- 1 garlic clove, peeled and gently bruised
- Salt and pepper to taste

Instructions

Remove the greens from 5 large beets, and set aside.

Roast the beets whole at 450° for about 50 minutes, or until a fork goes in easily. Let them cool, then peel and chop into bite size chunks.

Wash the greens, core and chop them into ribbons and steam lightly.

Add beets and greens together in a bowl.

Remove garlic clove before adding dressing to beets and beet greens.

Add dressing immediately before serving. Can be served warm, room temp, or cold.

Marina's Spicy Roasted Cashews

Adapted from a recipe found in fedandfit.com

This recipe came to us from Marina Gan, L.Ac., M.Ac.

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www.betheneedle.vpweb.com

Warm roasted nuts are perfect for holiday parties. Or bag them up just before you leave the house. They make great host/hostess gifts. Not only do cashews have a lower fat content than most other nuts, approximately 82% of their fat is unsaturated fatty acids, plus about 66% of this unsaturated fatty acid content are heart-healthy monounsaturated fats, similar to those found in olive oil.



Total time: 15 Minutes

Ingredients

- 2 lbs Raw Cashews (can usually find in the bulk foods section)
- ¼ cup Extra Virgin Coconut Oil
- 1 Tbs Finely Chopped Fresh Rosemary
- 1 Tbs Kosher Salt
- 2 tsp Hot Paprika
- 2 tsp Cracked Black Pepper

Instructions

Preheat your oven to 400 F.

Line a baking sheet with aluminum foil.

Spread the raw cashews out over the baking sheet one layer thick (not any thicker).

Bake for approximately 7-9 minutes or until they're slightly golden brown. Your nose will be able to tell you when they're ready.

In a small saucepan, melt the coconut oil.

Turn the heat to low and add the seasonings.

When the cashews are finished in the oven, transfer them to a large bowl, pour in the seasoned coconut oil and stir until all the nuts are evenly coated.

Serve warm in a bowl.

Paula's Vegetarian Chili

This recipe came to us from Paula Derry, Ph.D., LMT
Shiatsu/Integrative Bodywork and Health Psychology
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Beans, lentils and other legumes are excellent alternatives to meat protein. They contain incomplete protein, but if you eat other foods made with seeds or grains on the same day it will provide a complete protein. For example, consider serving this vegetarian chili over organic brown rice!

Ingredients

- 6-8 cups cooked beans (kidneys or pintos, or mostly kidneys with an assortment of other beans e.g. you can use 1-2 cups of combined black beans, lentils, chickpeas)
- 1 chopped onion
- 2 chopped garlic cloves
- 2 sweet peppers--e.g. bell peppers or anchos
- 3 hot peppers--e.g. jalapenos
- A few T of oil to cover bottom of pot
- 1 15-ounce can tomato sauce
- water to cover
- 2 T chili powder
- 2 T cocoa (optional)
- 2 t salt
- 2 t oregano
- 1 t cumin
- Vegetable bouillon to taste (e.g. 2 cubes)

Instructions

Prepare the peppers by cutting them open and removing the seeds (seeds of hot peppers are very hot), then chop.

In a large saucepan: Heat oil. Add onion for a few minutes until it softens.

Add peppers and garlic for a few minutes.

Add all of the other ingredients.

Bring to a boil and then turn flame down and simmer.

Cook for an hour.

Helen's Salmon Cakes

This recipe came to us from Helen Baylin, Ruscombe's Central Office Coordinator
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www.Ruscombe.org

Already well known are the high levels of the beneficial Omega-3 oils in salmon, but wild-caught salmon has other unique health benefits that provide special support for joint cartilage, insulin effectiveness, and control of inflammation in the digestive tract. Strive to find Alaskan wild-caught salmon, however, as farm-raised salmon is on the top of the list of foods to avoid for its toxic content, and is even banned in some countries.

Ingredients

- 2 cans (size can 14.75 oz) pink salmon – drained well and remove skin and large bones
- 1 or 2 eggs beaten well
- 1 grated or minced onion
- 1 cooked large white potato mashed (or 1 cup of breadcrumbs or 1 cup of instant mashed potatoes). Amount of filler will vary to taste.
- Old Bay seasoning to taste – at least 2 tsp.
- ¼ cup or more mayo or horseradish mayo
- Fresh dill, chopped fine, optional
- Cornflake crumbs for coating, optional

Instructions

In large bowl combine all the ingredients and fold together. Depending on how wet or dry the salmon mixture is and how you want to stretch the dish, the amount of filler will vary.

