

LASAGNE ROLLS

INGREDIENTS:

16oz/454g Tomato Sauce Italia

8oz/227g gluten-free lasagne (10 strips of brown rice Lundberg, Maplegrove, Pastariso, or other reputable brand)

8oz/227g mozzarella cheese

8oz/227g ricotta (optional for AB blood type); **or goat Chevrette cheese**

4 zucchini (medium)

4 leaves of sliced kale, chard, baby spinach, or collard greens

10 shakes of garlic powder (more or less)

10 sprinkles of red chili peppers (dried or fresh)

25 basil leaves; or equal amount of dried sweet basil (adjust to taste)

½ cup of revitalized or pure spring water water

5 Tbsp of extra virgin olive oil

5 Tbsp of grated Romano Pecorino (sheep) cheese

DIRECTIONS:

Prepare the recipe for Sauce Italia and put it aside.

Place the lasagne strips on their thin side into a large pot of boiling water and cook until al dente (6-8 minutes). Drain, rinse in cold water, and set aside. Take care to avoid breaking the strips.

Wash the zucchini, greens, and basil well.

Slice the zucchini with a Betty Bossi or vegetable Spiralizer into a wide bowl.

Slice the Kale, chard, or greens into small strips into the bowl.

Slice the mozzarella into wide strips.

Place a layer of the zucchini

Cut half of the basil into thin strips.

Cover the bottom of the lasagne pan (pyrex or enamel) with a thin layer of Tomato Sauce Italia.

Lay the strips of lasagne on a large plate or wood board. (5 at a time)

Place a thin layer of the sliced zucchini, on each lasagne strip.

Sprinkle the kale, chard, or greens, basil, chili, and garlic powder on each strip.

Evenly spread the mozzarella pieces on top of the mixture of each strip.

Carefully roll each lasagne strip with the filling and place it into the lasagne pan.

Repeat this until all the lasagne strips are filled and rolled.

Saturate each lasagne roll with several spoons of Tomato Sauce Italia.

Add ½ cup of water in each corner of the pan and cover with a glass lid or foil.

Place the covered pan into an oven or cooker and bake for about 20 minutes on medium (350°F/177°C) heat until hot, but not over done.

Remove and uncover the pan. Lift and place two rolls onto a plate.

Sprinkle more garlic powder and basil on top of each lasagne roll.

Pour drips of extra virgin olive oil on each lasagne roll.

Grate some Romano Pecorino cheese on each lasagne roll.

ENJOY with the Garden Salad!

Serves 4-5

Use **organic** ingredients

Suitable for O & AB blood types

For O blood type avoid the ricotta

Native to South America's western countries, the **tomato** is actually a berry since it is formed from a single ovary. However, it is prepared and served as a vegetable because of its taste. It was first cultivated in Mexico by the Aztecs, and brought to Italy and the rest of Europe in the 1500s.

When it comes to phytonutrient and antioxidant benefits, the tomato is a treasure trove. It contains significant amounts of vitamins C, K, A, B (biotin in particular), E, molybdenum, potassium, copper, manganese, phosphorus and other minerals, flavonones, flavonols, (rutin, quercetin), hydroxycinnamic acids, carotenoids (beta-carotene, lycopene, lutein, zeaxanthin, beta-carotene), glycosides, and fatty acid derivatives. Its carotenoid lycopene, along with other antioxidants help lower LDL cholesterol and triglycerides, and regulate fats in the bloodstream, making the tomato an excellent heart-healthy food. Lycopene and its antioxidant properties also promotes bone health, which in turn helps to prevent osteoporosis.

The tomato is also a good anti-cancer food because of its ability to reduce oxidative stress and inflammation. In a South American study of 26 vegetables, tomatoes and green beans came out best in their anti-aggregation properties.

The Roma or Italian plum tomato is an open pollinated variety rather than a hybrid and the most tasty for sauce. In Italy it is often referred to as "pomodoro." Baby Romas are great in salads.

Select darkly colored, well shaped, firm tomatoes. Store them in a cool place or in the fridge when they start to ripen too much.

