

# **Brown Rice Cookbook**

## Table of Contents

Chapter 1: General Guidelines

Chapter 2: Brown Rice

Chapter 3: Complementary Therapies

Chapter 4: Mind Body Approach to Wellness

Chapter 5: Supplementation and Support

Chapter 6: Breakfast Recipes

Chapter 7: Main Dish Recipes

Chapter 8: Soup Recipes

Chapter 9: Salad Recipes

Chapter 10: Sauce and Dressing Recipes

Chapter 11: Snack Recipes

Chapter 12: Sample Menu

Appendix A: Home Hydrotherapy Treatment

Appendix B: Dry Skin Brushing

Appendix C: Castor Oil Packs

## Chapter 1: General Guidelines

Welcome to the Brown Rice Diet! You can call it a cleanse, a detox, or just a very healthy way of eating. Essentially, the brown rice diet provides a whole-foods fibre-rich diet that is free of allergenic foods, chemicals, hormones, additives, and preservatives. The foods included in this diet are nutrient-rich, mostly plant-based foods. Because of its many health-promoting properties, the idea is to include as much brown rice as possible.

### Foods Allowed – (hypoallergenic)

- Organic brown rice
- Vegetables (organic preferred): Can be eaten raw, steamed or baked
- Fruits (organic preferred): eat ½ hour before or 2 hours after a meal only
- Protein: wild cold water ocean fish, organic or free range chicken, tofu, tempeh
- Legumes: Chickpeas, lentils, beans
- Condiments: Olive oil, lemon and lemon juice, all natural herbs and spices, fresh garlic, fresh ginger, cayenne pepper and Braggs Liquid Amino Acid (available at most health food stores).
- Flax seed oil (must be refrigerated and never heated).
- Beverages: Filtered, distilled, or spring water, herbal tea, vegetable and fruit juices (dilute juices ½ and ½ with water)
- Other: Rice cakes, walnuts, sesame seeds, hummus

### Foods to Avoid – (hyperallergenic)

- Corn, mushrooms, tomatoes
- Canned or frozen vegetables
- Bananas, dried fruit
- Shellfish (shrimp, oysters, scallops, clams, lobster, etc.), catfish
- Oranges, grapefruits and their juices
- Strawberries
- Pork
- Wheat
- Yeast
- Sugar
- Alcohol
- Food additives, food preservatives, processed foods
- Caffeine and tobacco
- Fried foods

### General Instructions

Avoid consuming large quantities of water immediately before or after eating a meal as this can dilute the enzymes and juices in the stomach that are needed to properly digest food. Sipping a small amount of liquid to assist in swallowing is okay.

Eat fruit separate from meals. Have them ½ before or 1 hour after eating other types of foods so they don't interfere with your digestion. This also applies to fruit juices.

It is easier on the digestive system to eat several small meals per day rather than 3 large ones. This diet allows you to eat whenever you are hungry and as often as you like.

### **Benefits of the Brown Rice Diet**

By following this diet, digestive organs are given a break from the onslaught of aggravating foods allowing them to function better and to absorb nutrients more efficiently, thus making our bodies stronger and healthier. The Brown Rice Diet has the reputation of cleansing and detoxifying the body, allowing it to heal itself.

The high fibre content of brown rice contributes to lowering of cholesterol levels, optimizing bowel transit time, and “sweeping” out of the bowels. Brown rice also contributes to feelings of fullness and satiety after eating, it excellent for weight maintenance. The insoluble fibre in brown rice in particular is responsible for lowering blood glucose levels and decreasing the risk of developing diabetes mellitus.

### **How to Use the Brown Rice Diet**

The brown rice diet can be used for different lengths of time depending on the desired health benefits. For short-term use, the brown rice diet can be a 7-day cleanse that may be recommended one or more times per year by your Naturopathic doctor. It can help give the digestive system a break from dealing with dietary excesses, chemicals, and processed foods. It is also a great way to “reset” your diet to get it back on track if you find you have “fallen off the wagon” with your eating habits.

The diet can also be used as an elimination diet to help resolve health problems that may be caused by reactions to certain aggravating foods. In this case, the diet may be followed for 2-3 weeks with modifications as recommended by your Naturopathic doctor.

After completing a cleanse, you may find that the brown rice diet, with some additions, becomes an excellent basis for your everyday whole foods diet.

### **How to Come Off the Brown Rice Diet**

When you and your Naturopathic doctor feel it is appropriate, you should wean yourself gradually from this diet. The weaning process becomes an excellent opportunity to reintroduce other possible allergenic foods into your diet to see how your system reacts. Overeating or splurging should be avoided at this time as you don't want to shock your system.

**Healing Reactions**

As with all detoxification, a "cleansing reaction" for the first few days is common. This can include headaches, dizziness, emotional unrest, and exacerbations of pre-existing complaints. It is wise to start this diet at a time when such reactions will not interfere with your daily schedule. Perseverance is the key. The rewards will be worth it and can include increased vitality, shining eyes, and a clear skin, as well as an improvement in your overall health.

## Chapter 2: Brown rice

“Rice is a grain, the fruit of a grass plant, and the staple of more than half the world’s population”.

### Historical Use

Brown rice is one of nature’s perfect foods, combining great taste, high fibre and nutrient content, and versatility. From a Traditional Chinese Medicine standpoint, brown rice is neutral in temperature, sweet in flavour, and has properties including soothing the stomach, strengthening the spleen, increasing Qi energy, and expelling toxins. With all of its health-promoting properties, brown rice is also the staple of macrobiotics, a diet and lifestyle philosophy that originated in the West in the 1950’s by George Ohsawa.

The historical use of the brown rice diet dates back to its mention in the “Yellow Emperor’s Classic of Internal Medicine” written around 500 BC. This book is considered to be the foundation of Traditional Chinese Medicine. In this book, a ten-day brown rice gruel-fast was prescribed as the first treatment for disease. Rice was considered to have harmonizing and healing properties. The Yellow Emperor’s Classic justifies the use of this diet stating that if the emotions and the will of the individual were stable, rice alone could bring about a cure. If the illness did not resolve after this diet, only then would medicinal herbs be prescribed. Grains and water were thought to be the root of life, and that ‘death comes only when they were exhausted’.

### Types of Brown Rice

Brown rice refers to rice that has been taken from its husk but not yet milled and polished. Each grain is still intact, with an outer coating composed of bran (usually a tawny-brown color, hence the term “brown rice”) and the germ.

Rice is generally described as being long-grain, medium-grain, or short-grain. Long-grain means that the milled grain is more than three times as long as it is wide, as much a description of shape as a measure of size. Medium and short-grain rice, often both sold as “short-grain” tend to look fatter and more rounded. Short-grain rice can be sticky when cooked, is slower to digest and hence tends to make you feel full longer. Whereas long-grain rice is more fluffy and chewy and will go through your digestive system more quickly.

## How to Store Brown Rice

Uncooked brown rice:

Rice has a relatively long storage life before it's cooked. Store it in a cool, dry, and dark pantry or cupboard. If stored in a warm place for too long, the oils in brown rice will turn rancid. Good quality rice should be clean, free of stones and with not too many broken grains.

### Cooked brown rice:

Rice that has been cooked can be stored up to three days in a tightly sealed container in your refrigerator. Like most cooked foods, brown rice can become contaminated with bacteria or fungi if kept too long and not properly sealed or refrigerated.

## How to Cook Brown Rice

Like all grains, brown rice should be rinsed thoroughly under cool running water to remove any dirt or debris. Each serving is generally  $\frac{3}{4}$  cup. After rinsing brown rice, add one part rice to two parts water into a small pot. Bring the liquid to a boil, then turn down the heat, cover and simmer for about 45 minutes. Alternatively, you can use a rice cooker. Broth can be substituted for the water and herbs can be added in the last 15 minutes of cooking.

