

## RESILIENCY CAPITAL RECIPES

GIVEN THAT THE RESILIENCY CAPITAL IS a community with a range of races and ethnic backgrounds—African Americans, Asians, Caucasians, and Hispanics to name a few—it should come as no surprise that our recipes are just as diverse. The approach that unites us all is that our diets are typically vegetarian.

In the Resiliency Capital of Loma Linda, a well-known force to reckon with when it comes to nutrition and preparing meals that knock it out of the park is my good friend Krystal Gheen. Krystal is not only a Resiliency Capital mom with two young children, but both she and her husband are major hitters in the food industry. Krystal is a dietitian with a doctoral degree and her husband, Cory Gheen, is the executive chef at Loma Linda University. Together Krystal and I teamed up and compiled some of our favorite recipes to share with you. We hope you and your family enjoy them as much as we do.



## Breakfast

### Going Gaga for Green Smoothie

One would think that the children of a vegetarian chef and a dietitian who specializes in taste development would appreciate gourmet food, exotic flavor profiles, and all things “healthy and green.” Let’s be real, people! They are still kids. Krystal hopes that all her training will one day register a fond food memory, and her kids will choose to expand their palates. Until then, the thrill of them squealing, jumping around, and asking for the “green pineapple” smoothie never gets old.

#### Ingredients

½ cup almonds or walnuts, whole

1 cup water

2 cups ice

2 cups pineapple, frozen

1 bunch parsley, large stems removed

3 to 5 leaves kale, stems removed

¼ cup apple juice

1. In high-speed blender, blend nuts and water until smooth. (This is important to avoid chewing on chunks of nuts or having them clog your straw!)
2. Add next four ingredients, blend at medium speed, then finish on high speed until smooth. You’ll probably need the plunger to get everything mixed up well. To thin, add apple juice, a small amount at a time.

*{Serves 4}*

## Mix It Up Berry Parfait

Yogurt and berry parfaits are a staple in Resiliency Capital households, Krystal's and mine included, for breakfast or dessert. Fresh, nutrient-dense food in minutes—sold! But that simple combo can get old, so kick it up a notch! Adding freshly ground spices not only invigorates your taste buds, but the aromatics stimulate your brain to create more fond food memories. Many spices are also jam-packed with antioxidants and organic compounds with major positive health properties. Try the spice blend listed below, then get creative and make your own. Just remember that a little goes a long way, so don't get carried away with quantity. Plus, you will get the most flavor and health benefits if you eat the ground spices as soon as possible. If you have glass cups/bowls/parfait dishes, use them! This will look fabulous!

### Ingredients

2 cups fresh mixed berries

1 cup Greek yogurt, plain or vanilla

2 tablespoons flaxseed, golden

¼ teaspoon cinnamon

¼ teaspoon cloves

¼ teaspoon cardamom

4 sprigs fresh mint

1. Rinse and destem all berries, then divide evenly among four dishes.
2. Top each dish with ¼ cup yogurt.
3. Combine flaxseed and spices in a clean spice grinder (or cleaned coffee grinder); process 20–30 seconds until flaxseed is pulverized.
4. Sprinkle 1 heaping teaspoon ground flaxseed mixture on top of the berries for each portion.
5. Garnish with mint.

*{Serves 4}*

## Fantastic Figs 'n Oats

For opinionated palates, oatmeal is such a fantastic go-to breakfast and just happened to be the staple of most Resiliency Capital centenarians when they were young. The topping combinations and flavor profiles are seriously endless. The trick is to make a good oatmeal base. Straight oatmeal (steel-cut or rolled oats) can be rather *blah-zay* (as Krystal's mama used to say), and can lead to adding too much sweetener to compensate. A few suggestions: Use half water and half your favorite milk product as the liquid (careful—milk can scorch, so keep the temperature at medium-high); then add a pinch of salt and a splash of sweetener (sugar, honey, maple syrup, etc.) to the water-milk base before adding in the oats. Your result will be slightly creamy and super tasty! All the flavors will magically come together in the most delectable dish of oatmeal you've ever had!

