



# ALL GOOD MEDICINE

THE NEWSLETTER OF THE VIBRANT HEALTH ALLIANCE:  
PROFESSIONALS SERVING GOLDEN

FALL 2010

## GOOD COOKING ISSUE!

- Happy Holidays!
- Back Issues of this Newsletter are available on our Website!
- Check our website! <http://vibranthealthalliance.com>

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## Eat Well To Be Well

Kaycie Rosen, ND—Golden Naturopathic Clinic, LLC

Nourishing ourselves and our loved ones is such a vitally important aspect of achieving vibrant health. In our culture, we tend to either have little regard for food or to look at it purely for its nutritional content.

It is so important to remember, though, that eating can and should nourish us on many levels: the joy we feel when we share a meal with loved ones, the satisfaction of seeing beautiful food prepared with skill and love, the comfort evoked by the scent of a beloved treat, and the pleasure of eating something delicious all add to our wellbeing in such a tangible way.

As we as a culture mature we have started to remember and embrace some of the vital elements of healthy eating—minimally processed, locally grown, sea-

sonal food is invariably better tasting and better for us.

The winter season is traditionally a time when we come indoors and spend time with each other. During this time, we have the opportunity to reconnect both with loved ones and with our own sense of emotional and spiritual wellbeing. This is the ideal time of year to take stock and be aware of our health on all levels; mind, body, and spirit. Providing good food for each other and our bodies is one delicious way to nourish ourselves on all levels.

In honor of the approaching holiday season, in this issue of *All Good Medicine*, each member is offering one of his or her favorite recipes. Each delicious recipe is also given with an explanation of how this food helps to promote vibrant health.

*May the season bring you deep nourishment!*

## Winter Squash Lasagne

Lilly Allison Steirer—Lilly's table online meal planning service

When the cooler weather comes we are often looking for comforting, warm foods such as soups, stews, and roasts. For me it means creamy, slightly decadent ingredients, but I never want to skimp on my vegetables either.

In this particular Lasagna, it is vegetarian with ricotta and a milky

béchamel sauce as its protein. I usually use whole-wheat or brown-rice lasagna noodles for a bit of extra fiber. Each creamy element contains vegetables. Spinach is folded into the ricotta. The white béchamel sauce is blended with acorn squash to give it a bit more flavor and nutrients. And of course layered throughout is the star of the dish with

**Please see *Winter Squash Lasagne* on Page 6**

# Local Lamb Chops

Cheryl McEachran—Golden Pilates

In just a few days I'll receive the meat from a half lamb that was raised on a small farm that is less than five miles from my home in Golden. It feels good to know that the meat is raised locally, which results in supporting sustainability in our community. Lamb is very high in protein and other vitamins and minerals such as B12, zinc and phosphorus. Unfortunately, lamb is also high in saturated fats, so it is important to consume in moderation. A four ounce cut of lamb provides at least 60% of the protein and 20% of the saturated fats that we need to eat on a daily basis.

I obtained the recipe below from the following website <http://lowfatcooking.about.com/od/meatandpoultry/r/lambchop1104.htm>

In general, lamb may not be the leanest of meats but you can treat yourself occasionally with these lean loin chops. Serve with whole-grain couscous and some peas.

## Lamb Chops with Mint Yogurt

Cook Time: 10 minutes

Total Time: 10 minutes

Ingredients:

\* 8 lamb loin chops (trimmed)

\* 1/4 tsp salt

\* 1/4 tsp black pepper

\* Cooking spray

\* 1 cup plain fat-free yogurt, drained

\* 1 garlic clove, crushed

\* 2 tbsp chopped fresh mint

Preparation:

Preheat broiler and coat broiler pan with cooking spray. Season chops and place them on pan. Broil for about 5 minutes each side, or to desired degree of doneness.

Meanwhile, stir yogurt, crushed garlic and mint together in a bowl.

Serve chops with yogurt sauce on side. Makes 4 servings (2 chops each).