## A Note About Steam-Frying

Steam frying is very similar to stir frying, but without the oil. Heat the pan on medium to medium-high. Add vegetables to the hot pan and stir briskly for about 30 seconds. Then add small amounts of water slowly to prevent burning and steam vegetables until cooked but slightly firm.

## Tips for a Busy Schedule

You can make 3 days worth of brown rice in bulk, and then store it in a large, tightly sealed container in the refrigerator. The rice will be slightly harder as it loses some moisture when it is stored. It can be reheated by steaming or placed in the microwave with a teaspoon of water. If making a brown rice congee, it can be made in a large slow cooker using  $\frac{1}{2}$  cup of rice and filling the rest of the container with water.

## Benefits of Brown Rice

Rice is one of the world's healthiest foods – no wonder it is the main staple for over half the world's population! The complete milling and polishing that converts brown rice into white rice destroys most of its vitamin B1, B3, B6, manganese, phosphorus, iron, dietary fiber, amino acids and essential fatty acids. That is why our Brown Rice Diet uses only

brown rice. In addition to these components, brown rice is a high source of selenium, magnesium, plant lignans, gamma oryzanol and buteric acid.

Brown rice is considered a “neutral” food, which means it is neither acid nor alkaline-forming. Brown rice is also a hypoallergenic food, which means it will not cause symptoms or an inflammatory reaction in most people. For this reason, brown rice is a staple of most anti-inflammatory, hypo-allergenic diets.

As a whole grain, brown rice is a good source of dietary fiber and this helps to clean out the gastrointestinal tract of fatty compounds and potential toxins. Whole grains also have a low glycemic index thereby helping to keep blood sugar stable and controlling weight.

Brown rice is very beneficial as a staple to replace allergenic grains, clean out the gut, and supplement fiber and nutrients. You will see an improvement in your digestion, immune function, inflammatory conditions and overall weight and nutrient status by incorporating brown rice into your diet. Take a look at the nutritional profile of brown rice in the table below. Ask your naturopathic doctor for more information on the nutrients found in brown rice.

<b>Nutritional Information</b>	
<b>Brown Rice – 1 cup cooked</b>	
Monounsaturated fat (g)	0.6
Polyunsaturated fat (g)	0.6
Dietary fiber (g)	3.5
Protein (g)	5
Carbohydrate (g)	45
Cholesterol (mg)	0
Sodium (mg)	10
Niacin (mg)	3
Vitamin B6 (mg)	0.3
Manganese (mg)	1.8
Magnesium (mg)	84
Phosphorus (mg)	162
Selenium (mcg)	19



## Chapter 3: Complementary Therapies

During a cleansing experience, there are many therapies which can be employed to help you body through the detoxification process. Such therapies include massage, reflexology, shiatsu, hydrotherapy, castor oil packs, and dry skin brushing. Not only do these therapies help to increase circulation, improve lymphatic flow, and eliminate toxins, they also provide a relaxing experience.

### Massage, Reflexology, Shiatsu

Massage helps to increase circulation, stimulate the lymphatic system, strengthen the immune system, treat musculoskeletal problems, increase the removal of toxins, and provide a general sensation of relaxation. A Massage Therapist (MT) can provide a full body relaxation massage or a deeper specific area massage.

Reflexology is the application of pressure/massage, stretch and movement to the feet, hands and sometimes ears in corresponding parts of the body. Reflexologists view the feet, hands and ears as a mirror image of the body. Shiatsu is similar in theory but is not restricted to the hands and feet. Benefits from this type of massage include relaxation of body and mind, restoring and balancing of energy, easing of tension and stiffness, and improved breathing, posture, and circulation.

### Hydrotherapy

Hydrotherapy is the application of water in any form, either internally or externally, in the treatment of disease and maintenance of health. The goal of hydrotherapy is to increase the quality of blood circulation to a specific area. Different water temperatures have different effects on the body, for example hot water will relax a tight muscle where as cold water/ice pack can reduce the swelling of a sprained ligament. With this knowledge, application of hot and cold water on the body can produce a variety of effects. By enhancing the blood quality and flow through organs of elimination (for example the liver, kidneys, and bowels) the body is able to eliminate toxins more effectively.

The benefits of cold water application include an increase in oxygen absorption of tissues, in carbon dioxide excretion, in tissue tone, in white bloods cells, and in red blood cells. Hot water applications stimulate metabolism and increase blood flow to the body's surface (skin), increase oxygen absorption, increase carbon dioxide excretion, decrease tissue tone, and decrease white blood cells and red blood cells. By manipulating the blood circulation desired results are seen. A couple of examples of hydrotherapy include constitutional hydrotherapy and alternating hot and cold showers.

Constitutional hydrotherapy consists of alternating hot and cold towels on your chest and back. This treatment has been found to improve digestive tract problems (for example

constipation, ulcerative colitis, irritable bowel syndrome), respiratory problems (for example chronic asthma, bronchitis, chest congestion due to colds or smoking), female reproductive concerns, increase immune response, improve circulatory issues (for example varicose veins, hemorrhoids) and to help support the body during a cleanse. The same effects are noticed with alternating hot and cold showers. Check with your naturopathic doctor to see if this treatment is appropriate for you. If so, see Appendix A for details.

### **Dry Skin Brushing**

Dry skin brushing increases blood circulation, cell rejuvenation, helps eliminate cellulite by stimulating the lymphatic system to release toxins, and softens skin. Dry skin brushing is recommended prior to showering/bathing. See Appendix B for details.

### **Epsom Salt Baths**

Epsom salt is composed of magnesium and sulfates. A few of magnesium's healing properties include easing stress, improving sleep and concentration, and reducing inflammation to relieve pain and muscle cramps. Sulfates help flush toxins from the body, improve absorption of nutrients. Epsom salt baths help open the pores of skin thereby purifying the skin, cleansing the skin, and providing a route of excretion for toxins. Epsom salt baths are relaxing and soothing to tight muscles and any other aches and pains. To increase the relaxation experience a few drops of essential oils (eg. Lavender) can be added to the bath water.

Epsom salts can be used as an exfoliant which helps increase blood circulation to the skin, rejuvenate skin cells, and increase toxin excretion. Epsom salt scrub uses the same method as dry skin brushing, instead of long smooth strokes, use gentle circular movements on the skin.

### **Saunas**

By exposing a person to high temperature it increases circulation and oxygen to cells, opens nasal passages allowing drainage of the sinuses, opens skin pores allowing elimination of toxins (the number one elimination route), provides muscle relaxation and provides general mind/body relaxation.

## **Castor Oil Packs**

Castor oil is extracted from the bean of the *Ricinus communis* (Palma Christi) plant. Castor oil has had a long and historical use as a healing agent in folk medicine around the world. Castor oil packs is a home remedy for all problems involving lymph flow. Some common uses include inflammation, congestion, constipation, skin conditions, liver and kidney disorders. Castor oil stimulates lymphatic flow and draws toxins out through the skin. When castor oil is placed over the liver (located on your right side underneath the rib cage) it aids in detoxification and enhances digestion. See Appendix C for details.

## **Chapter 4: Mind-Body Approach to Wellness**

Many of us live busy and stressful lives and don't make enough time for the true relaxation that is needed to maintain good health. Relaxation is an essential part of health because it activates the parasympathetic branch of our nervous system that is responsible for healing. This chapter gives a brief description of some practical methods of encouraging relaxation that physically benefit the cleansing process, while at the same time benefit the mind and spirit.

