

Our Quality of Life is About the Connections We Make

# The Life Connection

March 2015

**Root Causes of Fear**  
— Lissa Rankin, MD

**PTSD: Trauma**  
After the Trauma

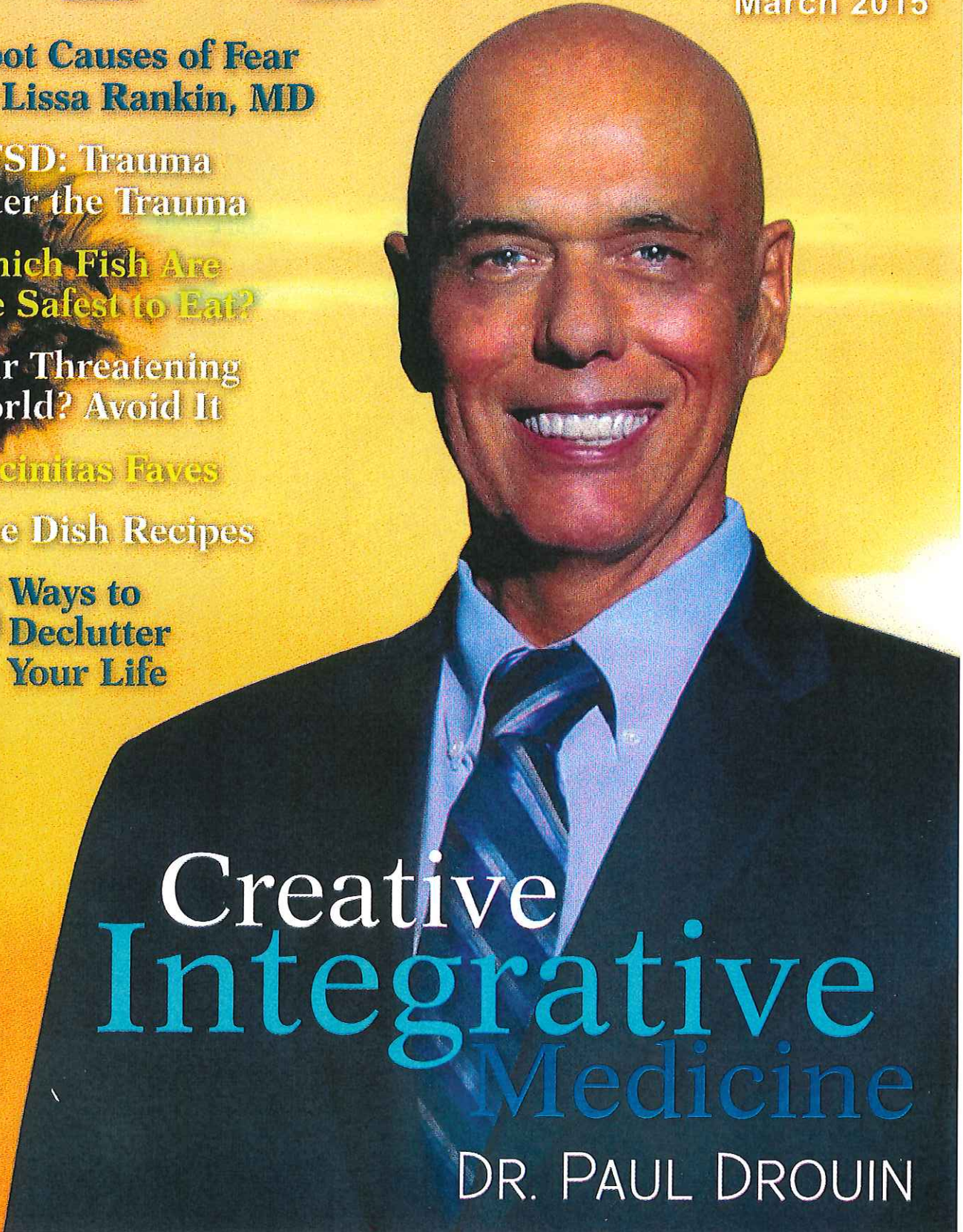
**Which Fish Are**  
the Safest to Eat?

