

ASPARAGUS, BROCCOLINI, & MUSHROOM OMELET

INGREDIENTS:

- 2 **turkey sausages** (optional)
- 1 **bunch of baby asparagus**
- 1 **bunch of broccolini; or 4-5 florets of broccoli** (fresh or frozen)
- 1 **large or 2 medium Portobello/Swiss mushrooms**
- 1½ **Tbsp of unsalted butter or ghee**
- ¼ **cup of pure, revitalized or spring water**
- 1 **clove of garlic chopped; or 4 shakes of garlic powder**
- 1 **tsp of *Celtic* seasalt**
- ½ **tsp of red chili**
- 2-3 **eggs**
- 3 **shakes of *Maine Coast Sea Seasonings Triple Blend***
- 1 **Tbsp of extra virgin olive oil**
- 4-6 **black sesame or brown rice crackers** (2-3 each)

DIRECTIONS

Boil the turkey sausages in water until cooked. Set aside and keep warm. Wash the asparagus and broccolini well, trim off the tough stems, and cut smaller pieces into into a fry pan.

Wash the mushroom well and cleanse the top with a natural bristle brush. Trim the lose edges and stem, and slice smaller pieces of the mushroom(s) into the pan.

Add the butter, water, garlic, seasalt, and chili.

Cover and steam for 3-5 minutes on medium heat, until tender.

Add more water if needed to avoid sticking.

Move the ingredients to the side, add ½ Tbsp of butter and then the eggs onto the centre of the pan. As the eggs are cooking, mix them into the other ingredients to avoid sticking. Sprinkle the extra virgin olive oil and the *Triple Blend* seaweed on the ingredients and mix. Do not over cook.

ENJOY with the Sausage and black sesame or gluten-free rice crackers.

Serves 2

Use **organic** ingredients

Suitable for ALL blood types

For B & AB blood types, use rice crackers instead of sesame crackers (list below

Asparagus is a perennial garden plant belonging to the Lily (Liliaceae) family. Out of the 300 varieties only 20 are edible.

It was cultivated by Egyptian, Greek, and Roman cultures as early as 3000 B.C.

Wild asparagus (*Asparagus racemosus* or *Shatavari*), has a long history of use in India and other parts of Asia as a botanical medicine. Commonly consumed asparagus (*Asparagus officinalis*) also contain phytonutrients such as saponins, which include asparanin A,

sarsasapogenin, protodioscin, and diosgenin (concentrated in yams). Saponins have anti-inflammatory and anti-cancer properties that help lower blood pressure, regulate blood sugar, and control blood fat levels.

Like chicory root and Jerusalem artichoke, asparagus are a good source of inulin, which is a unique type of carbohydrate called polyfructan or prebiotics. Inulin passes undigested into the large intestine where it promotes friendly bacteria (Bifidobacteria and Lactobacilli) better nutrient absorption. Inulin is also lowers the risk of allergies and colon cancer.

Asparagus are rich in glutathione (GSH), folate, copper, vitamins K, B, C, E, and A/beta carotene, selenium, manganese, phosphorus, fiber, and potassium. Asparagus also contain choline, zinc, iron, magnesium, protein, and flavanoids such as quercetin, rutin, kaempferol, and isorhamnetin.

China and Peru are the world's largest producers and exporters of asparagus.

Select deep green or purple varieties that are firm. Smaller varieties are even more tender.

Store in the fridge in a paper bag or wrapped in a paper towel. Consume within a few days.

Originally developed by the Sakata Seed Co. of Yokohama, Japan in 1993, **broccolini** is a cross between broccoli and Chinese kale known as gai-lan. It is milder, a bit sweeter, and more tender than broccoli. Nutritionally, it is a rich source of vitamins K, C, folate, pantothenic acid, B6, B2, choline, and other B vitamins. It is also contains vitamins E, A/ betacarotene, and other carotenoids such as lutein and zeaxanthin. Broccolini is high in fiber, chromium, phosphorus, manganese, potassium and other minerals. This unique combination of nutrients gives broccolini strong anti-inflammatory, antioxidant, and detoxification properties. Its rich supply of phytochemicals help maintain the nervous system, brain function, vision, blood pressure, and bone health. As a member of the cruciferous family, broccolini contains a high concentration of glucosinolate compounds, which releases myrosinase enzymes. This enzyme activity produces a variety of antioxidant compounds such as sulphoranes, indoles, and isothiocyanates. Glucosinolates and other phytochemicals lower the risk of colon or lung cancer and help to prevent bladder, breast, prostate, stomach, and esophageal cancer. These vital nutrients also help to prevent heart disease and stroke.