Form patties the size of a medium hamburger (makes about 9 patties). You can also make them smaller for appetizers. I like to pat them with cornflake crumbs. The patties can be frozen at this point to cook later.

Bake on greased baking sheet for about 10 minutes and turn over for another 5 – 10 minutes.

Serve with crackers and good mustard.

Samantha's Olive Thyme Muffins

Adapted from a recipe found in gourmandeinthekitchen.com

This recipe came to us from Samantha Spyridakos

Shiatsu, Massage & Reiki

www.mindfultouch.org

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This recipe is touted not only as gluten-free, but also grain-free, nut-free, and "Paleo" meaning it is based on the types of foods presumed to have been eaten by early humans. The olive oil keeps these mini muffins superbly moist and imparts a peppery and herbaceous undertone. Bits of finely chopped black olives and fresh thyme leaves add an extra layer of salty, herbal olive flavor. The optional added crumbling of sheep's milk feta adds another earthy tang.



Prep Time: 15 minutes Cook Time: 15 minutes

Yield: makes about 12-16 mini muffins depending on the size of your pan

Ingredients

- ¼ cup (32g) arrowroot
- ¼ cup (30g) coconut flour
- ¼ tsp gluten-free baking powder
- 60g (about 16 olives) black pitted Kalamata olives
- 1 small garlic clove, finely minced
- 4 to 5 small branches of fresh thyme, stems removed
- 1/8 tsp sea salt
- 4 Tablespoons (60ml) extra virgin olive oil
- 4 large eggs
- 1 oz sheep's milk feta, crumbled (optional)

Instructions

Pre-heat oven to 375 degrees F. Line a mini muffin tin with paper liners or grease lightly with oil.

In a small bowl combine the arrowroot with the coconut flour and baking powder and whisk to combine. Set aside.

Finely chop the olives along with the garlic, fresh thyme leaves and salt running your knife multiple times through and smashing the mixture lightly with the side of the blade. Set aside.

In a medium sized bowl whisk together the olive oil and eggs until well combined.

Add the olive mixture and whisk again. Add the flour mixture and whisk until thoroughly combined and you have a loose batter. Add in crumbled feta, if using, and stir again.

Pour batter into the lined or greased muffin cups and bake for about 14-16 minutes until the tops are just lightly golden.

If you are making bigger muffins the baking time will be longer. Start checking at 14 minutes and remove them from the oven when the tops are cracked and golden.

Remove from oven and set to cool on a wire rack.

Michelle's Sweet Potato Sauté with Black Beans & Lime

This recipe came to us from Michelle Dexter Garber
Ayurvedic practitioner
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michelleshealthrevolutionblog.weebly.com

Just one mighty sweet potato contains 213.5% of the Vitamin A you need daily, and 52.2% of your daily Vitamin C intake! They also have unique antioxidant properties, helping prevent oxidative damage to our cells.

Ingredients

- 4 cups diced sweet potatoes*
- 2 cups chopped leeks*
- 1 15-oz. can black beans (or 1 ¾ cups dried beans after soaking overnight and draining)
- pinch of curry powder
- iodized salt to taste
- juice of 1 lime

*For a quicker preparation time (when you want to eat real food, but find yourself without much time to cook), substitute 2 packages of Stahlbush Island Farms frozen organic sweet potatoes and 2 cups Trader Joe's frozen pre-cut leeks.

Instructions

Drain beans and set aside.

Cover the bottom of the pan in olive oil or ghee, then turn heat to medium-high. Add leeks first, then curry powder. Sauté until leeks are a bit soft.

When leeks are getting soft, add the sweet potatoes. Squeeze the lime juice over the mixture. Cook until sweet potatoes are soft, stirring occasionally.

Add beans just before the sweet potatoes are fully cooked, and continue cooking until all ingredients are fully heated through.

Add salt if desired upon serving.