### Ingredients

4 cups oatmeal, cooked the way you like it

1 cup walnut pieces, lightly toasted

4 fresh figs, quartered (or 8–12 dried figs, quartered)

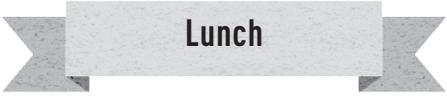
4 tablespoons balsamic glaze or honey

Salt

Brown sugar

1. Portion oatmeal into bowls.
2. Sprinkle on walnuts and then figs.
3. Drizzle honey or balsamic glaze across the top.
4. Lightly sprinkle a little salt and then a little brown sugar on each serving.

{Serves 4}



## Lunch

### Lentil Soup

Krystal says that as she was growing up, soup always came condensed in a red and white can. As an adult, she tried for years (literally) to make her own soup but consistently failed. There was always an ingredient that was too hard or too mushy, another possibly burned, a flavorless broth, or any combination of these. Once she began dating a chef and paying keen attention to his techniques, Krystal discovered what she'd been doing wrong! "Remember these few tips," she told me. "Sauté does not mean fry; it means warm slowly until soft; all veggies should be chopped to the same size so they all cook at the same rate; garlic burns and tastes terrible if added to hot oil; salt slows the lentil cooking process; and last but certainly not least, salt is your flavor-boosting friend."

#### Ingredients

2 tablespoons avocado oil	1½ cups lentils, dried
1 medium white onion, chopped	32 ounces vegetable broth
2 carrots, diced small	2 to 3 tablespoons fresh thyme, minced (or 2 to 3 teaspoons dried)
2 stalks celery, diced small	Water to desired consistency
3 cloves garlic, minced	Kosher salt
28-ounce can diced tomatoes (or 4 cups fresh)	

1. In a large soup pot, warm the oil over medium-low heat; sauté the onion and carrot until onions are transparent; add the celery and continue cooking 1–2 minutes. If the onion turns brown, the oil is too hot.
2. When the vegetables are soft, add the minced garlic and tomatoes. Sauté 3–4 minutes.
3. Add dried lentils and vegetable broth; stir. Next add the thyme. Bring to a boil, then let soup simmer on medium-low for 30 minutes.
4. If needed, add water to reach desired consistency.
5. When the lentils are soft and the soup is ready, taste. If needed, add ¼ teaspoon salt, stir gently, and wait 2–3 minutes. Taste again. Repeat if necessary.

{Serves 4}

## No-Plans Veggie Soup

Have you ever forgotten to make lunchtime plans and realized you have fifteen minutes until noon and young stomachs start demanding to be heard? This is my fail-safe meal when I haven't planned ahead but need something quick and nutritious. I typically dash to my fridge, pull out all kinds of veggies, and grab some veggie stock I keep on hand in my pantry. This is a quick and easy soup and can be used with a wide range of vegetables. It also lends itself to freezing; just set aside a portion before adding the pasta—which doesn't freeze well. No one wants to eat shredded, rubbery pasta in soup. Trust me, I tried.

### Ingredients

2 cups broccoli, chopped

½ cup peas, frozen

2 carrots, peeled and diced

2 stalks celery, chopped

64 ounces vegetable broth

Salt, to taste

Pepper, to taste

Soy sauce, to taste

2 cups dry pasta [Try elbow, shell, or orecchiette pasta. Even better, mix any two types of pasta together.]

1 cup firm tofu, diced into small cubes

1. Wash all the vegetables, then cut them up.
2. Place the vegetables along with the vegetable broth in a large pot; season with salt, pepper, and soy sauce.
3. Bring the vegetables to a simmer and cook for about 5 minutes.
4. Once the vegetables are softer, add the pasta and tofu to the soup, boil for the time needed to cook on the pasta package. Taste the broth and adjust seasoning with more salt, pepper, or soy sauce if needed. Then serve and enjoy.

*{Serves 4}*

## Cheesy Herb Biscuits

As most families will agree, good soups are even better when accompanied by a tasty bread. This is one of Krystal's favorites because of its flavor and versatility and the fact that it suits her family's opinionated palates. Using the same base dough, Krystal uses a small-portion scoop to make "biscuit rocks" that float in her daughter's soup bowl, and a larger-portion scoop to create soft, dippable biscuits that the rest of her family likes—all baked on the same pan at the same time.