### **Deep Breathing**

For most of us, breathing is an unconscious action and we often ignore the power it has to affect our body, mind and spirit. With each inhalation we bring oxygen into the body and spark the transformation of nutrients into fuel. As well, the lungs play an important role in detoxification, as each exhalation purges the body of metabolic waste products. The detoxifying ability of the lungs can be improved with regular long deep breaths. Deep breathing also affects our state of mind and is an essential part of reaching a relaxed state of mental, spiritual and physical wellness. Regular deep breathing exercises promote tissue oxygenation, strengthen the lungs, thorax and abdomen, increase resistance to colds, calm the nervous system, aid digestion, and help to lift depression.

The purpose of breathing exercises is to make the breath deeper, quieter, slower, and more regular. For these exercises, place your hands on your abdomen, and feel the abdomen expand with each inspiration. These breathing exercises can be performed in the morning just after waking, and in the evening just before falling asleep, or any time when you will have no interruptions. Breathing exercises are useful when performed daily, for 5-10 minutes.

### Relaxing Breath:

1. inhale through your nose quietly
2. purse your lips and exhale completely out your mouth noisily
3. inhale for a count of 5
4. hold for a count of 5
5. exhale for a count of 8
6. repeat for 5-10 minutes (start with less time and work your way up)

### Meditation

The word *meditation* is a very broad term that for many people is intimidating. In essence, however, meditation is any method of transcending your daily flow of thoughts and moving towards clearing your mind. No matter how you choose to meditate, this practice can help you balance your state of being and help you achieve your goals. Meditation can be as simple as taking a few minutes to focus on your breathing, a word/phrase, a flower, the clouds, or just going for a walk. Any method used to help slow our constant mental thoughts is meditation!

### Visualizations

Visualizations are a method of meditation that aids the relaxation process. We can visualize things that arouse positive thoughts and a nurturing feeling within ourselves, or visualize things we want in our lives. Visualizations may aid clear communication with our unconscious mind and thereby help us understand ourselves in a new light. If you are interested in engaging in visualization exercises, many books and CDs are available in both bookstores and public libraries.

### Creative Outlets

In our busy lives there is often little time left to engage in any sort of creative activity. Creativity is a vital part of nurturing ourselves by allowing the opportunity for self-expression. Whether you consider yourself an artist or not, we all have an inner artist that can only develop if we make an effort to incorporate a time for creativity into our daily lives. A creative outlet is different for everyone and you will be amazed at the relaxing and energizing effects of being creative.

Some examples of activities to inspire our creativity are drawing, singing, playing a musical instrument, dancing, journal writing, creative writing, cooking, knitting, model-making, or carpentry.

## Exercise

Although many types of exercise may not be physically relaxing, the effect that exercise has on our minds is often very calming. Like meditation and creative activities, exercise helps us to clear our minds of unnecessary thoughts and self-talk. In addition, exercise increases the circulation of blood, oxygen and nutrients to our tissues, as well as promoting the removal of waste products. Moving our muscles is the primary way that lymph flows from all our cells to the ‘cleansing stations’ known as lymph nodes. Inducing sweating during exercise is also a great way to rid our bodies of waste products. Remember to drink plenty of clean water to replenish lost fluids.

Exercise can be physically demanding, like various sports or running, or more gentle, like walking, yoga, tai chi or qi qong. Rebounding is another excellent form of cleansing exercise that involves jumping on a small trampoline to increase the circulation of lymph through the body.

## Chapter 5: Supplementation and Support

All supplementation prescribed must be based on an individualized approach and supervised under a Naturopathic physician or other qualified health care practitioner.

1. **Nutritional supplements:** The following supplements may be helpful during a cleanse such as the brown rice diet. Always consult an ND for proper dosing. Supplements may be chosen based on their ability to support or promote liver detoxification, support the immune system and/or enable proper elimination.

- Probiotics
- Digestive enzymes
- Fiber
- Essential fatty acids
- Vitamin C
- B vitamins (especially B3 and B6)
- Antioxidants
- Amino acids (especially L-cysteine)
- Vitamin E
- Selenium
- Zinc
- Vitamin A
- Calcium
- Chlorophyll

2. **Botanical medicine:** There are many cleansing herbs including garlic, red clover, echinacea, dandelion root, cayenne pepper, ginger root, licorice root, yellow dock, burdock, parsley and goldenseal. Herbs may be prescribed which focus on specific organs of detoxification including the liver, kidneys, colon, lungs, lymphatic system and skin. These herbs may be used in combination to again aid and support the bodies many systems and pathways.

3. **Traditional Chinese Medicine (TCM):** Consult a naturopathic doctor or qualified acupuncturist for your TCM diagnosis and protocol. Acupuncture may be used with Chinese herbal remedies. TCM may be used to support specific body systems as you go through the detoxification process.

4. **Homotoxicology\drainage:** Specific homeopathic remedies may be used alone or as combinations for detoxification purposes. Homeopathy may stimulate the body's ability to heal itself on a deeper level.

## Chapter 6: Breakfast Recipes

### Morning Rice

You can make a quick and easy breakfast by using left over cooked rice and adding fresh or previously frozen fruit, spices like cinnamon, nutmeg or ginger and raw nuts such as walnuts, almonds or pecans. For a bit of tang add some freshly grated lemon rind (from organic lemons of course!). If you like the flavour of coconut, sprinkle some on. Add some ground flax seeds for a rich nutty flavour. Moisten it with a little water or apple juice and heat it up for a warm breakfast, or add some rice milk or almond milk and have it cold.

### Spicy Stewed Apples

1 cup apple juice (organic)  
8 apples, peeled, cored and sliced  
5 Tablespoons fresh lemon juice  
1 stick cinnamon (or 1 tsp. ground cinnamon)  
1/2 teaspoon ground allspice  
1/2 teaspoon ground nutmeg  
1/8 teaspoon ground cloves

Place all ingredients in saucepan and bring to boil slowly. Then turn heat down and simmer for 10 minutes, until apples are tender. Serve hot or cold, topped with rice or almond milk if desired. Try them for breakfast!

Recipe from: The Liver Cleansing Diet. By Dr. Sandra Cabot

### Quick Baked Apple

1 whole apple, washed and cored (can use a pear if you prefer)  
½ teaspoon ground cinnamon  
2 Tablespoons apple juice ( or apple cider)

Place cored apple in a baking dish and sprinkle cinnamon on top. Pour apple juice into centre of apple and bake in the oven at 350 degrees (F) for 25 to 30 minutes or until the apple is tender. Serve hot, topped with rice or almond milk if desired. Try it for breakfast.

**Fruit Smoothie**

½ cup fresh or frozen fruit (blueberries, mango, peaches, raspberries)  
½ - 1 cup rice milk  
2 Tablespoons rice protein powder  
1 Tablespoon soy lecithin granules  
1 teaspoon flax seed oil  
1 packet probiotics (HMF Replete) or HMF Forte as directed on label  
¼ - ½ teaspoon glutamine powder  
2-3 ice cubes if desired

Place all ingredients in a blender and blend until smooth. Serve immediately. Makes 1 smoothie.

**Baked Plantain with Tofu and Brown Basmati Rice**

3 Cups Water  
1 Cup Brown Basmati Rice  
1 medium sized Onion  
1 lb. extra firm Tofu  
5 Plantains  
2 tsp. Cinnamon  
1 tsp. Allspice

Peel and dice the Onion. Boil the water and place in a large covered glass or ceramic casserole dish. Add the Rice, Onion, Cinnamon, and Allspice. Stir and place the dish in the oven (preheated to 350 degrees F.) for about twenty minutes.

Dice the Tofu. Peel and slice the Plantain lengthwise, then slice the Plantain halves into pieces not over 1/4". Remove the casserole dish from the oven after the initial cooking and add the Tofu and Plantain. Mix well and place back in oven for another 35-45 minutes, mixing at 15 minute intervals. When it is ready, the plantain should be soft, but not mushy, and all the water should be absorbed. Serve warm or chilled, as breakfast or dessert.

cold cooked brown rice  
2 cups frozen raspberries or blueberries, drained  
1/2 cup chopped almonds  
1/4 cup coconut, shredded  
2 Tbs ground flax seeds

Mix all ingredients in a blender and serve.