Per 2-chop serving: Calories 312, Calories from Fat 121, Total Fat 13.5g (sat 4.8g), Cholesterol 152mg, Sodium 156mg, Carbohydrate 0.3g, Fiber 0g, Protein 47.5g

Resources: <http://whfoods.com/genpage.php?tname=foodspice&bid=117>

*“It feels good to know that the meat is raised locally, which results in supporting sustainability in our community”*

# Vegan Comfort Food

Tia Panagos—Body Psychotherapist and Energist

When I turned 38, two and half years ago, I gave myself the gift of vegan eating. I love how clear, vibrant and healthy my body now feels. Plus, I get to live in compassion toward all living creatures, while having a profoundly positive impact on our environment. My foundational foods are whole grains, nuts, and beans, accompanied by plentiful fruits and vegetables. I began by checking out a bunch of vegan recipe books at the library and start-

ing to cook and make variations. Here is one of my favorites, which blends its flavors all day in a slow cooker and makes the house smell heavenly. Enjoy!

## Red Lentil and Carrot Soup with Coconut

2 C dried red lentils

1 Tbsp. coconut oil (or another vegetable oil of your choice)

2 onions, finely chopped

2 large carrots, cut in half lengthwise and

# Ghee

Christian Leeby—Yoga and Rolf Integration

Ghee is regular butter, that has been "clarified". When you cook unsalted butter, the butterfat, milk solids, and water separate. Remove the milk solids and water, and you have the clear butterfat, which is Ghee.

Ghee has been used in India for thousands of years in the kitchen with food, at the temple in ceremonies, and at the doctors office for healing purposes.

It is said to be a healthy addition to the diet for many reasons as it aids digestion and absorption, is rich in antioxidants, and is lactose free.

It has a high burning point and a long shelf life, it does not need to be refrigerated. It is high in saturated fat, but can be used in smaller amounts than other oils. Like coconut oil, ghee hardens when cool and is a clear liquid when warmer.

## Making ghee :

Easy!

Cook unsalted butter and strain it. That's all.

You can boil the butter, or you can cook it long

and slow. I prefer the longer cook, but either way works. What's important is that you're aware as it starts to separate.

Start with 3 or 4 sticks of unsalted butter in a shallow pan, and plan to be around for a couple of hours. It might all come together in an hour, but it can take longer depending on how hot you cook it. Put the pan over medium low to start, check on it frequently to make sure it does not burn. As the solids rise, scrape the white foam off the top. Some solids will fall to the bottom of the pan and brown—this is fine, but make sure they do not burn. Watch the oil become clearer, and eventually strain it through cheesecloth or whatever you have that's fine.

Try your homemade ghee in every way you currently use olive oil and butter.

## Elizabeth's Amazing Kale and Walnut Soup

Elizabeth Haselwood—Certified Trager Practitioner

This recipe grew out of an evening with no plan and a bunch of leftovers. This is a Vitamin A, C and calcium powerhouse soup! Incidentally, kale and sweet potatoes are both very alkalizing for the body, and a more alkaline state in the body is desirable for balanced health.

### Amazing Kale and Walnut Soup

1 cup cooked brown rice  
 1-2 Tbsp olive oil to sauté onions  
 1 large onion, diced  
 4-5 cups (1 box approx) free range chicken stock  
 3 medium garlic cloves, crushed  
 2-3 cups filtered water  
 1 large sweet potato, peeled and cubed  
 1 Tbsp sesame oil (or more to taste)  
 1/2 cup walnuts (or more) chopped  
 1 bunch kale, remove stalks and slice into 1/2 inch

strips  
 1 tsp salt or to taste  
 pepper to taste

Cook the brown rice. While it is cooking, sauté the onion in a little olive oil. Put chicken stock in soup pot with the onions, garlic and some of the water over low heat. Chop and add the sweet potatoes, sesame oil, salt and pepper to the soup. Simmer the mixture about 10-15 minutes until the sweet potatoes begin to soften while you are washing and chopping kale. Finally add kale, walnuts and the rice, adding more water as needed to fill out the soup. Simmer as long as you think it takes to smooth out the flavors and make the sweet potatoes soft, or at least another 10 minutes. You can use a fork to mash the potatoes, which will make the broth creamier. Add more salt and pepper to taste. Enjoy!



