PRAWNS, VEGES ITALIA & SPAGHETTI

INGREDIENTS:

- **2** **servings (8oz/226.8g) of gluten-free rice spaghetti** (NO corn or soy)
- **12** **large-medium prawns**
- **1** **fresh lemon**
- **2** **small bell peppers** (red & orange or yellow)
- **1** **zucchini**
- **2** **Swiss mushrooms** (medium)
- **2** **cloves of garlic** (or equal amount of dried garlic)
- **5** **shakes of Italian herbs** (marjoram, onion, thyme, basil, oregano, garlic)
- **¼** **tsp of red chili**
- **1** **pats of unsalted butter**
- **½** **cup of pure revitalized or spring water**
- **1** **cup Tomato Sauce Italia**
- **8** **Sicilian olives** (pitted)
- **16** **leaves of sweet basil** (fresh and/or dried equivalent)
- **2** **Tbsp of extra virgin olive oil**
- **8** **grates of Pecorino sheep milk cheese** (adjust to taste)

DIRECTIONS:

Cook the pasta in a saucepan until al dente, drain, cover, and set aside.

Remove the outer shell and inner vein of the prawns, wash well. Squeeze the juice of a lemon into a bowl, add teh prawns, and set aside.
Wash all the vegetables well. Clean out the pepper's stems and inner seeds.
Cleanse the mushroom top with a natural bristle brush and remove loose ends.
Slice the peppers, zucchini, and mushroom into a large fry or sauté pan with the chopped garlic, herbs, chili, butter, and water.
Cover and steam for a minute or two. Then, sauté and stir until tender. Do not burn or let the ingredients dry out. Add water if needed.
Add the pre-cooked Tomato Sauce Italia and stir.
Cut small strips of the basil leaves into the mixture and stir.
Add the prawns with the lemon juice and sauté for a minute or two, until the prawns are lightly cooked. To maintain tender prawns, do not over cook.

Warm the cooked pasta and place each serving in a bowl.
Place the ingredients on the pasta lightly sprinkle the olive oil over the top.
Grate the Pecorino cheese to the top of each dish and ENJOY!

Serves 2
Use **organic** ingredients & wild caught prawns

Suitable for O, B & AB blood types
For A blood type, eliminate the red bell peppers and Tomato Sauce Italia

Prawns are used in many different cuisines and found all over the world in ocean depths of 50 metres in rocky substrate, under rocks, or in rock crevices.
Tiger Prawns are the largest variety. Merquiensis (banana) prawns are among the most tasty variety. Some of the world's best, fresh prawns come from Australia.
Prawns are among the healthiest sources of quality protein with 25g per 100g of prawn. They are low in calories and rich in nutrients. Though high in cholesterol they do not raise the body's cholesterol because of their unique, healthy fat profile, which contains three times as much omega 3 as omega 6 fatty acids. Omega 3 promotes brain and cardiovascular health and is associated with lowering high blood pressure.
Prawns are also a great source of selenium, phosphorus, choline, copper, iodine, zinc, vitamins B-12, B-6, B-3, and E, which help produce energy, build muscle and strong bones, decrease the risk of cancer, protect the immune system, and replenish red blood cells.
Prawns also contain iron, magnesium, pantothenic acid, and the xanthophyll carotenoid, called astaxanthin, which has strong antioxidant and anti-cancer properties.
AVOID cheaper frozen prawns from SE Asia and various fish farms, which are unsafe because of the polluted conditions they are grown in. The mercury and bacteria they contain can cause serious neurological damage and food poisoning.
About 55% of prawns consumed in the U.S and worldwide are farmed. Farming practices can vary wildly. Instead of incorporating natural feedstocks with both algae and zooplankton, many farms use synthetic feed, which is quite controversial.
Therefore, select wild caught, fresh or frozen prawns from clean waters and reliable sources that are firm and still in their shells Smell is a good indicator of freshness and why fresh are better than prepackaged. AVOID prawns with black spots (flesh rot) or that appear yellow or gritty, which is an indication that sodium bisulphate or another chemical has been used to bleach the shells.
Those with seafood allergies should avoid prawns. However, some reactions are because of a sulfite preservative used to protect the shelf life of the prawn.
Prawns are highly perishable, so store them in the cold part of the fridge with ice packs. Consume fresh prawns within a day or two. Frozen prawns can last for several weeks. Defrost them in a bowl of cold water or in the fridge.
To prepare... wash well, peel, devein, and soak them in fresh lemon juice, which kills some bacteria and adds flavor. Prawns can be steamed, boiled, baked, grilled, stir-fried, or sautéd.
Seafood Resources: *Monterey Bay Seafood Watch*: www.seafoodwatch.org and NOAA: http://www.fishwatch.gov/.