### Ingredients

½ teaspoon kosher salt, finely ground	½ cup strong cheese, shredded (sharp or aged cheddar, Parmesan, Asiago, etc.)
2 teaspoons baking powder	
¾ cup whole wheat flour	4 teaspoons fresh herbs (or 2 teaspoons dried)
¾ cup all-purpose flour	½ cup whole milk <sup>†</sup>
2 tablespoons butter, unsalted, very cold	

1. Preheat oven to 425°F.
2. Grind salt and baking powder with a mortar and pestle until they are a fine powder.
3. Sift all dry ingredients together into a large mixing bowl.
4. Cut the cold butter into small cubes or shred with a cheese grater, then add to dry mixture. Cut the butter into the dry mixture with a pastry cutter until mixture resembles fine sand. Tiny cold slivers of butter in your final dough will make your biscuits soft and flaky, while big clumps of butter will make them hard and chewy.
5. Sprinkle in cheese and your choice of herb(s). Add milk and stir with a rubber spatula until just combined (a little dry is best).
6. Transfer to a lightly floured work surface and knead a few strokes until mixture just holds together; it will still be lumpy.
7. Option 1: Use a portion scoop to separate dough into 6 mounded biscuits. Option 2: Gently roll out to a thickness of ½ inch. Cut with round cutter or knife into 6 pieces.
8. Transfer to a greased or parchment-lined baking sheet, and bake in hot oven until tops are light brown, approximately 10–12 minutes. Tip: Make sure your oven is at the desired temperature for 5–10 minutes before putting in your biscuits to ensure they rise well and bake evenly.
9. Allow to cool slightly before serving warm.

\* Pick herbs that you like, that you have on hand, and that go with your meal. If herbs are new to you, chives are always a good standard to start with. After that, pick another herb and add it to your biscuit mix. The next time, try a different herb. This will help you learn how the herbs taste and what foods you think each goes well with.

<sup>†</sup> If you use a nut or soy milk, add an extra tablespoon of butter. Be sure the milk is plain and unsweetened.

{Serves 6}

## Spinning a Haystack

This new take on the traditional chili or nacho recipe is a staple in the Resiliency Capital community. This is the dish at many gatherings, with attendees asked to bring one of the ingredients listed below. The typical Haystack calls for tortilla chips, but healthier versions swap out the chips for large pieces of lettuce to make lettuce wraps or use whole wheat tortillas. With many options and ways to prepare, this recipe is sure to be a hit at your next gathering.

### Ingredients

2 cups Bob's Red Mill 13 Bean Soup Mix	2 cups fresh tomatoes, diced
64 ounces vegetable broth	2 medium white onions, diced
16 ounces tomato sauce	1 can (3.8 ounces) black olives, drained and sliced
2 tablespoons chili powder	2 avocados, diced
1 teaspoon cayenne pepper	2 cups whole-kernel corn
Dash of salt and pepper to taste	2 cups sour cream
1 head of lettuce, shredded or large leaf, depending on your preference	3 cups cheddar cheese, shredded
	1 bag of tortilla chips or whole wheat tortillas

1. Soak beans overnight in a pot with water. This will release some of the indigestible sugars from the beans. After soaking, rinse the beans.
2. Next, follow the directions on the back of Bob's 13 Bean Soup Mix to prepare the beans, except leave out the beef and use vegetable broth instead of water and add the tomato sauce. Next add the chili powder, cayenne pepper, and salt and pepper. It takes about 3 hours to cook the beans on the stove, so you can prepare the pot of beans either the day before or the day of your event.
3. Once the chili is prepared, blend a small portion of it in the blender, then combine the blended portion with the original chili—this will give it that great chili soup appearance.
4. About 20 minutes before serving the meal, chop the vegetables, including lettuce (or use the lettuce leaves whole for wraps), tomatoes, onions, olives, and avocados; place all the vegetables, including corn, in individual dishes

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for toppings. Include one bowl for the sour cream and one for the shredded cheddar cheese. Voilà—an assembly line of toppings for your chili party! Serve with either tortilla chips, whole wheat tortillas, or lettuce leaves for wraps.

*{Serves 6}*

## Nutty Spinach Pesto

This is a versatile sauce I like to have on hand. You can serve it with toast for a quick and healthy snack, combine it with pasta for a lunchtime meal, or use it as the sauce on a homemade pizza. I usually double the recipe to freeze a batch and give away another container to a friend. Best of all, I like serving this to my children because they get a good dose of spinach, and I like to think they are growing muscles like the old cartoon character Popeye.