**Fruity Brown Rice Casserole**

1 cup brown rice  
1 can unsweetened pineapple chunks in juice  
8 oz. tofu, cubed  
1-2 sweet potatoes, peeled and sliced  
2 carrots, peeled and sliced  
¼ cup raisins  
1 apple, cored and diced  
Cinnamon, to taste  
Pinch of salt and pepper  
Pumpkin pie spice, a sprinkling  
2 cup water

Lightly oil a covered casserole dish. Put ingredients into dish in order listed above. Cover and bake at 350 degrees F for 1 ½ hours or longer. Makes 4 servings.

**Other Breakfast Ideas:**

Plain Unsalted Brown rice cakes with choice of topping:

almond butter  
sliced fresh banana  
sliced apple  
apple butter

## Chapter 7: Main Dish Recipes

### Curried Lentils and Rice

1/2 cup brown rice  
1 onion, chopped  
2 garlic cloves, minced  
1 Tablespoons olive oil  
1/2 teaspoon curry powder  
2 cups water  
1 Tablespoon fresh lemon juice  
1/2 cup dry lentils  
4 stalks spinach, chopped

While heating a saucepan take the curry powder and add a teaspoon of water and mix. Add more water until a ball is formed. When the pan is well heated, stir in the curry powder, onion and garlic to release the natural flavours. Add water, lemon juice, and lentils. Cover and simmer until tender (about half an hour). Stir in the chopped raw spinach. Bring to a boil and then remove from the stove. Serve immediately with steamed vegetables, fish or chicken.

Recipe from: Simple Food for the Good Life, by Helen Lentils and Rice

### Lentils and Rice

1 large onion, coarsely chopped  
1 tablespoon water  
1 cup lentils (sorted and washed)  
1 cup brown rice  
3 cups boiling water  
1 teaspoon cumin seed or 1 teaspoon cardamon seed, crushed  
1/4 teaspoon black pepper, crushed  
1 bay leaf, crushed  
stick cinnamon, 1" piece

Sauté onion in water in large saucepan until tender. Add spices and sauté for a few seconds. Add 1 cup lentils, 1 cup brown rice. Add 3 cups boiling water. Cover and simmer until rice and lentils are tender (about 1 hour). Serve hot or cold.

**Brown rice pilaf**

½ large onion, chopped  
1 cup brown rice  
1 cups organic vegetable broth

In a large frying pan, steam fry onions for about 5 minutes or until brown. Add one-cup of brown rice and stir to coat grains. Add two cups vegetable broth, bring to boil, then turn down to simmer. Simmer for about 45 minutes, or until all liquid is absorbed.

**Quick vegetable rice**

1 cup cooked brown rice  
1 cup organic broth or vegetable water  
2 zucchini  
1,1 inch cube ginger root  
2 red peppers  
6 scallions  
12 oz tofu  
2 garlic cloves  
1 tsp cumin  
1 tsp coriander

Cook brown rice as per directions in 1 cup water with 1 cup organic broth. Slice zucchini crosswise, add to wok and steam-fry for 5 minutes, moving it constantly to prevent it from sticking to the pan. Grate ginger, slice scallions, de-seed and slice red peppers, cube tofu, crush garlic and add everything to wok. Steam-fry for a further 5 minutes, constantly moving vegetables around to prevent sticking. Remove vegetables and tofu from wok and stir into cooked rice.

**Brown Rice Surprise**

1 cup uncooked brown rice, well rinsed  
2 1/4 cups organic vegetable or chicken broth  
1 small onion, minced  
1/4 tsp. saffron threads  
2 cloves garlic, minced  
1 teaspoon toasted cumin seeds  
1/4 cup red bell pepper, diced  
1/4 cup green bell pepper, diced  
1 bay leaf

Sea salt and pepper to taste  
2 tbsp. fresh cilantro leaves, chopped

Steep saffron in chicken broth for 10 minutes. In a pan cook brown rice in vegetable/chicken saffron stock along with bay leaf, cumin seeds (or powder), crush garlic and black pepper. In sauce pan steam the onion in water over moderated heat until soft, then add bell peppers. Once soft remove from heat and combine with cooked brown rice mix. Mix in cilantro and serve. Add more black pepper or seasoning to taste.

### **Zucchini and Pepper**

1 garlic clove minced  
1 zucchini, sliced  
1 red pepper, chopped  
1 cup cooked brown rice  
salt, pepper and dried thyme leaves

Heat a frying pan and add minced garlic clove, zucchini sliced into rounds, and chopped red pepper with water. Sprinkle with salt, pepper and dried thyme leaves. Steam often over medium heat until tender. 3-5 minutes. Mix with brown rice and serve.

### **Quick Vegetable Curry Bake**

2 carrots  
1 cup broccoli  
1 sweet potato  
¼ cooked acorn squash  
1 parsnip  
1 cup cauliflower  
1 small cooking onion  
3 cloves garlic  
1 small zucchini  
1 small eggplant  
3 tsp curry powder  
2 tsp olive oil  
2 cups uncooked brown rice  
2 cups vegetable/chicken broth

Preheat oven to 350F

Cook brown rice with 2 cups vegetable/chicken broth and 2 cups water.

Cut all vegetables into medium sized cubes and place into a bowl. Drizzle vegetables with olive oil and toss mixture with curry powder (or any seasoning to your liking).

Place mixture on deep pan and place in oven for 30-40 minutes. (Depends on how cooked

you like your vegetables) Remove from over and mix with brown rice, can add more seasoning to taste. Serve.

### **Tarka dal**

450g/1lb Lentils  
2 cups cooked brown rice  
1L/2pts Water  
1 tspp Salt  
1 tsp Turmeric  
1 Onion, chopped  
3 Garlic Cloves, sliced  
2 Chillies (red or green)  
Cumin seeds to garnish

Wash the lentils well. Place them in a large saucepan together with the water, onions, salt, turmeric, garlic and the 2 whole chilies. Bring to the boil, cover and simmer for 20 minutes until the lentils are soft. To serve - transfer to a warmed serving dish, sprinkle with the cumin seeds and serve very hot with brown rice.

### **Chickpea and Eggplant Stew**

2 large eggplants (cubed)  
1 medium onion (diced)  
3 garlic cloves  
1 can chickpea (drained and washed)  
1 can diced tomatoes (or freshly diced)  
1 cup vegetable broth  
1 tsp chili powder  
1 tsp paprika  
1 tsp cinnamon  
2 tsp ground cumin  
Cooked brown rice

Cut off the ends of the eggplant, then chop into  $\frac{3}{4}$ " cubes. Chop the onion roughly. Mince the garlic. Heat a large deep-sided fry pan over a medium heat with water. Add the minced garlic, onion, chili powder, cumin and cinnamon. Stir well to prevent sticking. Steam fry. Cook until the onions have softened (approx. 4-5 minutes). Add the eggplant, tomatoes and chickpeas, along with the stock. Simmer over medium-low heat, covered, for fifteen-twenty minutes (until the eggplant is tender). Uncover and stir. If the stew looks very soupy, let the liquid bubble away for a few more minutes. Salt and pepper to taste. Serve over brown rice. Add more seasoning to liking.

**Herbed Brown Rice**

2 1/2 cups cooked brown rice  
4 green onions, chopped  
1 tsp dillweed  
2 cloves garlic, finely cut  
1/2 tsp Dijon mustard, dry  
2 tbsp olive oil

Combine freshly cooked/warm brown rice to the ingredients above in a large mixing bowl. Serve with your choice of vegetables. Serves 4-6.