Leyan and Bob's Cauliflower "Rice"

This recipe came to us from Leyan and Bob Darlington
Energy Work, Massage, Reiki, Craniosacral
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Unlike any cauliflower recipe we've ever had, even cauliflower haters like this. There is no rice in it, but it looks like rice - hence the name. It is simple, but really good! Cauliflower is one of the cruciferous vegetables you want to eat on a regular basis as a cancer preventative. At a minimum, try to eat 1-1/2 cups of cruciferous vegetables 2-3 times per week. Cauliflower in particular, has been linked to cancer prevention especially in bladder cancer, breast cancer, colon cancer, prostate cancer, and ovarian cancer.

Ingredients

- 1 head cauliflower
- 1 cup of peas
- 1/2 cup finely chopped onion
- 2-3 cloves of garlic
- 2 Tbs coconut oil
- Salt and pepper to taste

Instructions

Clean, cut and prepare the cauliflower to fit into a food processor. Process the cauliflower until the particles are approximately the size of rice grains.

In a wok or large frying pan, sauté the onions in the coconut oil for two minutes over medium-high heat.

Add garlic and sauté for another minute.

Add cauliflower to wok or pan and mix well and turn heat to medium-low.

Put a lid on the wok or pan and cook for three more minutes, stirring frequently, but keeping the lid on when not stirring, to steam.

Add peas, and cook for another 5-10 minutes, continuing to stir frequently, and keeping the lid on when not stirring. (If using fresh peas, cook until just tender before adding to cauliflower. They are not going to boil once added to the cauliflower. They will continue to cook a bit, but the dish is really heated, not cooked.)

You want to heat the mixture through, not fully cook. Remove from heat, toss with salt and pepper to taste, and enjoy!

This is a versatile dish: you can add nuts, vegetables, herbs, and anything else you can think of. It's similar to Quinoa and Couscous, and absolutely delicious without other ingredients added.

Tessy's Autumn Colors Roasted Root Vegetables

This recipe came to us from Tessy Brungardt
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Cooking vegetables without water leaches fewer nutrients from them. It's really easy to roast vegetables. All you need to do is cut them fairly evenly and make sure they're not crammed together in the roasting pan. Roasting draws out the natural sweetness of vegetables, and adds an aromatic smokiness. Roasting can also increase the bioavailability of nutrients in certain vegetables, like carrots, for example, that give you more carotenoids when roasted as compared to when steamed or sautéed.

Ingredients

- 2 large potatoes
- 1 sweet potato
- 1 red beet
- 1 golden beet
- 1 rutabaga
- 10 cloves of garlic, unpeeled
- good quality olive oil
- salt
- pepper
- sprig of rosemary



Instructions

Preheat oven to 400 degrees

Peel the vegetables and cut them into large bite size pieces. Do not peel the garlic. Put all into a bowl and mix them, coating generously with olive oil. Sprinkle them with salt and pepper to your taste. Add the rosemary sprig and mix.

Pour the mixed vegetables onto a tray or baking sheet that has a lip. They should be in a single layer and not crowded. Use two trays if you need to.

Put them in the oven and bake until they are soft, about 45 minutes. Leave them in a little longer if you like them with a crisp skin. Some of the vegetables will have more “tooth” than others. Use a spatula to turn the veggies every 15 minutes or so while they are baking. Be sure to remind people to peel the garlic before they eat them.

This recipe should easily serve 6 - 8 people, depending upon appetite and love of vegetables.

You can substitute or add some of your other favorite root vegetables such as turnips, carrots, or parsnips. Onions make a tasty addition also.

Diane's Moroccan Velvet Chickpea soup

This recipe came to us from Diane Finlayson

Certified Life Cycle Celebrant, Spiritual Direction, and Wise Heart Community Ceremonies

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The spice mix in the Velvet Moroccan soup honors traditional Ayurvedic principles of the season. Cumin and coriander are considered some of the finest digestives while cinnamon warms us against autumn wind.

Ingredients

- 1 Tbsp coconut oil
- 1 medium onion
- 2 cloves garlic
- 1 tsp ginger
- 1 tsp each: cumin, coriander, cardamom, turmeric
- 1/2 tsp ground fenugreek & clove
- 1 medium carrot
- 1/2 cup dried tomatoes diced
- 1 can tomatoes diced
- 4 cups of veggie broth
- 2 cups cooked chickpeas
- Spinach or chard handful

Instructions

Heat oil in fry pan. While it's heating dice the onion and carrot.