# African Soup meets Chinese Medicine

Cindy Haxel, LAc

This recipe has become a favorite of mine – I often make it for potlucks or when having a large crowd up to the house on a cold winter night. All of the spices are very warming and the peanut butter adds an exotic taste...I always get rave reviews!

Many of the spices in this soup are used in Chinese Medicine. This soup would be wonderful to eat at the early stages of a cold:  
onion - xie bai - moves qi and blood, stops pain  
garlic - da suan – removes toxins, reduces

edema

ginger root - sheng jiang – promotes sweating, calms cough

cinnamon - gui zhi – promotes sweating, tonifies yang

coriander - hu sui – promotes sweating, promotes digestion

## **African Sweet Potato Soup**

Ingredients

1 Tbsp vegetable oil

1 large onion, chopped

**Please See African Soup on Page 7**

# Breakfast Casserole: Comfort Food for Good Vision

Kelley Jackson Condon, OD—Table Mountain Vision

This dish is rich in lutein. Lutein is found in the yolks of eggs as well as spinach and kale. Lutein is essential for eye health. It supports the macula which is where you have both central and color vision. About 20mg a day can reduce your chance of macular degeneration by 80%. So enjoy your eggs.



## **Quick crowd pleasing breakfast casserole.**

1 dozen eggs

1 large onion chopped

1 large package frozen hash browns or tater tots

2 cups grated cheese (what ever flavor you like) 1lb ground sausage ( I use chorizo if you like it spicy, you may also use ground turkey or omit completely)

2 cups white gravy ( you can make your own or buy a jar)

11/2 C spinach torn or 1 C chopped green peppers

1C mushrooms (optional)

Scramble and fry eggs with a little salt and pepper Fry sausage and onion in a separate pan and drain grease.

Spray a large casserole dish with non-stick spray. Layer potatoes, eggs, sausage, veggies, cheese and top with gravy. The gravy keeps it moist. Bake in a 350 degree oven for about 30 minutes or until it bubbles.

This is great to make ahead and just bake before serving. Don't bake it if you are waiting a day or two to serve it. It freezes great as well. You can change us the meat and the veggies to suit your tastes.

# Snuggle Up Snack

Dr Colleen Vaillancourt DC—Golden Cliffs Chiropractic

As the aspen leaves turn to a vibrant gold and the fall nights cool, my body naturally gravitates to warmer foods. Delicious foods including pureed soups, chunky stews, rich pasta dishes... basically anything warm that I can put in a bowl. However, when I am in a time crunch my favorite snuggle up snack is my steamy brown rice and veggie bowl. Not only does it contain important vitamins and antioxidants, it can also be fun when eating it with tortilla chips rather than a fork or spoon.

## **Steamy Brown Rice & Veggie Bowl**

4 servings

Ingredients:

2 cups of brown/whole grain rice  
(substitute with cous cous, quinoa, amaranth)  
1 Tbsp Olive oil  
1 organic clove of garlic, minced  
Salt & Pepper or favorite herb if desired  
1 organic red bell pepper, cut into small pieces  
2 cups organic frozen peas  
1 cup organic frozen corn  
2 avocados

Guacamole mix

Sour cream

Tortilla chips

Directions:

Rice -

Boil 4 cups of water; add olive oil, minced garlic and rice.

Cook until water is absorbed and rice is light and fluffy.

Add favorite herb or salt and pepper.

Veggies -

Steam the peas and corn and then add the red pepper.