**Brown Rice with Onions and Pecans**

1 cup brown rice  
1/2 cup chopped onion  
1/2 cup chopped green onion  
2 garlic cloves, minced  
1/2 cup coarsely chopped pecans  
2 tbsp chopped green onion tops

Cook brown rice as instructed. Steam fry onions until the onions are softened and begins to yellow, about 10 minutes. Stir in the garlic, pecans, and green onion; sauté over medium heat, stirring constantly, until the onions are golden and the garlic is tender, about 5 minutes. Remove rice from heat and let stand, covered, for 5 minutes. Spoon brown rice into a bowl; spoon the onions and pecans on top and toss lightly to combine. Garnish with the chopped green onion tops.  
Brown rice with onions and pecans serves 4.

**Brown Rice Pilaf**

1 large onion, chopped  
1 cup brown rice  
2 1/2 cups organic chicken broth  
1 tsp sea salt  
1/4 tsp pepper  
1/2 tsp cinnamon

Steam fry onions until golden. Add rice and cook until onions begin to brown. Add organic chicken broth and bring to a boil. Transfer to a covered baking dish. Add seasonings; cover and bake at 350° for 1 hour.

**Brown Rice and Almonds**

1 cup slivered blanched almonds  
1 cup brown rice  
3 cups water  
1/2 cup chopped pimiento  
1 tsp salt  
1/8 tsp pepper

Steam fry almonds until golden. Add remaining ingredients; cover and bring to a boil. Reduce heat and simmer 45 minutes, until rice is tender.

**Lentil Brown Rice Stew**

4 med carrots  
2 med leeks  
2 celery stalks  
2 med zucchini  
1 large onion  
2 cloves garlic, diced  
1 tsp dried thyme  
1 cup dried lentils  
1/2 cup brown rice  
6-8 cups organic chicken broth  
1 cup chopped fresh basil  
1/2 cup chopped parsley  
pepper to taste

Steam fry carrots, leeks, celery, zucchini, onion, and garlic. Cook over low heat for 10 minutes. Add lentils, brown rice, thyme, and 6 cups broth. Bring to boil, and reduce heat to simmer. Cook uncovered for 30 minutes, stirring often. Add remaining broth as needed if dry. Add basil, salt and pepper, and cook 10 more minutes. Stir in parsley and serve.

**Zucchini and Broccoli Toss**

2 cups brown rice  
1 medium cubed zucchini  
1 cup broccoli florets  
2 cloves minced garlic  
3-4 tsp grated fresh ginger  
2 tsp dark sesame oil  
¼ cup almonds

Cook brown rice. Steam fry the zucchini, broccoli, garlic, and ginger until zucchini is tender. Toss brown rice with vegetables. Top with almonds. Serve hot or cold. Serves 2.

**Creamy Sunflower Rice Bowl**

¼ cup filtered water  
8 cups fresh spinach  
4 cups cooked brown basmati rice  
½ cup creamy sunflower dressing (refer below)  
2 cups sunflower sprouts  
2 tbsp sesame sauce (refer below)  
2 tsp mixed herbs (refer below)  
4 tbsp sunflower seeds

Put water and spinach in a skillet over high heat. Cook and cover for 1 minute, just until spinach is wilted. Divide cooked rice between 2 large bowls and drizzle both with half of the creamy sunflower dressing. Top with wilted spinach and sunflower sprouts. Drizzle with simple sauce and remaining creamy sunflower dressing. Sprinkle with mixed herbs and sunflower seeds. Serve. Serves 2.

**The Modified Yummy Rice Bowl**

1 cup broccoli florets  
2 carrots, peeled and sliced  
1 cup baby bok choy or any other vegetables  
4 cups brown basmati rice  
2 tsp mixed herbs (refer below)  
6 slices avocado  
2 cups sunflower sprouts  
2 wedges lemon  
3 Tbsp Bragg's



Steam vegetables until tender and set aside. Divide cooked rice between 2 large rice bowls and drizzle both with 2 tbsp olive oil and 2 tbsp Bragg's. Sprinkle with 1 tsp mixed herbs. Arrange steamed vegetables and avocado on rice. Top with sunflower sprouts. Drizzle with remaining 1 tbsp tamari. Sprinkle with remaining 1 tsp mixed herbs. Garnish with lemon wedges and serve. Serves 2.

### **Steamed Pineapple Rice**

1 small chopped onion  
1 tbsp sesame oil  
2-3 cups cooked brown basmati rice  
½ - ¾ cup chopped pineapple  
1 tsp curry  
½ tsp turmeric  
1/8 tsp black pepper  
2 tbsp fresh chopped cilantro

Steam fry the onions until the onions are translucent. Add the cooked rice, pineapple, curry, and turmeric. Mix thoroughly and cook for 6 – 8 minutes or until all ingredients are heated throughout. Season with pepper and garnish with cilantro. Serves 4 – 6.

### **Adzuki Bean Rice Bowl**

1/3 cup water  
4 baby bok choy cut in half lengthwise  
2 cups cooked brown basmati rice  
½ cup tahini sauce (refer below)  
2 tbsp torn toasted nori  
2 cups Adzuki bean stew (refer below)  
10 slices cucumber  
2 cups pea green sprouts  
2 tbsp toasted sunflower seeds

Steam bok choy and then set aside. Divide cooked rice between 2 bowls and drizzle both with half of the tahini sauce. Sprinkle with torn nori. Top with bok choy, Adzuki bean stew, cucumber, pea green sprouts and sunflower seeds. Drizzle with remaining tahini sauce and serve. Serves 2.

### **Hummus Rice Bowl**

1/3 cup water  
4 baby bok choy, cut in half lengthwise  
4 cups cooked brown basmati rice  
2 tsp mixed herbs (refer below)  
1 cup hummus (refer below)  
2 cups sunflower sprouts  
2 tbsp hulled hemp seeds  
4 slices chopped red onion  
2 lemon wedges

Steam bok choy until tender and then set aside. Divide cooked rice between 2 large bowls. Drizzle both with 3 tbsp tamari. Sprinkle with mixed herbs. Place hummus in middle of each rice bowl and arrange bok choy around the edge. Top with sunflower sprouts, hemp seeds, and red onion. Garnish with lemon wedges and serve. Serves 2.

### **Tahini Rice Bowl**

6 cups cooked brown basmati rice  
1 batch tahini sauce (refer below)  
1 batch hummus (refer below)  
1 small red onion  
½ diced cucumber  
2 tsp chili powder  
2 tsp mixed herbs (refer below)  
1 bunch chopped parsley

Put 1.5 cups cooked rice in a large bowl. Drizzle 2 tbsp of tahini sauce over the rice. Put 2 tbsp of hummus in the middle. Toss the diced tomato, onion and cucumber together and place on top of the hummus. Sprinkle the chili powder and mixed dry herbs on top. Garnish with chopped parsley. Repeat for each serving.

### **Vegetable Curry**

1 cup uncooked brown basmati rice  
½ tsp cinnamon  
2 cloves minced garlic  
1 cup chopped broccoli  
1 cup chopped cauliflower  
1 large chopped carrot  
½ tsp mustard seeds  
2 tsp curry powder  
½ tsp cumin  
½ tsp turmeric  
3 tbsp shredded coconut

In a medium pot, cook the rice by boiling it with the cinnamon. In a large saucepan on medium-high heat, steam fry the garlic, broccoli, cauliflower, carrots, and mustard seeds for 2 minutes. Stir in the curry, cumin, turmeric, and coconut. Reduce heat to low and simmer for 5 – 10 minutes or until vegetables become tender. Serve over rice. Serves 2.

### **Adzuki Bean Stew**

2 diced cooking onions  
2 tbsp minced fresh ginger  
2 tsp dried oregano  
1 tsp cayenne pepper  
¼ tsp ground cinnamon  
4 cups cooked or canned adzuki beans  
2 cups water

Steam fry onions and ginger and cook for 2 minutes until softened. Add oregano, cayenne and cinnamon and stir and cook for 1 minute. Add beans and water. Bring to a boil and simmer for 10 minutes.