Kale, also known as borecole and cow cabbage, originated in Asia Minor and was brought to Europe by Celtic wanderers around 600 B.C. It was a significant crop during ancient Roman times. English settlers brought kale to the USA in the 17th century.

Kale comes in different varieties: cavolo nero (Tuscan kale), curly kale (Scots kale), and red Russian kale. Lacinato or Tuscan kale has a long tradition in Italian cuisine and dates back to the 18th century. It is superior to other varieties, tastes better, and is commonly used in soups, pastas, and salads.

Kale is a powerhouse of vitamins, minerals, and phytonutrients. Its flavonoids and glucosinolates, (glucobrassicin, glucoraphanin, and sinigrin), are converted into isothiocyanates in the digestive track, which help prevent DNA damage, various types of cancer, cardiovascular disease, macular degeneration, asthma, rheumatoid arthritis, and loss of skin elasticity.

Kale is low in oxalates and promotes urinary tract health. Its high amounts of vitamins K, C, A, beta-carotene, manganese, copper, vitamin B6, fiber, kaempferol, and quercetin, also provide strong anti-inflammatory and anti-oxidant benefits. In fact, kale has one of the highest ORAC (oxygen radical absorbance capacity) rating (1,770) among vegetables. Kale also provides calcium, potassium, iron, vitamin E, B vitamins, magnesium, protein, phosphorus, omega 3 fats, and folate.

Select kale that is fresh, firm, and deeply colored with moist stems. Avoid faded, yellow, or brown colored kale, which are signs of ageing.

Keep dry and store in a plastic bag in the fridge, where it will keep for about 5-7 days.

Zucchini/summer squash/courgette belong to the Cucurbitaceae family of plants and are related to winter squashes (e.g. pumpkin), melons and cucumbers.

Originating from the Americas and developed in Italy, the zucchini/summer squash/courgette is actually a fruit(the swollen ovary) of the zucchini flower.

It is a good source of copper, manganese, vitamin C, magnesium, fiber, phosphorus, potassium, and folate.

Its potassium, sodium, magnesium, omega 3 fats, and dietary fiber aid in digestion and help prevent constipation. It also helps to balance blood sugar and cholesterol by attaching to bile acids.

Zucchini/courgette also contain vitamins B, K, zinc and small amounts of other minerals. It is also rich in lutein carotenoids and zeaxanthin.

Zucchini's coumarins, anti-inflammatory, anti bacterial, and antioxidant properties help protect the heart, brain, skin, joints, and skin.

The USA, China, India, Russia, and Pacific island region are the world's largest producers. Select dark green zucchini that are fresh, medium to small, heavy and store in the fridge.

Basil is rich in vitamin K and C, manganese, copper, pro vitamin A carotenoids, folate, iron, magnesium, and calcium, and small amounts of B2, B6, dietary fiber, omega 3 fats, phosphorus, potassium, zinc. Basil's unique flavonoids provide protection at the cellular level. *Orientin* and *vicenin*, in particular, protect cell structures and chromosomes from radiation and oxygen-based damage. Together these nutrients and antioxidants help prevent free radical damage. Only after cholesterol has been oxidized does it build up in the blood vessel walls.

Basil also has antibacterial properties and volatile oils, which contain astragole, linalool, cineole, eugenol, sabinene, myrcene, and limonene. They are effective in restricting growth of numerous bacteria including *Listeria monocytogenes*, *Staphylococcus aureus*, *Escherichia coli* O:157:H7, *Yersinia enterocolitica*, and *Pseudomonas aeruginosa*.

The essential oil from Basil inhibits several species of pathogenic bacteria that have become resistant to commonly used antibiotic drugs, such as *Staphylococcus*, *Enterococcus* and *Pseudomonas* (*Journal of Microbiology Methods* July 2003). Basil (and thyme) essential oil reduces *Shingella* (bacteria that triggers diarrhea and causes intestinal damage). The eugenol component of basil's volatile oils are also anti-inflammatory.