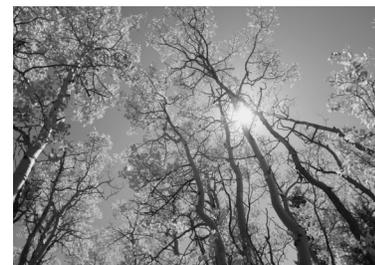
Steaming can rip the nutrients out of the veggies and into the water below - so don't over steam. The pepper should still be a little crisp.

Add veggies to the rice and mix together.

Guacamole -

Cut up the avocado into chunks and add Guacamole mix to desired flavor and mash together with a potato masher.

Spoon a steaming serving into your favorite bowl. Add a dollop of sour cream and guacamole on top and enjoy every bite with tortilla chips while snuggled up under a fleece blanket.



## **Baked Apples for a Winter Treat**

Kaycie Rosen Grigel, ND—Golden Naturopathic Clinic

This is a simple, warming, yummy holiday dessert of baked apples with coconut sauce. Apples are naturally sweet, so rather than coating them with extra sugar, a teaspoon of maple syrup placed in the hole left by taking out the core is more than sufficient. Also, baking releases the natural pectins in apples which naturally aids healthy digestive elimination. The coconut milk is also rich in lauric acid which has been shown to fight viruses and promote healthy immunity, which can be quite useful during the cold and flu season.

### **BAKED APPLES WITH COCONUT SAUCE**

SERVES 6

**Baked Apples:**

6 apples, cored but not all the way through

6 tsp coconut oil, softened

4 Tbsp tsp. Molasses or maple syrup

1 tsp Cinnamon

¼ tsp each of cloves & nutmeg

**Coconut Sauce:**

1 can coconut milk

1 Tablespoon kuzu (or tapioca or corn starch)

1 Teaspoon vanilla extract

Preheat oven to 375

Place apples in a baking dish. Cream together coconut oil, syrup, and spices, and place 1 Tbsp of the mixture in the cored section of each apple. Cover, and bake for 40-60 minutes, until apples are soft.

While apples are cooking, combine ingredients for sauce in a small saucepan over medium/low heat. Stir until thickened. Serve sauce drizzled over apples while both are still warm.

# A Family Tradition

Dr Nancy Gill DDS

Originally from Pennsylvania, my family has a lot of interesting ethnic food recipes. One that sticks in my mind and brings back memories is the recipe for pickles. Funny, I know. In Home Economics class in high school, we learned this recipe. Since then, my family has doctored it a bit to find a tasty blend.

My grandmother was fond of canning, so even in the dead of winter, we would have these refreshing treats that bring back a hint of summertime. And of course, what would a recipe from a dentist be without some interesting tidbits about the dental value of crunchy vegetables.

Crunchy vegetables like cucumbers, celery and carrots naturally stimulate salivary function. Our saliva has some valuable "good germs" that cleanse the mouth and can rid your mouth of harmful bacteria.

With all of the heavy holiday meals, why not add a light, refreshing, low-in-calorie snack to the menu?

## Pickles

7 c. sliced unpeeled cucumbers  
1 c. sliced onions  
1 tsp. celery seed  
2 c. sugar (or substitute)  
1 c. white vinegar  
2 Tbsp. coarse salt  
1 handful of fresh dill

Mix all together. Keep in refrigerator or can to retain freshness. Can be eaten in 1 hour.

## Winter Squash Lasagne from page 1

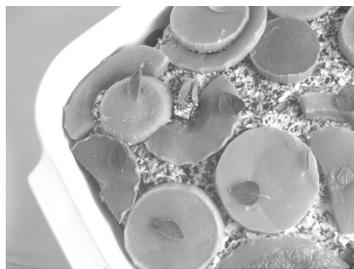
the glamorous winter squash, sliced, roasted and layered in between. Butternut squash is one of the easiest to find, peel and slice for this job.

The next time you are making something creamy and indulgent explore ways to puree, fold or layer in more vegetables to make it that much more healthy & enjoyable to eat.