When the oil is hot, add the onion and cook for 3 minutes.

Add the garlic and ginger and give a quick stir.

Mix together the spices and then add half the mixture to the pan, and stir quickly for 30 seconds to keep from burning. Add dried tomatoes and stir.

Transfer ingredients into a soup pot.

Add remainder of spice mix to soup pot and mix well.

Add diced tomatoes and veggie broth and simmer on medium heat for an hour. When all flavors are well blended use a blender stick (immersion blender) to puree.

While still hot add a handful of baby spinach leaves or some shredded chard. It will wilt.

You can also add, or serve over, cooked rice.

Serve with a generous squeeze of lemon.

Stacey's Coconut Curried Amaranth Patties

This recipe came to us from Dr. Stacey Kargman, N.M.D., L.Ac.
Board-certified Doctor of Naturopathic Medicine and Diplomate of Acupuncture
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Amaranth was cultivated by the Aztecs over 8,000 years ago, and today is becoming popular as a gluten-free alternative to grains. It is also highly nutritious, packed with more minerals like calcium, iron, phosphorous, and carotenoids than most vegetables, and more protein than oats or rice.

Prep time: 40 mins Cook time: 25 mins Total time: 1 hour 5 mins
Makes 20 to 24 patties

Ingredients

- 1 cup (275 g / 6 oz) amaranth
- 2 cups (475 ml / 16 fl oz) water
- ½ onion, finely diced
- 3 cloves garlic, finely minced
- 1/2 cup shredded coconut
- 2 tablespoons Madras-style curry powder
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 1 large egg (optional)**
- 2 cups (115 g / 4 oz) any gluten-free or regular bread crumbs
- 1 cup (100 g / 3.5 oz) Vegan Parmesan cheese
- ½ cup flat-leaf parsley (20 g), finely chopped
- oil for frying, either grapeseed, peanut, or vegetable
- some kind of yummy topping- salsa, chutney, red pepper spread etc.

Instructions

Bring 2 cups of water to a boil in a medium pot. Add the amaranth in a steady stream, stirring well. Return to a boil and once reached, quickly lower the heat until the water reaches a gentle simmer. Cook covered for 20 to 25 minutes, or according to package instructions.

In a small pan, sauté onion and garlic in olive oil until fragrant, about 1 to 2 minutes. Add the shredded coconut and curry powder to the pan and toast, stirring continuously for about 1 minute. Remove from heat and set aside.

When the amaranth is cooked, pour the curry powder mixture into the amaranth and stir until combined. Season with sea salt and freshly ground pepper. Let cool until easily handled.

**Slightly whisk one large egg and add to the cooled amaranth mixture. If you want to make it vegan you can skip this step as amaranth is already pretty sticky and so will hold together without egg.



In a breading bowl, mix together bread crumbs, Vegan Parmesan cheese, and parsley. Get your wet and dry hands ready for breading.

With the one you will use as your wet hand, take about a tablespoon or so of amaranth (it will be quite sticky) and drop it into the breadcrumb mixture (it doesn't have to be a perfect ball at this point). Cover the amaranth in breadcrumb mixture with your dry hands.

Shape into a small ball in the palm of your (dry) hands, then lay it gently on a tray lined with parchment paper. Slightly flatten the ball into a patty.

Continue this process until all the amaranth is breaded.

Heat oil in a pan to 375 F (190 C). Make sure you have enough oil to cover at least half the height of your patties. Or if you prefer not to use that much oil you can also try with a very lightly oiled non-stick pan.

Do not overcrowd the pan. Fry one side of the patties until golden, about 45 seconds. Flip the patties and cook the other side for another 45 seconds. Make sure the patties are not too soft. If they are, cook longer, another 10 to 15 seconds per side.

Remove and transfer to a plate lined with paper towels to drain excess oil. Serve immediately. Can be kept for later, but reheat patties under a broiler.

Top with topping of your choice. My favorite is Trader Joe's Red Pepper spread with eggplant and garlic.