Native to India, Asia, and Africa, basil is scientifically known as *Ocimum basilicum*. It is prominently featured in Italian, Thai, Vietnamese, and Laotian cuisines. In Italy, it was a symbol of love, while in India it was cherished as an icon of hospitality. There are more than 60 varieties of basil, such as sweet basil, lemon basil, anise basil, which reflect their unique taste and aroma.

Select both fresh and dried basil that is organically grown to insure they have not been irradiated. Fresh basil should be vibrant, dark green with a strong fragrance. Branches of fresh basil will last 5-7 days in a container with water on the counter, or in a plastic bag or closed container in the fridge. Dried basil will keep fresh up to eight months if stored in a closed glass jar in a cool, dark, and dry place.

Native to central Asia, **garlic** is one of the oldest cultivated plants in the world, going back 4,000 years to the ancient Egyptians. It was placed in the tomb of pharaohs and given to the slaves that built the Pyramids to enhance their endurance and strength. Greeks and Romans also used garlic before sporting events and going off to war. By the 6th century BC, garlic was known in both China and India.

Garlic is a member of the *Allium* family, which includes onions and leeks. It contains a unique combination of powerful flavonoids and sulfur-containing compounds including thiosulfinates (allicin), sulfoxides (alliin), and dithiols (ajoene). Allicin, one of garlic's most highly valued sulfur compounds, stays in tact for only 2-16 hours, at room temperature.

Thus, not all garlic (fresh or extracts/supplements) provide the same benefit. e.g. Cooking, microwaving (used on imported garlic), or adding garlic to acidic foods like lemon juice, cause it to lose some of its properties. Ageing garlic (powdered or supplements) to make it odorless, also reduces its beneficial allicin, and thus, compromises its effectiveness. Letting garlic sit after being chopped or crushed increases its benefits.

Garlic helps clear the ill-effects of bronchitis, lung congestion, coughs, sore throats, sinus, asthma, and food poisoning. It also helps treat bacterial and fungal infections.

The diallyl sulfides in garlic improve iron metabolism because it helps to increase production of a protein called ferroportin, which enables stored iron to become bioavailable.

Garlic's combination of anti-inflammatory and anti-oxidative stress compounds help prevent or improve degenerative cardiovascular conditions like atherosclerosis and the forming of blood clots.

Garlic lowers blood pressure in two ways:

One particular disulfide called ajoene, prevents platelets from becoming too sticky and thereby lowers the risk of platelets forming a clot. The other is the production of hydrogen sulfide (H₂S) gas, which occurs when red blood cells take sulfur-containing molecules in garlic and then use this gas to help blood vessels expand and balance blood pressure. H₂S is placed in the same category as nitric oxide (NO).

Garlic is a rich source of manganese, vitamins B6 and C. It also contains some copper, selenium, phosphorus and a small amount of calcium and vitamin B1. Garlic's selenium, a co-factor of glutathione peroxidase (important antioxidant enzyme), works with vitamin E in a number of vital antioxidant systems. Garlic's B6 helps lower homocysteine, which can damage blood vessel walls.

Garlic has strong antibacterial and antiviral properties. Its disulfide, ajoene helps keep yeast *Candida Albicans* in check.

Select fresh garlic that is plump, firm, and free of sprouts or mold. In addition to fresh organic garlic, organic powdered garlic can be used for convenience.

Store garlic in a cool dry place in an open basket and away from sunshine and heat.

For an effective odorless garlic supplement, choose a coated (enteric) tablet or capsule, high in allicin, which will dissolve in the intestine instead of the stomach.

Ceres Enterprises Ltd: NZ <http://www.ceres.co.nz/> 649 574-0373

Olive Green Organics: Australia <http://www.olivegreenorganics.com.au> 612 9603-7002

Lundberg Family Farms, USA: <http://www.lundberg.com/> 1 530 538-3500

Maplegrove Gluten Free Foods, Inc., USA: <http://www.maplegrovefoods.com>

Simply Organic/Frontier, USA: <http://www.simplyorganic.com/> 1 800 437-3301

Cobram Estate, Australia: <http://www.cobramestate.com.au> 1300 558 828

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