

## **SPIRALS, MUSHROOMS, & RED CHARD**

### **INGREDIENTS:**

- 3 cups (375g) of Organics Rice gluten-free Pasta Spirals**
- 1 bunch of organic Red Chard**
- 1 cup of revitalized or pure spring water**
- 1 cup of sliced portobello mushrooms**
- 8 Sicilian green or Castelvetro olives (pitted)**
- 1 cloves of garlic chopped; or equal amount of dried garlic powder/granules**
- ½ Tbsp extra virgin olive oil (optional)**
- 1 Tbsp Garlic & Chili flax seed oil (Omega Nutrition)**
- 6 Tbsp of grated Romano Pecorino (sheep) cheese**
- 4-5 Shakes of Italian Seasonings (Simply Organic)**
- 1 Pinch of crushed Red Pepper**

### **DIRECTIONS:**

**Add the pasta to a 2 qt/1.5L pot of boiling water and cook until it is al dente (firm but not overcooked). Drain the water**

**While the spirals are cooking, wash the chard and mushrooms well. Remove the large part of the chard stems. Slice the mushrooms and chop the olives.**

**Slice strips of the chard into a 2 qt/1.5L pot with 1 cup of water. Add the sliced mushrooms, garlic, and crushed red pepper, cover, and steam until tender. Save the liquid.**

**Pour the spirals into the pot with the chard mixture, stir and warm on low heat for a few seconds. Sprinkle more garlic powder and the Italian Seasoning and add the olives. Add the oil and gently mix with the liquid.**

**Fill two bowls with the ingredients and liquid, sprinkle or grate the Romano Pecorino cheese on them, and ENJOY!**

Serves 2

Use **organic** ingredients

Suitable for ALL blood types

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.

**Red Chard**, native to Sicily, was first described in 1753 as the plant species *Beta vulgaris far. cicla*. It is a cultivated descendant of the sea beet, *Beta vulgaris subsp. maritima* and belongs to the chenopodioideae (quenopodiaceae), which are now included in the Amarantheaceae family — the



same as beets and spinach. It is biennial and cultivated widely around the world and included in the diet of many countries and cultures. Red chard is very rich in nutrients and antioxidants

**Nutritional value per 100 g (3.5 oz)**

<b>Vitamin A 6124 i.u.</b>	<b>Calcium 58 mg</b>
<b>Betacarotene 3,652 mcg</b>	<b>Iron 2.26 mg</b>
<b>Lutein, Zeaxanthin 11015 mcg</b>	<b>Magnesium 86 mg</b>
<b>Folate 9 mcg</b>	<b>Manganese .334 mg</b>
<b>Choline 28.7 mg</b>	<b>Phosphorus 33 mg</b>
<b>Vitamin C 18 mg</b>	<b>Potassium 549 mg</b>
<b>Vitamin E 1.89 mg</b>	<b>Sodium 179 mg</b>
<b>Vitamin K 327.3 mcg</b>	<b>Zinc .33 mg</b>
<b>Vitamin B complex</b>	<b>Copper</b>

Red chard is also an excellent source of antioxidants such as flavanoid polyphenols such as quercetin, kaempferol, rutin, and vitexin, alpha lipoic Acid (ALA), vitamin C, vitamin E, and pigments such as carotenoids, including beta carotene. The flavonoids, vitamins present in red chard helps reduce heart disease by acting against hypertension and inflammation and inhibiting blood clotting.

It is also rich in fiber which feeds beneficial gut bacteria, promotes bowel movements, and maintain healthy cholesterol levels. A high fiber diet also slows down digestion and balances sugar levels in the blood. High fiber diets also help prevent stomach and colon cancer and heart disease. It also helps lower blood sugar and glucose levels. One serving provides up to 4 grams of fiber.

One serving of red chard provides 716% of the RDA of vitamin K. K1 (phylloquinone) and vitamin K2 (Menaquinone). This vitamin plays an important role in bone health. Vitamin K forms osteocalcin, a protein related to bone formation. A deficiency is associated with an increased risk of bone fractures and osteoporosis. It is also rich in potassium and other minerals which are linked to regulating blood pressure.

While there are many different varieties of chard, red chard is the most nutritious and tastiest. Chard is best lightly steamed or sautéed and can be used in pasta dishes, soups, stir-fries, salads, or omelets.



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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