Zanti's Kimbap (Korean Sushi)

This recipe came to us from Cynthia Zanti Jabs, L.Ac.
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Zanti's recipe comes with a story:

“Kimbap is the Korean version of Sushi. In fact, the Koreans say they made it first, and the Japanese took it home from one of their early conquests. Raw fish was a Japanese innovation that you won't typically find in Korean Kimbap. Their fillings are fresh or pickled vegetables, and occasionally, eggs or meat.

“What I love about Kimbap is it's the original ‘Working Mom's’ lunch. You take supper left-overs (or as my Mother-in-Law calls them: ‘Planned Overs’) and toss whatever might spoil with a bit of vinegar or rice wine. Then sandwich them inside any leftover rice and wrap it all up in a thin layer of seaweed. You could take this, without refrigeration, into the rice fields, or wherever else you worked. It made for an excellent, easy lunch back when many women had to stop whatever else they were doing to prepare a mid-day meal. Slice up these rolls, and they make a wonderful light meal, appetizer or snack. And a total ‘comfort food’ that's way healthier than some we might reach for!

“I learned to make these from my son's original Mom. To make a long story short: My three kids are all Korean-American adoptees. When my youngest son finished college a few years ago, he found a job teaching English in Korea. While there he searched for, and found, his original parents, who graciously welcomed him - and us - when we went to visit. In the awkward interim before our translator arrived, his Korean mom brought out the makings of Kimbap and taught me how to make them, as seen in these photos.”

Here's how you do it. (And it's easier than it looks. Really!)



Cook and cool a large pot of rice with a little more water than you would ordinarily use - it needs to be sticky. For the Open House Kimbap I used three cups of white pearl rice with one quarter cup of black (purple, really) rice with four and a half cups of water. The rice handles best when it's still warm but cool enough not to burn your fingers.

Collect long strips of whatever you want to fill up your Kimbap rolls. Possibilities from your frig include:

- Carrots - thin strips, best made with a vegetable peeler (or very sharp knife in expert hands)
- Scallions - split lengthwise
- Cucumber - sliced lengthwise into strips about a quarter inch wide
- Scrambled egg (or egg scramblers): cooked and cut into long strips

Possibilities from your neighborhood Asian Grocer (if you're lucky enough to have one!) include:

- Steamed greens - these can be watercress, spinach or other greens, cooked until they are tender, and seasoned with sesame oil and a little salt
- Pickled radish (bright yellow) sliced into long thin strips
- Fiddlehead ferns (brown)
- Dried fish or squid

The possibilities really are endless, limited only to whatever you can slice into long strips. My son's 'Ama' added hotdogs, sliced lengthwise (maybe just to serve us Americans?!).

Next, take a piece of Laver, aka seasoned seaweed dried in sheets, available in Asian food markets and many large chain grocery stores.

Lay it flat on a tray or bread board.

Scoop enough rice onto the laver to pack it into a smooth layer - It helps to oil your hands with sesame oil when you do this.

Lay strips of whatever fillings you like across the middle of the rice. Sprinkle a bit of rice wine and/or rice wine vinegar and/or soy sauce on the rice.

Gently roll the seaweed and rice around the filling until seaweed meets seaweed - you can buy a bamboo mat from your Asian grocer to help you do this

Some cracks may pop open in the seaweed - don't worry about these, just squeeze the rice back together at these spots

Oil a knife with sesame oil and slice the rolls into bite sized bits. If you did not season the rice, you might want to serve them with a small dish of soy or siracha sauce for dipping.

That's it! Long recipe for something truly easier than you may think.

Jeannine's Herbed Barley with Roasted Cherry Tomatoes and Feta

Adapted from a recipe found in Bob Greene's *The Best Life Diet*

This recipe came to us from Jeannine Olson, M.A., M.S.

Licensed Clinical Professional Counselor and a Certified Advanced Rolfer®

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Though it's not your normal introduction to a recipe, one of barley's benefits is a healthy colon. In addition to providing bulk and decreasing the transit time of fecal matter, thus decreasing the risk of colon cancer and hemorrhoids, barley's dietary fiber also provides food for the "friendly" bacteria in the large intestine. It can also help to lower cholesterol.

