

Nutritious, Delicious, Easy to Make Recipes

Healing Foundations Naturopathic Clinic

The Ancient Grains

Below are some recipes using brown rice as the main grain. However, you can use any of the “ancient grains” such as: millet, quinoa or kamut in a similar fashion. Ancient grains taste good and are high in calcium, protein, and B-vitamins. They are cheap and easy to prepare. You can purchase ancient grains at The Stone Store, Flour Barrel, Fountain Head Health Food Store in Fergus or at The Bulk Barn. The package containing the grain will provide cooking directions. It is very similar to cooking rice or pasta (lots of water vs. grain and the grain expands to absorb the moisture). After cooking, ancient grains can be used in the same way as regular or brown rice = side dish, in other recipes or as a hot cereal (see below).

- **Nutrition:** Brown rice is a great source of soluble fiber and B-vitamins. It helps stabilize blood sugar levels and aids in detoxification of the digestive system and body.
- Make a batch of brown rice (or ancient grain) on your prep day to last you most of the week.
- Feel free to experiment with the different types of brown rice: long grain, short grain, basmati etc
- All types of brown rice have a similar nutritional content.
- White rice is devoid of some essential vitamins, minerals and fiber.

Brown Rice:

- Rinse 1 cup of brown rice.
- Place 2 ½ cups of water in the pot.
- Add 2tbsp of olive oil.
- Add 1tsp of sea salt.
- Bring to a boil.
- Once most of the water is evaporated decrease the heat to low. Cover and simmer for 30 to 40 minutes.

Flavor the rice by adding the following ingredients once the rice is finished cooking, but still hot: 1 finely chopped clove of garlic and ½ to 1 cup frozen cubed carrots, green peas and 1 tsp of dried parsley. Let sit with the lid on, heat off for 10 minutes.

Breakfast:

Brown Rice Porridge:

- 1 cup precooked plain brown rice.
- 1 cup rice or almond milk (or coconut milk).
- 1 cup water.
- ¼ cup of raisins, dry cranberries, and sunflower seeds each.
- Place ingredients in a saucepan and bring to a boil.
- Stir for 4-5 minutes. Turn heat down, stir for 5 min. while simmering.
- Boil off to the desired consistency.
- Serve in bowl sprinkled with cinnamon.

Alternative COLD breakfast using pre-cooked brown rice:

- In a cereal bowl add cold (pre-cooked) brown rice and a milk of your choice (cow, goat, rice, almond or soy milk) or use organic plain yogurt. Add: ½ sliced banana, ½ sliced peach, ¼ cup raisins, ¼ cup sunflower seeds, sprinkle cinnamon. For extra sweet drizzle ½ tsp honey. Eat, chew, enjoy and GO! This also makes for a healthy lunch or dinner on those hectic nights.

Dinner or Lunch:

Stir-fry: Makes: 4 servings

- 1 medium onion thinly sliced, 2 cloves garlic (minced, finely chopped), 3 cups cauliflower (small chunks): 3 cups broccoli (small chunks): 1 zucchini; ½ red and ½ yellow pepper thinly sliced (alternatively you can do yellow or green beans).
- In a Wok or deep frying pan, sauté onions and garlic over medium heat in ¼ cup coconut oil until soft. Add the rest of the ingredients. Stir-fry for about 1 minute. Add a small amount of water (less than ¼ cup), sea salt, spices (2tsp cumin or 2tsp turmeric powder) and any choice of dried herb you choose (thyme, basil,

marjoram, or oregano). Stir for 3-5 minutes. Add 2 cups of canned chickpeas for protein (drain and rinse well first), stir for 1 minute, cover and lightly steam on medium heat for 3-5 minutes. Remove the cover, stir for another minute or two.

- Serve on top of any pre-cooked, re-heated ancient grain you have made for the week or on rice noodles. Top with slivered almonds or any nut or seed of your choice.

Lunch or Quick Dinner (Sandwich night!):

Avocado Wrap:

- Whole-wheat wraps – large or medium.
- Spread hummus and a little salsa. Add thinly sliced avocado and cucumber. Top with sprouts or any pre-washed lettuce. Wrap up.
- Enjoy with a side of fresh chopped carrots and peppers with extra hummus for dipping.

Apple-Cheddar Pita Pockets:

- Whole-wheat pitas halved and stuffed with shredded white cheddar cheese and thinly sliced apples. Add a few raisins and sprinkle cinnamon inside.
- Enjoy with a side of fresh chopped celery or broccoli dipped in nut butter.

“Bananas in Blankets” (Dr. McGill’s childhood favorite):

- Spread some natural peanut butter or almond butter on a wrap, peel a banana and wrap it whole inside. Take it and go. Easy, fast, a good source of protein, essential fatty acids, carbohydrate and potassium.

If you have nutritious, delicious, easy to make recipes that you would like to share with other families, please e-mail us the recipe in a word document and we will post it in our recipe section on our website.

Dr. Heidi McGill (B.Sc, N.D.) holds a nutrition degree from the University of Guelph (1996) and graduated from the Canadian College of Naturopathic Medicine in 2004. She is the founder of Healing Foundations Naturopathic Clinic. Dr. McGill specializes in the treatment of chronic stress-related illness, including anxiety, depression and hormonal imbalance. She dedicates her passion for teaching healthy living through the use of articles and seminars related to topics that concern you. She believes that diet sets the foundation for health and its power cannot be under-estimated. Heidi has treated dozens of children and adults using the “food as medicine” principal, in order to safely and effectively establish better health and wellness in the body and mind.