### Ingredients

5 cups spinach, fresh

1 cup pine nuts (you can substitute walnuts or other types of nuts)

1 cup Parmesan cheese, shredded

3 cloves garlic

½ cup olive oil

Salt to taste

Pepper to taste

1. Wash the spinach and then place 2 cups of it in a food processor. (This sauce is best made with a food processor, but a blender would work too.)
2. Add the pine nuts, Parmesan, garlic, and a little bit of the olive oil just to get going.
3. Turn the food processor on and then slowly add the remaining olive oil.
4. Add the remainder of the spinach and process it all together.
5. Last, add salt and pepper to enhance the flavor.

*{Makes 2 cups of sauce}*

## Potato Bread

Growing up, the Resiliency Capital centenarians often didn't have the luxury of purchasing bread at the local store. They made their own loaves from scratch. The bonus is that their bread didn't contain all the preservatives commonly found in today's grocery store bread.

### Ingredients

- 1 cup milk, scalded
- 1 cup potato water (water drained from boiled potatoes) or regular water
- 4 tablespoons butter, melted
- 1 package dry yeast (1 tablespoon)
- ¼ cup warm water
- ½ cup sugar
- 2 eggs
- 6 to 6½ cups all-purpose flour
- 2 teaspoons salt (or can omit)

1. In a bowl, mix together milk, potato water, and melted butter. Allow the mixture to cool slightly. In a separate bowl, dissolve the yeast in ¼ cup warm water and a little sugar. Watch to see if it bubbles to make sure the yeast is still active.
2. To the yeast add the remaining sugar and eggs. Mix potato water mixture and yeast mixture together.
3. Next add half the flour and the salt and let it bubble and rise. Then add the rest of the flour and knead the dough until it is smooth and elastic, no longer sticky. Kneading helps get rid of the air bubbles.
4. Place the dough in a greased bowl, put a damp cloth over it, and let it rise on the counter until it doubles in size, about 1 hour. Then punch down and divide into two equal pieces. Flatten each piece with a rolling pin and roll into a loaf, pinching the end closed. Place each formed loaf into a greased loaf pan. Let the dough rise again until it doubles in size.
5. Bake in the oven at 350 degrees for 45–50 minutes. To check if it is done, tap on top and see if it sounds hollow; if it does, then it's done. Take out of the pans right away after baking and allow to cool.

*{Makes 2 loaves}*



## Snack

### Good Gorp

Remember that time when all the kids came to you “starving,” pleading for you to make them something to eat right then, but they all wanted something completely different? Well, this snack was born in such a moment. Before Krystal headed out for a meeting, her kids asked for a snack. Wanting to give them something quick and nutritious, she flung open her pantry door and pulled out items she had on hand. She asked each of her children what they wanted, tossed it all into a small bowl, and handed it over. When broad smiles spread across their faces, she knew she had a hit. After a little portion refinement, this combo is now a ready-to-go staple that won’t melt in the bag, and best of all, it’s a nutrient-dense snack the kiddos can grab. What a smart mama!

### Ingredients

1 cup almonds, whole or pieces, lightly roasted and salted

1 cup cashew pieces, lightly roasted and salted

1 cup cranberries, dried

1 cup blueberries, dried

½ cup yogurt chips

1. Add all ingredients to bowl or bag; mix gently.
2. Store as desired. (I recommend pre-portioned servings in grab-and-go snack bags.)

*{Makes 9 half-cup snacks}*



## Dinner

### Butternut Squash Enchiladas

Krystal has always been a bit of a traditionalist when it comes to food—she likes things simple and fresh. That being said, she was a bit skeptical when her chef husband served up this recipe early in their marriage. One bite and she was sold! Krystal now enjoys taking traditional recipes and adding a vegetarian or vegan twist. This recipe was such a hit at my house, it now holds a place of prominence in my small but growing recipe binder.