## Winter Squash Lasagne

Serves about 4 for dinner

1 teaspoon olive oil  
1 pound butternut squash, peeled and sliced  
1 acorn squash, halved and deseeded  
1 lb frozen spinach, defrosted and drained  
1 clove garlic, finely minced  
1 pound container ricotta  
2 cups milk  
2 tbsl butter  
2 tbsl flour  
1/2 package lasagna pasta  
1 cup shredded mozzarella cheese



Preheat oven to 375. Drizzle olive oil on a baking sheet or spray on with an olive oil mister. Spread the butternut squash slices on a baking sheet, flip over so each side has a touch of oil. Place the acorn squash halves on a separate baking sheet. Roast for 25-35 minutes until tender. Make sure the spinach is drained well and then combine it with the garlic slices and ricotta cheese.

Make the béchamel sauce. Warm the milk on a stove-top or in the microwave. Melt the butter into a saucepan over medium heat. Sprinkle in the flour and whisk until it becomes a light golden paste. Add in the milk, whisk rapidly and simmer until it becomes a thick sauce.

When the acorn squash is done, scoop it out and puree it in a food processor, slowly add in half of the béchamel sauce until it becomes smooth. To layer the lasagna, start with a ½ cup of the white sauce on the bottom. Layer in the pasta noodles, spread in a layer of the spinach-mixture, layer on the squash slices, pour on the squash sauce. Layer on more pasta and repeat until the lasagna is complete. Finish with the white sauce and a sprinkle of the mozzarella cheese.

**Comfort Food From Page 2**

sliced  
 4 cloves garlic, minced  
 2 tsp. turmeric  
 2 tsp. cumin seeds (can be toasted)  
 1 tsp. salt  
 1/2 tsp. cracked peppercorns  
 1 28 oz. can tomatoes, including juice  
 6 C vegetable broth  
 1 14 oz. can coconut milk (the thicker stuff, not the beverage)  
 1 Tbsp. fresh lemon juice  
 chili pepper to taste  
 finely chopped cilantro



Heat oil in large skillet over med. heat. Add onions and

carrots and cook, stirring, until softened, about five minutes. Add garlic, turmeric, cumin seeds, salt and pepper and cook, stirring, for one minute. Add tomatoes, with juice, and bring to a boil, breaking up with the back of a spoon. Stir in lentils. Transfer mixture to slow cooker. Add broth and combine well. Cover and cook on low for 8-10 hours or on high for 4-5 hours, until carrots are tender and mixture is bubbling. Stir in coconut milk, lemon juice and chili pepper and cook on high for 20-30 minutes, until heated through. Ladle into bowls and top with lemon slices and cilantro.

**African Soup From Page 4**

2-4 cloves garlic, minced  
 2 tsp minced fresh ginger root  
 1/2 tsp ground cinnamon  
 1 1/2 tsp ground coriander  
 1 1/2 tsp ground cumin  
 1 pinch ground cloves  
 1 pinch (or more) ground red pepper (cayenne)  
 1 1/2 pounds sweet potatoes, peeled and chopped  
 3 medium tomatoes, chopped  
 2 small carrots, peeled and chopped  
 4 1/2 cups water  
 1 tsp salt  
 1/4 cup chopped, unsalted dry-roasted peanuts  
 1/8-1/4 tsp cayenne pepper  
 2 Tbsp creamy peanut butter  
 1 bunch chopped fresh cilantro  
 sour cream (garnish)  
 Directions

Heat the oil in a large saucepan over medium-high heat. Sauté the onion until lightly browned. Mix in the garlic, ginger, cinnamon, coriander, cumin, cloves and cayenne. Stir in the sweet potatoes, tomatoes, and carrot, and continue to cook and stir about 5 minutes.

Add water to the saucepan, stir and add salt to taste. Bring to a boil, reduce heat, and simmer 30 minutes.

Remove from heat. Pour the soup into a food processor and add the peanuts, blending until smooth. Season with cayenne pepper. Return to the saucepan. Whisk in the peanut butter, and cook until heated through. Serve warm topped with fresh cilantro and sour cream.

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