**Baked Turkey Breast**

3 Tablespoons olive oil  
Sea salt to taste  
1 teaspoon thyme  
1 teaspoon marjoram  
6 organic turkey breast fillets

Heat oven to 350 F. Place turkey breasts in roasting pan and baste with mixture of oil, salt and herbs. Bake for 10 minutes, basting as necessary. Remove turkey from oven, turn over and repeat procedure for another 10 minutes or until done. Serve with steamed vegetables and rice.

**Organic Citrus Rosemary Chicken**

2 lemons, zested, juiced, remainder discarded  
1 lime, zested, juiced, remainder discarded  
4 cloves garlic, minced  
1 tbsp fresh rosemary, discarded  
1/4 cup tamari  
1/2 tsp freshly ground black pepper  
1 lb. boneless, skinless organic chicken breasts, cut in 1-inch cubes, or strips

Combine ingredients and marinade chicken for at least one hour. Grill or bake chicken.

**Baked Dill Salmon**

2 Tablespoons tamari sauce  
2 Tablespoons lemon juice  
6 salmon fillets (wild not farmed)  
6 slices of lemon  
6 sprigs of fresh dill

Preheat oven to 375F.

Mix together tamari sauce and lemon juice, and dip salmon fillets in mixture to coat both sides. Place the fillets in a large baking dish, with a slice of lemon and a sprig of dill on top of each fillet. Cover dish with foil and bake about 20 minutes.

## **Cooking Fish**

### Baking:

Baking fish requires about twice as much time to cook, but also prevents the fish from drying out. Prepare as above and bake at about 350F. The fish is done when it loses its translucency and flakes easily with a fork. It is not necessary to turn the fish.

### Poaching:

Place the fish in an oiled casserole dish and cover with fish stock or water. Cover and bake in 350F oven, allowing 5-10 minutes per pound. The fish may be served in its juice, or the juice may be used as a base for a sauce.

## Chapter 8: Soup Recipes

### Brown Rice Soup

1 small onion  
¼ stalk celery  
1 clove garlic  
1 carrot  
1 parsnip  
Handful fresh, flat leafed parsley  
2 pints organic broth or vegetable water  
½ tsp crushed thyme  
2 cups cooked brown rice (or brown rice noodles- thick ones)  
Freshly ground black pepper to taste  
(optional cooked organic chicken breast)

Peel and finely dice onion, carrot, parsnip, celery, and crushed garlic clove. Finely chop parsley, reserving a few whole leaves for garnish. Place broth in a large saucepan and bring to a boil. Add onion, celery, garlic, parsley and thyme in pan. Let boil, then reduce heat, cover and simmer for 15-30 minutes. Add brown rice to pan, bring soup to a boil again, then reduce heat and let simmer, covered, for a further 10 minutes (or if using noodles until noodle are cooked). Season soup with freshly ground pepper. Serve, topped with a few leaves of flat-leaf parsley for garnish.

### Red Lentil Soup

2 cups red lentils, rinsed well  
4 tsp curry powder  
1 large carrot, peeled, cut into quarters lengthwise  
2 ½ ounces baby spinach  
1 cup cooked brown rice

Cook brown rice as per directions. Bring 7 cups of water, lentils, curry powder, carrot to a boil in large saucepan over high heat, stirring occasionally. Reduce heat to low and simmer uncovered, stirring occasionally, until lentils have softened and thickened about 35 minutes. Add spinach and cook, stirring constantly, until spinach is wilted, about 1 minute. Then add cooked brown rice. Taste and serve

### **Chive Butternut Soup**

1 small chopped onion  
2 stalks chopped celery  
1 ½ cups peeled and cubed squash  
2 tbsp olive oil  
2 cups water  
1 cup cooked white kidney beans  
1 tbsp pepper  
½ tsp salt  
¼ cup minced chives

Steam fry the onions, celery and squash oil on medium-high heat until onions are translucent. Add the stock, beans, pepper and salt. Simmer on medium-low heat for 15 mins, then remove from heat. Remove half of the vegetables and water and blend in a blender or food processor until smooth. Return to pot and stir in chives. Serves 2.

### **Organic Chicken Soup**

1 cup of organic chicken  
2 quarts water or broth  
4 cloves sliced garlic  
2 cups each of sliced carrots, celery, onions, peas  
½ cup cooked brown rice  
½ cup chopped parsley  
herbs and seasonings to taste

Simmer chicken in water or stock for 40 mins. Add vegetables and rice and simmer for 20 mins. Serve broth and vegetables with chicken meat and top with fresh parsley. Add herbs according to taste. Serves 10.

## Garden Soup

1 ½ cups water  
¼ cup chopped purple-topped turnip  
½ cup chopped green beans  
½ cup sliced zucchini or squash  
½ cup shredded cabbage  
1 ½ cups chopped parsley  
generous pinch of thyme, rosemary, marjoram  
dash of seasoning salt

Bring water to a boil. Add turnip, beans and carrots. Simmer for 3-5 minutes. Meanwhile, prepare zucchini and cabbage and add them to pot. Continue to simmer for a few more minutes. Chop parsley and add and continue to simmer for 2 more minutes. Crumble herbs and add them to pot. Add salt if desired. Remove from heat and let sit a minute. Serves 2-3.



## Chapter 9: Salad Recipes

### Rice and Chickpea Salad

1½ cups cooked brown rice  
4 cups cooked chickpeas  
1 teaspoon thyme  
1 teaspoon marjoram  
1 clove garlic, minced  
4 Tablespoons extra virgin olive oil  
1/8 teaspoon cayenne pepper  
Tamari sauce, to taste

Cook rice as directed. Combine cooked rice with chickpeas, herbs and garlic. Season with olive oil, cayenne, tamari and/or sea salt. Serve hot or cold. For a whole meal, you can also add some fresh veggies and a splash of rice vinegar.

Recipe adapted from: *Staying Healthy with Nutrition*, by Elson Haas

### Brown Rice Salad

1 cup brown rice, rinsed  
2 cups water  
1/2 cup finely diced English cucumber  
4 green onions, finely diced  
1/4 cup finely diced fresh cilantro/coriander  
2 teaspoons toasted sesame seeds  
3 Tablespoons fresh lime juice  
2 Tablespoons olive oil  
Dash of tamari or Bragg's  
freshly ground black pepper

Cook rice as directed. Remove from heat and let cool uncovered. Toss cucumber, green onion, cilantro and sesame seeds with cooked rice. Combine lime juice and oil and add to rice. Season with tamari and pepper, stirring mixture thoroughly. Serve chilled or at room temperature.

Recipe adapted from: *Guilt-Free Indulgence; An Art Worth Mastering*, by Dr. Mark and Cheri Percival

### **Lemon & Sesame Brown Rice Salad**

2 cups short grain brown rice  
2 large ripe avocados, peeled and cubed  
1 small seedless cucumber, finely chopped  
1 green onion, chopped  
1 handful fresh coriander, chopped  
tamari or Bragg's sauce, to taste  
freshly ground black pepper, to taste  
2 tablespoons sesame seeds  
juice of 1 lemon

Cook rice by the absorption method (twice as much water as rice) so it has a slightly sticky consistency when cooked. Mix avocado, cucumber, green onion, and coriander into rice. Shake all dressing ingredients (tamari sauce, sesame seeds, lemon juice) together in a jar. Pour over rice and mix thoroughly- it should result in a creamy mixture at the bottom as it mingles with the avocado.