**Our Threatening**  
World? Avoid It

**Encinitas Faves**

**One Dish Recipes**

**5 Ways to**  
Declutter  
Your Life

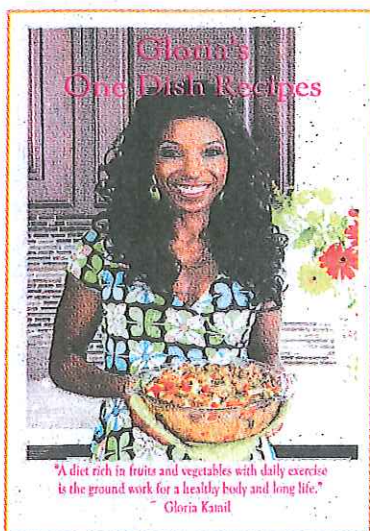


Creative  
**Integrative**  
Medicine

DR. PAUL DROUIN

# GLORIA'S ONE DISH RECIPES

## Making Healthy Eating Delicious & Soulful



**H**ealth and fitness expert Gloria Kamil has released her new cookbook Gloria's One Dish Recipes for those who want to eat healthy, gain control over their time, waistline and the health of themselves and their families. With more than 40 simple to follow healthy and soulful recipes, she reveals a glimpse into her eating philosophies.

What's unique about Gloria's One Dish Recipes is that she introduces readers to several over-looked and

under-used super greens, beans and seasonings: Purple Orach leaves and purple potatoes, romanesco, Kohlrabi, Stinging Nettles, Okra, Wheat Berry, Mung and Adzuki Beans, Amaranth, Black Quinoa. If you thought that you were doing something good by eating kale, the current "it" greens, think again and please, broaden your palate. Gloria's One Dish Recipes includes delectable recipes for vegans and vegetarians as well as lovers of soul food, sea food and meat. Healthy soups, stews, sandwiches, salads and a few unheard of innovative combinations like Gloria's Creamy

Cauliflower Fruit Salad are just a few surprises in her cookbook.

In writing Gloria's One Dish Recipes, Kamil drew on her 40 years of experience as a health and fitness expert. She refers to herself as a "transformationist" because transforming the bodies, minds and health of others is what she does. For the past 16 years, she has worked exclusively as a holistic, whole food nutrition professional, fitness expert and consultant and lifestyle-change coach. Kamil explains that to lose (weight) is to misplace; to release is to let go and her method is highly effective because it lies in not just releasing weight but in creating an overall lifestyle change that endures throughout a person's life.

Kamil's goal is to help everyone transform their lives through proper eating and exercising and by following her simple techniques. Go to [www.gloriakamilthetransformationist.com](http://www.gloriakamilthetransformationist.com) for more information.

### *Gloria's Adzuki Bean, Chicken & Greens Soup*

- 3 cup Adzuki beans
- 3 cup boiled chicken (skinless and shredded)
- 48 oz. chicken broth or more if needed
- 3 bunches of rainbow chard, chopped
- 1 large yellow onion, chopped
- 1 medium sized red Bell pepper, chopped
- 2 -3 grated carrots
- 6 large cloves of garlic, crushed
- 4 bay leaves
- 16 oz. bag of frozen organic yellow corn
- 2 Tbsp. olive oil
- Seasoning salt to taste
- Garlic powder to taste
- Black pepper to taste
- Mozzarella cheese
- Organic corn tortilla chips

**Preparations:** Rinse beans in a strainer. Place beans in a large bowl and cover with enough water to cover the beans by 2 inches. Cover and place in the refrigerator to soak for 12 - 24 hours. Remove skin from the chicken. Cook and debone the chicken.

**Cooking:** Place beans and broth into large stock pot with half of crushed garlic, and bay leaves; bring to a boil. Cover and simmer. While beans are cooking, clean and prepare all vegetables. Heat oil in large skillet and sauté onions, crushed garlic and red peppers; add to simmering beans. Let beans cook until tender and add frozen corn, chicken and grated carrot, seasoning salt, garlic powder, and black pepper to taste. During the last 10 min. of cooking add the chopped greens one handful at a time, mixing between handfuls, sprinkling lightly with seasoning salt and garlic to taste. Remove pot from heat and let rest for 15 minutes, stirring occasionally.

### *Gloria's Wheat Berry Vegetable Salad*

- 2 cup dry wheat berries
- 6 cup water or organic vegetable or chicken broth
- Raw, lightly steamed or sauté vegetables such as: greens, broccoli, carrots, cauliflower, squash, peppers, or frozen mixed vegetables
- 1 tsp. - 1 Tbsp. of oil to sauté (optional)
- Seasoned salt, garlic powder and black pepper
- Bragg Organic healthy Vinaigrette or Organic Italian Dressing

**Wheat Berries Pre-Cooking Preparation:** Place wheat berries in large bowl. Add enough water to cover berries by about 2 in. Cover bowl and place in refrigerator overnight to soften and reduce cooking time.

**Cooking:** Place water in pot, add sea salt, cover and bring to a boil. Rinse wheat berries thoroughly, and add to the boiling water. Reduce heat, place lid on the pot and simmer 50 minutes or until berries are tender and firm. The berries will be chewy. Add additional water if needed.

Clean and prepare the vegetables. They can be steamed, sautéed or used raw. Season vegetables lightly with sea salt (optional) and add to salad. Add vinaigrette to taste.