Native to Asia, the **lemon** is one of Nature's super foods. It entered Europe through southern Italy during the first century AD and was introduced to Persia and then Iraq and Egypt around 700 AD. It was distributed throughout the Arab world and Mediterranean regions between 10000 ad 1150. It was first cultivated in Genoa, Italy in the middle of the 15th century and introduced to the Americas in 1493 by Christopher Columbus.
The Meyer, with its thin skin, is less acidic than the Lisbon and Eureka lemons.
A fresh lemon is the only food that is anionic, which means it is a negative ion that corresponds to alkaline. After 30 minutes of exposure to air ((oxygen) it becomes cationic, which corresponds to acid. It can stimulate brain activity and is high in flavanoids, which contain cancer fighting antioxidants.
The lemon is a rich source of vitamins C & B, phytochemicals, bioflavanoids, pectin and other dietary fiber. It also contains copper, calcium, magnesium, iron, and limonene, which helps to promote immunity. The lemon, which is 5-6% citric acid, has been used

therapeutically since ancient times in the following ways:

- In the treatment of cholera, malaria, insect bites, bee/wasp stings, mouth sores, and food poisoning because of its strong antibacterial, antiviral, and immune-boosting substances.
- To purify the blood, freshen the breath, and treat a fever, cold, flu, sore throat, tooth ache, sunburn and other burns, an asthma attack, and respiratory/breathing problems.
- To alleviate indigestion, acidity, heart burn, constipation, and cleanse the liver, which in turn improves the skin.
- In skin care it is used in to treat acne, eczema, psoriasis, sunburn, blackheads, and pimples. Lemon juice also helps to cleanse the skin, fade age marks and scars, and reduce wrinkles.
- To dissolve skin lumps, corns, and calluses.
- To reduce weight and lower high blood pressure and cholesterol.
- To treat rheumatism, arthritis, and polyarthritis and reduce uric acid because of its anti-inflammatory properties.
- To eliminate kidney stones and prevents the formation of crystals with its urinary citrate that it forms.
- To rid the body of gall stones when combined with extra virgin olive oil.
- In hair care it is used to treat dandruff and other scalp conditions. Lemon juice also provides a natural shine to hair.

In culinary use its juice, rind, and zest are used in a wide variety of foods, sauces, and drinks. In Polynesia, it is widely used to marinade and 'cook' fish. Its acid neutralizes amines in fish by converting them to nonvolatile ammonium salts. It is also used as a a short-term preservative for certain foods that tend to oxidize or turn brown. .
Lemon juice is good in teas, drinks, dressings, poultices, and as an astringent on the skin.
Lemon balm has a calming effect, which helps to alleviate anxiety, nervousness and tension.
Lemon juice is also used as a cleaning agent to brighten copper, lift grease, and remove stains; especially on clothing.
Lemon oil is used as a room freshener and increases alertness.
The lemon is a common ingredient in Indian Traditional medicines (Siddha and Ayurveda)
China, India, and Mexico are the worlds largest producers.
Select lemons that are tree-ripened, thin-skinned and round. Store in a cool dry place.
When ripe, refrigerate them to avoid formation of mold. Once cut, cover to prevent vitamin loss and store in the fridge.

Native to Mexico and other Central American regions, the **red bell pepper/capsicum** has been cultivated for more than 9000 years. China is the largest producer followed by Mexico and the United States.
The red bell pepper is rich in anti-inflammatory and antioxidant phytonutrients such as carotenoid and lycopene, minerals, and fiber. Its carotenoids lutein and zeaxanthin are found in high concentrations in the macula of the eye and protect the macula from oxygen-related damage. The red bell pepper is also a good source of vitamins C, A, B, K, folate, and flavonoids/bioflavanoids/vitamin P, making it beneficial for the heart and skin. The white inner cavity is rich in flavonoids. In addition, the red bell pepper/capsicum contains the alkaloid compound capsaicin, which has anti-bacterial, anti-carcinogenic, analgesic, and anti-diabetic properties. They can be eaten raw or cooked. Paprika is the dried powdered from of the red bell pepper.
Select deep red peppers that taut, heavy, and firm. Store ripe peppers in the refrigerator and wash with cold water to retain their antioxidant capacity.

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.

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 a*s 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.

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 and 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 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.

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.
It is a member of the *Allium* family, which includes onions and leeks. Garlic contains a unique combination of powerful flavonoids and sulfur-containing nutrients including thiosulfinates (allicin), sulfoxides (alliin), and dithiins (ajoene). Allicin, one of garlic's most highly valued sulfur compounds, stays in tact for only 2-16 hrs. at room temperature.
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 is also a good source of selenium.
Garlic's combination of anti-inflammatory and anti-oxidative stress compounds help prevent or improve degenerative cardiovascular conditions like artherosclerosis and the forming of blood clots.
Garlic lowers blood pressure in two ways:
One particular disulfide called ajoene, has been shown to have anti-clotting properties. It 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. Red blood cells take sulfur-containing molecules in garlic and use them to produce H2S, which in turn help our blood vessels expand and balance blood pressure. H2S is placed in the same category as nitric oxide (NO). However, not all garlic extracts can be used in the same way, and thus, do not provide this same benefit. Plus, cooking, microwaving, or adding garlic to acidic foods like lemon juice, cause it to loose some of its properties. Letting garlic sit after chopped or crushed it, increases its benefits.
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 (an 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 garlic, buy organic, for convenience.
Store garlic in an open basket in a cool dry place and away from sunshine and heat.

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.