### **Welsh Salad**

#### Salad:

2 leeks, well cleaned and finely shredded  
3 celery ribs, finely chopped  
2 carrots, peeled and grated  
1 cup cooked brown rice

#### Dressing:

2 Tablespoons extra virgin olive oil  
1 Tablespoon apple cider vinegar  
1 teaspoon fresh lemon juice  
1/4 teaspoon dry mustard  
Tamari or Bragg's sauce, to taste  
Freshly ground black pepper, to taste  
Finely chopped fresh parsley

Mix together the vegetables and rice in a salad bowl. Mix the dressing ingredients and add to the salad. Toss to blend.

Recipe adapted from: The Macrobiotic Brown Rice Cookbook, by Craig Sams

**Bean salad**

½ cup organic chicken or vegetable broth  
¼ cup brown rice  
Juice of one small lemon  
2 tbs olive oil  
2 tbs cilantro or parsley, chopped  
2 stalks green onions (scallions) chopped  
1 tsp minced garlic  
1 tsp cumin  
1 can (15 oz) black beans, drained and rinsed  
1 tomato, seeded and diced

Cook the brown rice in broth for about 15 minutes, until liquid is absorbed.

In a large bowl, make the dressing by mixing lemon juice, olive oil, parsley or cilantro, scallions, garlic and cumin. Add drained and rinsed beans, and chopped tomatoes to the bowl. When brown rice is fully cooked and has cooled a bit, add it to the salad and mix everything thoroughly. Best refrigerated for at least one hour to let flavors mingle, but you can eat it immediately if you're hungry.

Variations:

Use a lime instead of lemon

Try other varieties of beans

**Harvest Rice Salad**

3 cups vegetable broth  
1 cup brown rice  
3 celery ribs, chopped  
1 large apple, cored and diced  
½ cup chopped walnuts  
1/3 cup golden unsulphered raisins  
¼ cup minced red onions  
1 tablespoon snipped fresh basil

Dressing:

1/3 cup extra virgin olive oil  
¼ cup white wine vinegar  
1 tablespoon Dijon mustard

Bring water and rice to a boil in a medium saucepan. Reduce heat and simmer, covered, for 45 minutes or until rice is tender and splitting open. Drain excess water and let cool.

Place rice in a large bowl with celery, apple, walnuts, raisins, onion and basil. Pour Dijon vinaigrette dressing over salad and toss well. Cover and refrigerate for 1 hour, stirring once or twice.

### **Green Beans with Mustard**

3/4 pound green beans, trimmed  
2 tsp. organic whole-grain Dijon mustard  
Pepper to taste

Steam green beans until crisp and tender. Heat oil in a 12-inch non-stick skillet over moderately high heat until hot but not smoking. Steam fry with mustard and pepper to taste, stirring, until heated through, about 4 minutes.

### **Vegetable Brown Rice Salad**

3-4 cups cooked brown rice  
3 tbsp flax oil  
1 small sliced zucchini  
4 tbsp lemon juice  
3 stalks chopped green onion  
3/4 cup snow peas (chopped in half)  
1/3 cup chopped fresh parsley  
1 tbsp fresh basil  
1/2 tsp salt  
pepper to taste

Cook rice as previously instructed. Transfer to a big bowl. In a small bowl, whisk together the flax oil and lemon juice. Stir into the rice and set aside. In a large saucepan, steam fry the zucchini for 3 minutes. Add onions, snow peas, parsley, basil, and pepper. Cook for 3-5 minutes. Add the vegetable mixture and toss. Serves 4-6.

## Chapter 10: Sauce and Dressing Recipes

### Almond Sauce

½ cup ground raw almonds  
2 cups vegetable stock  
2 garlic cloves, chopped  
2 Tablespoons fresh parsley, chopped  
Juice of 1 lemon  
Sea salt (omit if necessary)  
Pinch of black pepper  
Pinch of ground cinnamon (optional)

Garnish: chopped raw almonds or fresh herbs

In a saucepan, mix all of the ingredients together, seasoning to taste. Simmer gently until the sauce thickens, about 20 minutes. Serve over cooked brown rice, sprinkled with chopped almonds or fresh herbs.

Recipe from: The Macrobiotic Brown Rice Cookbook, by Craig Sams

### Other Sauce Ideas:

Try using pre-made organic pureed soups as quick sauces that can be served over brown rice and steamed vegetables.

### Brown Rice Dressing

1 1/2 cup natural brown rice  
3 cup organic chicken broth  
1 cup finely chopped celery  
1/2 cup chopped onion  
1 tsp. poultry seasoning  
1/4 tsp. ground black pepper

Combine brown rice and chicken broth in a saucepan. Bring to a boil. Lower heat to simmer. Cover with a tight-fitting lid and simmer for 45 minutes. Steam fry celery and onion. Add vegetables and seasoning to cooked brown rice. Stir together and serve warm.  
Yield: 6 servings.

**Creamy Sunflower Dressing**

2/3 raw sunflower seeds  
3 cloves minced garlic  
1/3 cup apple juice  
3 tbsp lemon juice  
1 cup filtered water

Combine all ingredients in a blender and process until smooth and frothy.

**Tahini Sauce**

2 cloves minced garlic  
½ cup chopped parsley  
½ tsp sea salt  
2 tbsp lemon juice  
2/3 cup filtered water  
½ cup tahini

In a blender, process garlic, parsley, salt and lemon juice until smooth. Add water and tahini and process until smooth.

**Sesame Sauce**

½ cup Bragg's  
3 tbsp toasted sesame oil  
1.5 inches fresh ginger, peeled and minced  
4 tbsp lemon juice

Combine all ingredients in a saucepan. Bring to a boil over high heat, reduce heat and simmer for 5 minutes. Remove from heat and cool. Serve. Serves 6.

**John Redden's Gado Gado Sauce**

1/4 cup of organic tahini  
2 to 3 slices of fresh ginger root  
Pinch of cayenne  
As many cloves of fresh garlic as you can tolerate (John recommends several)  
Water

Blend the tahini, garlic, ginger, cayenne and about ½ cup of water in the blender. This makes a very thick sauce. For a thinner sauce add more water. Add a small amount of

Braggs Liquid Amino Acids for a salty flavour. This makes a very flavourful sauce for rice or vegetables. It will keep for a few days in the fridge, but better in the freezer.

### **Mixed Herbs**

1 tbsp dried oregano  
1 tbsp dried basil  
1 tbsp dried marjoram  
1 tbsp dried dill  
1 tbsp dried thyme  
1.5 tsp dried rosemary  
1.5 tsp dried sage

Combine all in a bowl and mix well

## Chapter 11: Snack Recipes

### Rice Balls

3 sheets nori seaweed  
3 cups soft-cooked short-grain brown rice  
2 umeboshi plums, pitted and cut into quarters

Fold a nori sheet in half, and tear into 2 pieces. Then fold each of these 2 pieces in half, and tear again to get 4 pieces. Form a handful of rice into a ball. Put a piece of umeboshi plum in the middle, and re-shape into a ball. With wet fingers, pat enough sheets of nori around the balls to fully cover it. You may need 2 pieces of nori depending on the size of the rice ball. Store in an airtight container.

Recipe from: The Macrobiotic Brown Rice Cookbook, by Craig Sams

### Popped Brown Rice

2 cups brown rice  
6 cups water, or enough to cover well  
3 Tablespoons Bragg's or wheat-free tamari sauce

Combine the rice and water in a bowl. Let stand overnight. Change water daily for 3 days. Drain the rice. Heat a skillet, with no oil, over medium heat. Add the drained rice to a depth of ½ inch, and stir constantly until the rice grains dry out, pop, and turn golden brown, about 10 minutes. Remove pan from heat and sprinkle rice with Bragg's or tamari sauce while still hot. Allow to cool completely before storing in an airtight container.

Recipe from: The Macrobiotic Brown Rice Cookbook, by Craig Sams

### Vegetables and Hummus

Organic vegetable of choice (carrots, zucchini, peppers (green, red, orange, yellow), celery, etc....)  
Organic hummus

### Apples and Nut Butter

Cut apples  
Almond butter

Combine and eat as a nice snack.