Select fresh broccolini that is firm, tender, and dark dark green in color. Store in a baggie in the fridge and use within a week.

The **egg** contains all the essential amino acids making it an almost perfect food. The protein in a cooked egg is 91% bioavailable, making it nearly twice as absorbable as a raw egg.

The **egg yolk** contains 43% of the protein along with vitamins A, B, D, E, and K. It is a rich source of vitamin A, retinol, and carotenoids, such as zeaxanthin and lutein, which are concentrated in the eye's retina and macula. A darker yolk indicates higher amounts of these valuable carotenoids. Vitamin A, converted to retinal form, is essential for vision. Vitamin A, converted to the retinoic acid form, it is essential for skin health, teeth remineralization, and bone growth. The egg yolk is also a rich source of choline, the precursor molecule for the neurotransmitter acetylcholine, which is involved in many functions including memory and muscle control. This essential nutrient is especially important for pregnant and nursing women to ensure healthy fetal brain development. Choline also helps prevent a fatty liver. The egg is a good source of various minerals, CoQ10, fatty acids, and cholesterol. After 25 years of study, it is well known that cholesterol in food is not the culprit in cardiovascular disease or strokes. Overcooking the egg yolk destroys the lecithin, which helps take care of the cholesterol. Thus, poached, soft boiled, or lightly cooked yolks are better. Allergic reactions to egg whites are more common than a reaction to egg yolks, in children.

Eggs should be refrigerated to avoid salmonella bacteria growth, which causes food poisoning. Chicken eggs are the most common. Duck, goose and quail eggs are

occasionally used in gourmet dishes. Gull eggs are a delicacy in England and Scandinavia. White eggs are laid by chickens with white ear lobes and brown eggs are laid by Chickens with red ear lobes. Organic pasture-raised-free-range, organic hens are healthier and produce eggs that have higher amounts of vitamins, minerals, and omega 3 fatty acids than factory farm eggs. If an egg stands on its tip when placed in a pot or bowl of water, it is not fresh. If it lays on its side, it is fresher.

The **Portobello/Swiss mushroom** is a fully mature version of the crimini fungi, which has grown wild since prehistoric times. In ancient Rome, they were referred to as *cibus diorum*- food for the Gods. Cultivation first began in China, Japan, and India. Western Cultivation began in Europe, in the 17th century.

This mushroom is rich in selenium, antioxidant phytonutrients, and anti-inflammatory properties, which provide cardiovascular and immune support. The Portobello mushroom also contains iron, magnesium, manganese, zinc, copper, fiber, and a variety of B vitamins. Mushrooms complement beef, poultry, various vegetables, rice dishes, or an omelet. In the three stages of cultivation, organic standards are much higher than nonorganic commercial standards. Thus, for quality and freshness, select organic mushrooms that are firm, plump, clean, light brown, and closed. Store them in the fridge, spread out in a loosely closed paper bag or covered glass dish. AVOID clumping them together, which causes them to get slimy and lose their freshness. To preserve their texture, gently clean them with a soft natural bristle brush under running water. Consume within 3-7 days.

EatRite: <http://www.eatrite.com.au> 613 9315-1000

Edward & Sons: <http://www.edwardandsons.com/> 1 805 684-8500

Main Coast Sea Vegetables: <https://www.seaveg.com/shop/> 1 207 565-2907

San-J International Inc.: <http://www.san-j.com/> 1 800 446-5500

Selina Naturally/Celtic seasalt USA: <http://www.selinanaturally.com/> 1 888 644-7754

Sheltons Premium Poultry: <https://sheltons.com/> 1 800 541-1833

Spiral Foods: <http://www.spiralfoods.com.au/> 613 8616-7800, 612 8231-44001615