Ingredients

- 1 ½ cups cherry or grape tomato halves
- 2 tsp olive oil
- Salt and freshly ground pepper
- 2 cups water
- ¾ tsp salt
- 1 cup pearl barley, sorted and rinsed
- 1 Tbs fresh sage, finely chopped
- 1 Tbs fresh oregano, finely chopped
- 1 Tbs fresh Italian parsley, chopped
- ¼ cup crumbled feta cheese

Lemon Vinaigrette

- Juice and zest of 1 lemon
- 1 small clove garlic, finely minced
- 2 Tbs olive oil

Instructions

Preheat oven to 425 degrees. In a baking dish, toss the tomatoes and olive oil and season with salt and pepper. Roast, shaking often, until the tomatoes are lightly browned on the outside, 10 – 15 minutes.

Bring the water and ¾ tsp salt to a boil in a medium saucepan over medium heat. Slowly add the barley. Cover, reduce the heat to low and cook for 30 – 40 minutes or until barley is tender and the water is absorbed. Transfer to a bowl and cool.

Meanwhile, combine the lemon vinaigrette ingredients in a small bowl and whisk to blend.

Add to the barley and toss to combine. Add the roasted tomatoes, chopped herbs and crumbled cheese and toss again.

Serves 6. Per serving, about: Calories 200, Protein 5g, Carbohydrate 29g, Fiber 6g, Total Fat 8g, Saturated Fat 2g, Cholesterol 5 mg, Calcium 60mg, Sodium 369 mg.

Heather's – Cakey, Oaty Energy Bars Packed with Fruits & Seeds

Adapted from a recipe found at www.thekitchn.com
This recipe came to us from Heather Dorst, RN, M.Ac., L.Ac.
Licensed Acupuncturist and Registered Nurse
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If you are living on a restricted diet you may have found yourself at a loss for snacks. Packed with fruit and seeds, these oat bars are like a cakey granola bar, and so much more exciting than a bag of GORP. Although these bars won't satisfy everyone's dietary restrictions, they are free of dairy, refined sugar, tree nuts, and gluten. You can also think of this recipe as a template and adapt it to your own preferences.

Ingredients

- 1/4 cup melted coconut oil
- 3 tablespoons smooth peanut butter
- 3 tablespoons brown rice syrup
- 1/4 cup ground flax seeds
- 1 1/4 cups apple sauce
- 1 teaspoon vanilla
- 3 cups rolled oats (use certified gluten-free oats if necessary)
- 1/2 cup raisins
- 1/2 cup dried apricots, chopped
- 1/4 cup pumpkin seeds
- 1/4 cup sunflower seeds
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt



Instructions

Preheat oven to 325°F. Line an 8"x8" baking pan with parchment paper.

In a small saucepan over low heat, combine the melted coconut oil, peanut butter, and brown rice syrup and stir until melted. Remove from heat. Add the ground flax seeds, apple sauce, and vanilla, and whisk to combine.

In a large bowl, combine the oats with the dried fruit, seeds, cinnamon, and salt. Add the liquid mixture to the dry ingredients and stir until well combined.

Transfer the mixture to the baking pan, pressing with your hands to create an even surface. Bake until golden, about 45 minutes. Cool completely in pan. Lift out and cut into 12 pieces.

Laura's Chocolate Black Bean Cupcakes

Adapted from a recipe found at cupcakesandkalechips.com

This recipe came to us from Laura Cortner, Administrative Director Ruscombe Mansion
410-367-7300

These gluten-free cupcakes are made with absolutely no flour. They are really easy to make and are sweet and moist enough that I found the caramel topping (high in white sugar), or any frosting alternatives for that matter, completely unnecessary. I found another very moist and delicious gluten-free chocolate cupcake recipe using sweet potatoes and spinach or kale (great way to sneak vegetables into a kid's diet) here: <http://www.instructables.com/id/Chocolate-Spinach-Sweet-Potato-Muffins-gluten-free/>. (A bit more labor-intensive, but also very good!)