#### Ingredients

1 butternut squash, peeled, seeded, and cut into ¼-inch x 3-inch sticks	Salt and pepper, to taste
1 medium white onion, cut into long slivers, ¼ inch thick	½ cup vegetable oil
1 red bell pepper, seeded and cut into ¼-inch strips	12 corn tortillas
3 tablespoons vegetable oil	12 ounces red enchilada sauce
	½ cup queso fresco, crumbled
	Cilantro, chopped

1. Preheat oven to 375°F.
2. Toss the squash, onion, and bell pepper in 3 tablespoons oil to coat. Then sprinkle on salt and pepper to taste.
3. Roast vegetables in hot oven for 20 minutes until they are soft and beginning to brown.
4. Heat ½ cup oil in a small skillet on medium or medium low. When the oil is ready, dip each tortilla in the hot oil for 10 seconds per side. Set on paper towels to cool before adding vegetables.
5. Fill each tortilla with squash, onion, and bell pepper, then roll and align in a casserole dish.
6. Pour the red sauce over the enchiladas, being sure to cover/soak all the edges.
7. Bake 20–25 minutes until heated through.
8. Garnish with queso fresco and chopped cilantro.

*{Serves 4–6}*

## Pot Sticker Dumplings

From cornbread in the South to chowder in the Northeast, every region has its heritage dishes. In our neck of the woods, this dumpling recipe is a favorite dish. It makes a great-tasting, veggie-loaded meal that no one passes up!

### Ingredients

1½ to 3 tablespoons oil, divided	1 (16-ounce) package firm tofu
1 onion, chopped	Soy sauce to taste
1 carrot, shredded	Sesame seed oil to taste
3 cloves garlic, minced	Salt to taste
½ head of cabbage, cut up	2 packages wonton wrappers
1 (16-ounce) bag frozen spinach, thawed and drained	Sweet chili sauce or other sauce as condiment
1 (20-ounce) can of veggie burger	

1. In a skillet with 1 to 2 tablespoons oil, cook the onion and carrot until slightly tender; then add garlic, and last, the cabbage. Just cook the cabbage until slightly wilted. Set aside to cool.
2. In a large bowl, mix the cooked vegetables with the spinach, veggie burger, and tofu. Season this mixture well with soy sauce, sesame seed oil, and salt.
3. On the counter, set up a large cookie sheet to place dumplings on and a soup bowl with water next to the wonton wrappers.
4. Take one wrapper and dip the corners into the water bowl to get them slightly wet. Place a tablespoon of the dumpling mixture in the middle of the wrapper. Then bring all four corners together in the middle, pinch to seal closed, then place sealed side down on the baking sheet.
5. After all wraps are prepared, they are ready to be heated in a covered frying pan in batches. With ½ to 1 tablespoon of vegetable oil heated in a pan, add the wrapped dumplings and heat for a moment. Then add ¼ cup water and cover the pan to steam the dumplings.
6. Once the first batch is complete, repeat frying and steaming the next batch.
7. Serve with sweet chili sauce, soy sauce, or any other sauce you prefer.

{Serves 6–8}

## Yellow Curry

From Thai to Indian, Japanese, and beyond, many cultures have their take on a typical curry dish. Here's one of our favorites that's not too spicy!

### Ingredients

- 1 medium white onion, diced small
- 1 tablespoon avocado oil or vegetable oil
- 1½ teaspoons yellow curry powder
- 1 tablespoon fresh ginger, minced (or 1 teaspoon ginger powder)
- ½ teaspoon salt
- 1 clove garlic, minced
- 1½ cups firm tofu, cubed (or 1 can chickpeas, drained)
- 1 can (13.5 ounces) coconut cream or coconut milk
- 1 tablespoon honey
- 1 to 2 teaspoons lime juice

### Additions and Garnish Options

- Super-easy addition: a 16-ounce bag of frozen mixed veggies
  - More authentic addition: sliced raw bell pepper, lightly steamed broccoli, lemongrass shoots
  - Garnish: fresh basil, fresh red bell pepper
1. In a large pot, sauté onion in oil until translucent. If it begins to turn brown, the oil is too hot.
  2. Stir in the curry powder, ginger, salt, and garlic; sauté for 1–2 minutes.
  3. Add your choice of protein (tofu or chickpeas) and coconut cream, honey, and lime juice; cook 1–2 minutes.
  4. Add choice of vegetables from Additions and Garnish Options list, then cover and cook on medium; heat 5–10 minutes.
  5. Serve in a bowl over rice or cooked potato, cubed and peeled.

*{Serves 4–6}*



## **Dessert**

When it comes to dessert, remember to keep things simple. Try orange slices (not the candied type, but the kind that comes from a tree) or other seasonal fruit. Cut up the fruit and serve on a colorful plate. Or remember that Berry Parfait? Yes, it too makes a tasty evening treat!