**Hummus**

2 cups cooked or canned chickpeas  
3 cloves garlic  
2 tbsp tahini  
4 tbsp lemon juice  
1 tbsp filtered water

Combine all ingredients in a food processor and puree all ingredients. Add more water if necessary.

**Chickpea Dip**

2 cups chickpeas cooked and drained  
¼ cup chopped green onions  
2 cloves minced garlic  
2 tbsp lemon juice  
½ cup olive oil  
2 cups chopped parsley  
½ tsp dried basil  
¼ cup sesame seeds (optional)

Puree all ingredients in blender at low speed. If mixture is too thick, add a little cooking water from the beans. Chill. Serve with raw vegetables.

**Guacamole**

1 large avocado  
¼ cup grated (or finely chopped) onions  
1 tbsp lemon juice  
1 clove minced garlic  
¼ cup finely chopped fresh cilantro leaves  
Salt to taste

Puree all ingredients in blender and mash avocado with a fork and mix in other ingredients. Chill. Serve with fresh raw vegetables.

### **Black Bean Spread**

2 cups cooked or canned black beans  
1 small chopped red onion  
3 tbsp fresh cilantro  
1 roughly chopped garlic clove  
1 tbsp mixed herbs  
1 tsp cumin  
2 tbsp lime juice  
1/8 tsp salt

Blend all ingredients together in a food processor or blender. Makes approximately 2 cups.

### **Cuban Black Bean Dip**

1 c Dried black beans; (or 16 oz. can of black beans)  
2 tb Chopped red onion  
2 tb Balsamic vinegar  
1 tb flax oil  
1 md Clove of garlic, crushed  
Pepper to taste

Soak the beans in water overnight; drain, and cook in 4 cups of water for about 1-1/2 hours or until tender. Drain again. In a blender or food processor, combine beans, 1 Tbsp. chopped onions, vinegar, flax oil, and garlic; blend until smooth. Season with pepper, mix in remaining onions, and place in serving bowl.

### **Oriental Lettuce Wraps**

Dice or grate carrots, celery, broccoli stalks, cauliflower or any variety of veggies. Toss with an organic tamari. Add fresh bean sprouts and toss. Spoon veggies into fresh, washed lettuce leaves of your choice. Roll cabbage roll style and enjoy.

### **Mexican Wraps**

Mash cooked beans of your choice (navy, pinto, chickpeas, lima, garanzo, etc). Add a dash of each cumin and chili powder, chopped cilantro and 2 crushed garlic cloves. Mix in some chopped avocado if desired. Roll in washed lettuce leaves.

## Chapter 12: Sample Menu

The following is a sample of a 7 day menu that provides some meal ideas. It can be adjusted according to preferences. Aim for variety!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Morning rice	Fruit Smoothie	Morning rice	Fruity brown rice casserole	Spicy stewed apples	Morning rice	Baked plantain with tofu and basmati rice
<b>Snack</b>	Fruit ¼ cup raw nuts and seeds	2 rice balls	Fruit with 1 tbsp almond butter	2 brown rice cakes with sliced fruit	Brown rice cereal	Fruit smoothie	Fruit ¼ cup raw nuts and seeds
<b>Lunch</b>	Tarka dal and red lentil soup	Brown rice with onions and pecans and green beans with mustard	Hummus rice bowl and salad	Rosemary Chicken (if allowed) and brown rice salad	Tahini rice bowl and welsh salad	Garden soup and pineapple rice	Adzuki bean rice bowl
<b>Snack</b>	Hummus and veggies	Guacamole and 2 brown rice crackers	Black Bean spread and rice cakes	2 rice balls	Guacamole with 2 brown rice crackers	Fruit with ¼ cup nuts and seeds	Oriental lettuce wrap
<b>Dinner</b>	Quick vegetable curry	Brown rice mushroom pilaf and baked turkey (if allowed) and steamed veggies	Brown rice surprise with steamed veggies	Curried lentils and rice with zucchini and pepper side	Chickpea and eggplant stew	Lentil brown rice stew with steamed veggies	Broiled dill salmon (if allowed) and zucchini and broccoli toss
<b>Snack</b>	Popped brown rice	Fruit with ¼ cup raw nuts and seeds	Hummus and veggies	Cuban black bean dip and veggies	Popped brown rice	2 brown rice crackers with almond butter	2 rice balls

## Appendix A: Home Hydrotherapy Treatment

Hydrotherapy is tonifying to the digestive system, normalizes circulation, soothes the nervous system, stimulates the immune system, increases vitality, and helps with detoxification. Try this home treatment to deepen the cleansing effects of the brown rice diet.

Although constitutional hydrotherapy is best done at a Naturopathic clinic that provides this service, it can be done at home if you have someone to help you.

1. While lying on your back, cover your bare chest and abdomen with two thicknesses of terrycloth towel wrung out in hot water tolerable to the touch. Cover the body with a wool blanket to avoid becoming chilled. Leave the hot towels in place for 5 minutes.
2. Replace the hot towels with a single thickness of towel wrung out in cold water. Cover yourself as before with a wool blanket to avoid chill. Leave the cold towel in place for 10 minutes. Do not remove the towel until your body has been able to warm it up.
3. Repeat the same treatment on the back

The treatment should take about 30 minutes.

If you do not have anyone to help you with the hydrotherapy treatment you can take a hot bath or shower for 5 minutes. Get out and dry off quickly. Wrap a towel wrung out in cold water all around the trunk of your body, from armpits to pelvis. Cover with a heavy wool blanket to avoid chill. Leave the cold towel in place at least 20 minutes, or longer until it is warmed up by your body.

## **Appendix B: Dry Skin Brushing**

The following process takes 10 minutes a day and is quite invigorating:

1. Start at your toes and feet and using long smooth brushes, brush up the front, side and back of leg. You are always brushing towards your heart. Continue to move up along your thighs and groin area.
2. Continue to brush across your buttocks and lower back area.
3. Now brush at your fingers and hands and move up your arms towards your shoulders. Remember using long smooth strokes towards you heart.
4. Brush your stomach using clock wise circular motions. (this helps to stimulate the digestion and bowels)
5. Now move across your shoulders, down over your chest, then down your back all brushing towards your heart.

## **Appendix C: Castor Oil Packs**

To make a castor oil pack:

1. Apply castor oil liberally to the area you want to detoxify. For liver detoxification, apply the castor oil to the area around the lower right rib cage.
2. Place a piece of cotton flannel over the castor oil. Use just enough to cover the area. A piece of old cotton towel or sheet will do as you will throw it out after each use.
3. Cover with plastic (ie. grocery bag) and then place a clean towel on top of the plastic.
4. Place a hot water bottle over the pack and relax.
5. Once pack has been removed you may either rub remaining castor oil into skin or cleanse the area with a dilute solution of water and baking soda.
6. Throw out the oil soaked flannel after each use.

Prior to starting castor oil packs you must contact your Naturopath and discuss if this treatment is right for you. Castor oil pack must be avoided during a women's menstruation and during pregnancy.

Add the following foods to your **grocery list**:

brown rice  
black beans  
chickpeas  
red lentils  
sesame seeds  
almonds  
sunflower seeds  
almond butter  
tahini  
tamari sauce  
sesame oil  
balsamic vinegar  
flax oil  
garlic  
ginger  
limes  
lemons  
avocado  
parsley  
cilantro  
fresh organic vegetables  
Bragg's Liquid Amino Acids

**Brown Rice Diet Specific Recommendations**

**Patient Name** \_\_\_\_\_

**Start Date** \_\_\_\_\_

**Completion Date** \_\_\_\_\_

**Naturopathic Doctor** \_\_\_\_\_

**PRESCRIPTION:**



### **Acknowledgments**

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