

## QUINOA PENNE, ASPARAGUS, MUSHROOMS, & FETA

### INGREDIENTS:

- 1 cup of quinoa penne
- 2 bunches of small asparagus
- 1/3 cup of water
- 2 medium Portobello/Swiss mushrooms
- 5 shakes of dried garlic; or 2 cloves of chopped fresh garlic
- 1/2 tsp of dried chili pepper (fresh or dried)
- 1 Tbsp extra virgin olive oil
- 3 thick slices (40g/2oz) of goat or sheep milk feta; or Chevrette

### DIRECTIONS:

**Add the penne to a pot of boiling water and cook until it is al dente (cooked but not too soft). Remove the water and set aside.**

**Wash the asparagus well, cut off most of the stems (optional) and place the asparagus into a small fry pan.**

**Wash the mushrooms well and cleanse the tops with a natural bristle brush. Trim the loose edges and stems and slice smaller pieces of the mushrooms into the pan.**

**Add the water, garlic, and chili pepper, and steam for about 5 minutes.**

**When cooked, mix these ingredients with the olive oil into the pot of penne, stir, and warm. Add more water if needed to avoid sticking. Cut slices of feta onto the ingredients and stir. Fill two bowls and ENJOY.**

Use **organic** ingredients

Serves 2

Suitable for ALL blood types

**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.

The **Portobello/Swiss mushroom** is a fully mature version of the crimini fungi. It 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. These mushrooms complement beef, poultry, various vegetables, rice dishes, or an omelet.

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 thiosulfates (allicin), sulfoxides (alliin), and dithiols (ajoene). Allicin, one of garlic's most highly valued sulfur compounds, stays intact 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 (H<sub>2</sub>S) 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. H<sub>2</sub>S 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.

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