Serves: 14-16

Ingredients

- 1 (15.5 oz) can of reduced sodium black beans, drained and rinsed
- 4 eggs
- 1 Tbs vanilla extract
- 5 Tbs coconut oil, or unsalted butter (softened)
- ¾ c brown sugar
- 5 Tbs cocoa powder (organic available at Whole Foods)
- 1 tsp baking powder
- ½ tsp baking soda
- Salted Caramel (see recipe below)

Instructions

Line muffin tins with cupcake liners, and preheat your oven to 350°F. Combine the first five ingredients (through brown sugar) in your blender, and blend until smooth. Add the cocoa powder, baking powder, and baking soda, and blend until combined. Divide batter between the muffin cups. Bake for 20-25 minutes, or until cake tester comes out clean. Cool in pan for a few minutes, then remove and cool completely on a rack.

Optional caramel topping: Cut a small hole into the top of the cupcake (I used a melon baller). Pour 1-2 t of Salted Caramel into the hole on the top of each cupcake, letting it soak in as you fill it. Optional: Frost with your favorite icing (see next page for a healthy alternative) and drizzle with more Salted Caramel.

For the optional Salted Caramel Sauce:

- 1 cup sugar
- 2 Tbs light corn syrup
- 1/2 cup heavy cream
- 1 tsp fleur de sel
- 1/4 cup sour cream or Greek yogurt

To make the caramel, combine the sugar and corn syrup with 1/4 cup water in a medium saucepan. Carefully stir them together, trying not to splash the sides of the pan. Cook over high heat, stirring often, until the mixture reaches 350 degrees, about 6 to 8 minutes. It should be dark amber in color, but keep a close eye on it, as caramel goes from perfect to burnt and ruined in no time flat. Remove the caramel from heat, and carefully stir in the salt and cream. It will bubble up, so be ready! Whisk in the sour cream or Greek yogurt, and set aside to cool.

Dixie's Sweet & Simple Dessert Topping

This recipe came to us from Dixie Mullineaux, L.Ac.
Acupuncturist, Meditation Instructor, and Ruscombe Co-op Café Chef
410-484-8030

Experiment with Silken Tofu for toppings and icings instead of cream cheese or other rich ingredients. Silken Tofu, also called soft, silk or Japanese-style tofu has a softer consistency than regular tofu and will fall apart if not handled carefully. Dixie recommends using the Silken tofu packaged in aseptic boxes that do not require refrigeration. Because of this, it is sometimes sold in a different section of grocery stores than regular tofu, which is packed in water and requires refrigeration. She says don't try this recipe with the type packed in water.

Put one block of Silken Tofu into a food processor until it is very smooth. Depending on what you plan to use it on, add to taste, one of these options:

Ingredients

- Fruit jam any flavor. Try strawberry, peach, blueberry or raspberry.
- Melted butter, honey and vanilla
- Melted butter, cocoa, vanilla and sugar

Instructions

When blended, remove from food processor and place in bowl in the refrigerator until it is a bit firmer, then spread.

Use on cakes, brownies, or fruit. Delicious!

Betsey's Green Apple Ice Cream

Adapted from a recipe found at Vitamix.com

This recipe came to us from Betsey Gilbert, LMT
Massage, Craniosacral, Pure Light Blessings and Healing
410-321-5906

This is a lot of fun to make with kids. Another great way to hide vegetables in your dessert for your vegetable-phobic kids. A healthy treat with a beautiful, green color.



Preparation 10 minutes

Processing 40 seconds

Yield 5 cups

Ingredients

- 6 oz apple juice concentrate thawed
- 1 banana peeled
- 1 ½ cup packed fresh spinach
- 4 cups ice cubes

Instructions

Place all ingredients into the Vitamix container in the order listed and secure lid. (Vitamix is a high-powered blender. Any high-powered blender should work, just so long as it can handle the mix.)

Select Variable 1

Turn machine on and slowly increase speed to Variable 10, then to High.

Use the tamper to press the ingredients into the blades.

In about 40 seconds, the sound of the motor will change and four mounds should form.

Stop machine. Do not over mix or melting will occur.

Serve immediately and enjoy.

Amount per ½ cup serving: Calories 40, total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 10 mg, Total Carbohydrate 10g, Dietary Fiber 0g, Sugar 8g, Protein 0g

Rebekah's Power House Chocolate Balls

This recipe came to us from Rebekah L. Montgomery, BS, LPTA, LMT
Yoga Teacher, LFYP-1Ayurveda Practitioner
443-610-2740
www.OrthopedicMassageTherapy.com/blog.html

These chocolate balls of goodness are gluten free and white sugar free. The chocolate is loaded in antioxidant properties and the dates are a natural source of healthy sugar which the brain needs to function in a healthy way. Walnuts are loaded in Omega 3 fatty acids that also help the brain to function at its optimal levels. No need to feel guilty when you eat more than one. Find pleasure in knowing you are honoring your body by giving back.

Ingredients

- 2 cups Walnuts
- 2 1/2 cups pitted dates
- 1 cup cacao powder
- 1/4 tsp sea salt
- 1 c raw unsalted almonds chopped

Instructions

Put the nuts in a blender, then the dates, cacao and salt. Roll up into a ball and enjoy. Best if refrigerated for 15 minutes or longer.

Bonny's Gluten-Free Chocolate Quinoa Birthday Cake

This recipe came to us from Bonny Eisenbise
Sometime Chef at the Ruscombe Mansion Co-op Café
410-367-7300

Another gluten-free dessert, this one made with cooked quinoa and almond meal may be a bit chewy. Coconut sugar, also called Coconut Palm Sugar, is a natural sugar made from the sugary circulating fluid sap of the coconut plant. Unlike regular table sugar and high fructose corn syrup that don't contain any vital nutrients, coconut sugar does retain quite a bit of the nutrients found in the coconut palm. It is still very high in calories, however, (same as regular sugar), making it only slightly "less bad" than regular sugar. No sugar at all is the healthiest choice, of course, but that doesn't make for a very traditional birthday cake!

Ingredients

- 5 oz. semi-sweet chocolate
- 3/4 cup butter
- 4 eggs
- 1/2 cup milk
- 2 cups cooked quinoa
- 1 cup coconut sugar or Sucanat
- 1 1/2 tsp baking powder
- 1 1/3 cup ground almonds

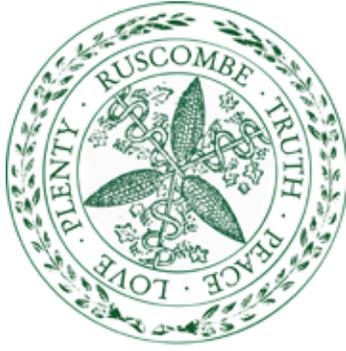
Instructions

Melt together the chocolate and butter. In a bowl mix together the eggs, milk, and cooked quinoa. Then blend in the chocolate butter mixture. In a separate bowl mix the coconut sugar or Sucanat with the baking powder and almonds. Add wet ingredients and mix together.

Pour batter into a 9x13 inch greased pan. Bake at 350 degrees for 45-50 minutes.

Glaze with either ganache (melted semi-sweet chocolate mixed with heavy cream) or whipped cream, lightly sweetened with honey.

Note on frostings from Bonny: Frostings, actually desserts altogether, are always a problem. I'm convinced that sugar is a really bad guy, which means that no dessert is going to be more than "less bad". And frostings are the worst. However, I am not at all a "low fat" kind of person, so I believe the healthiest, and probably the tastiest, topping would be whipped cream, homemade, of course, and very lightly sweetened.



The name Ruscombe is taken from William Penn's final estate in England, and our seal is one used by Penn in 1699. Both were adopted in the late 1960s when Ruscombe was home to a peaceful living commune called Savitria and the AUM Esoteric Study Center, the first state-approved school of metaphysics in the country.

History

The Ruscombe Mansion Community Health Center is located on the grounds of the original home of the Tyson family, one of Baltimore's early Quakers. "Ruscombe" is named after the estate of William Penn in Berkshire, England. The current Mansion building was completed in 1901 and the Hill House added in 1940. Both have been renovated for modern comfort while retaining their charm.



Ours is a Mission of Healing

At the Ruscombe Mansion we address the unique needs of each individual by focusing on the whole person, not simply the physical symptom of disease.

Dozens of certified, licensed holistic professionals in private practice provide an integrative approach to health care. It is a unique healing oasis where clients appreciate feeling listened to, and where practitioners naturally gain from each others' experiences.

