



How to Work with Super Foods

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LEGUMES

Chickpeas
Lentils
Soybeans*

SEEDS

Flaxseed*
Sesame seed*
Sunflower seed*

OTHER

Sea Vegetables*



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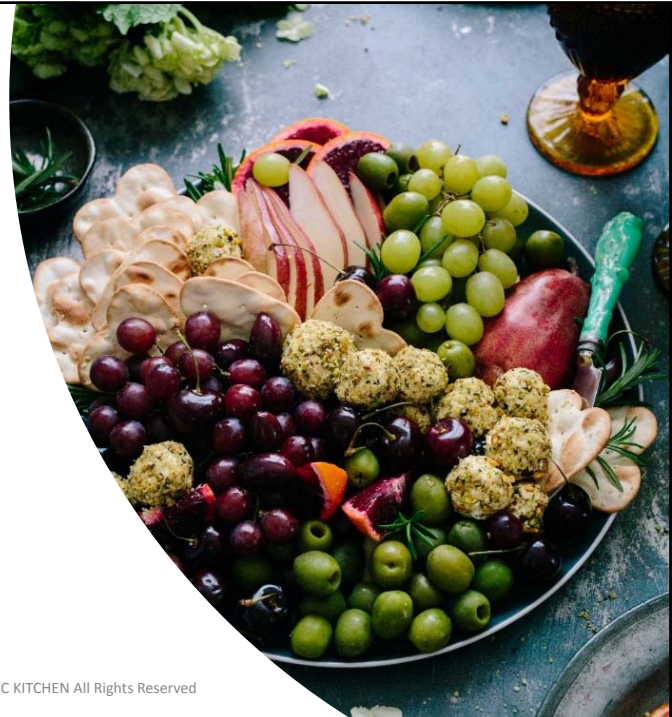
Chickpeas

- They pack a complete protein punch, literally providing all essential and non-essential (because we can make them), amino acids which are the building blocks for protein.
- Chickpeas are used in their whole and ground (flour) form in many countries.
 - You'll find them in their whole form in curries in India
 - Soups and salads in Europe and the United States.
 - In their hummus form and also smashed down and rolled into delicious Falafel in the Middle East.
 - Different cultures have their version of flatbreads made from chickpea flour. The Italians call their version Farinata, the French – Socca and in India, Poppadum.

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Easy stuff to do with chickpeas

- Use to dredge or thicken as a substitute for wheat flour
- Dips and spreads
- Patties and falafel (Then freeze them)
- Add to soups and grain-based salads
- Roast them for a snack
- Throw them on top of a chopped salad
- Eat them fresh cooked or rinsed, when you dump them out of the can
- Curried



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Easy Curried Hummus

- 1/4 cup raisins or golden currants (sultanas)
- 1 15 oz can chickpeas, rinsed
- 2 tablespoons fresh lemon juice
- Zest of 1/2 lemon
- 1 tablespoon olive oil
- 1 teaspoon curry powder
- 1 teaspoon ground ginger
- 2 tablespoons water (or more as needed)
- 1/2 teaspoon salt

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Lentils

- Mainly three types of lentils: red, green and brown found in stores
- Source not only of robust cofactors, but also of protein and fiber. Research suggests robust polyphenol profile
- Europe's polyphenol database notes that lentils are rich in bioactives that have food-gene crosstalk capability, although we cannot say that lentils talk to our genes in the same way that onions (contain quercetin) do
- Food-gene conversational bioactives in lentils include: apeginin, luteolin, myricetin, quercetin and resveratrol

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Easy stuff to do with lentils

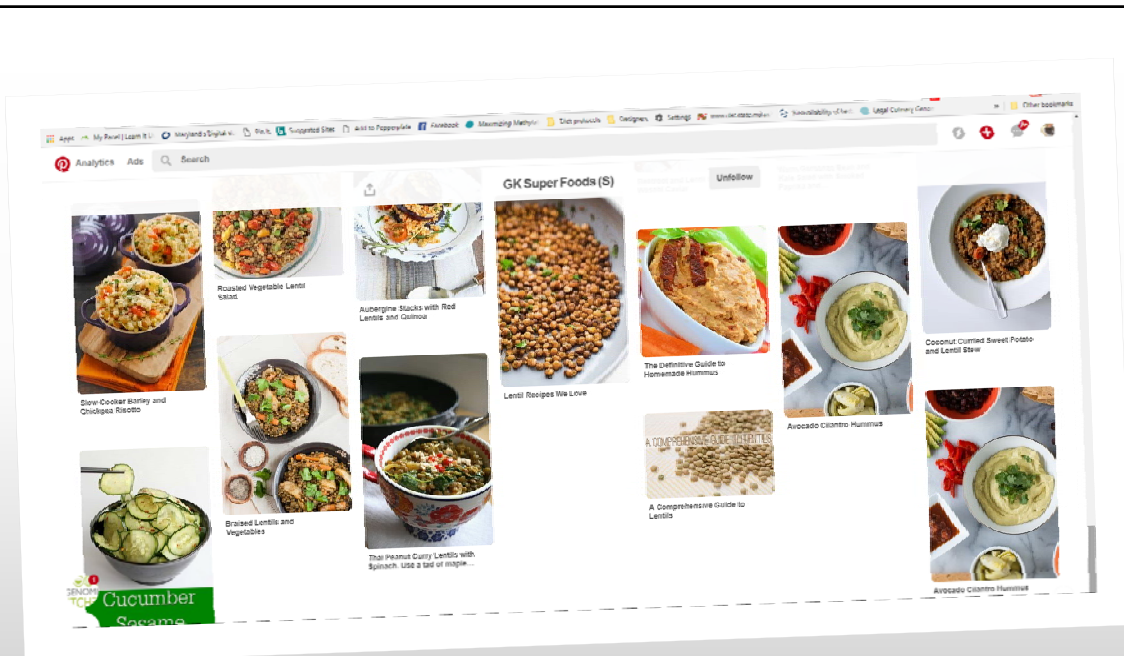
- Lentil soup (add curry for a gene-talking punch)
- Dahls: my favorite: essentially curried lentils
- Lentil Salad: use lentils instead of grains as a base for salads. Use the green or brown variety for this
- Dips/Spreads: Use lentils instead of other beans as a base for your dips
- Add lentils to ground meats to provide an alternative plant-based protein source and to extend the volume of the dish

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Simple Curried Red Lentil Dahl

- 1 cup red lentils, washed & drained
- 2 tablespoons olive oil
- 2 teaspoons cumin seeds
- 1 red onion, finely chopped
- 1 inch gingerroot, grated or minced (or 1 tsp dry ginger)
- 1 green chili, seeded, finely chopped
- 3 tomatoes, finely chopped
- 1 to 1 1/2 teaspoons sea salt
- 1 teaspoon turmeric
- 2 teaspoons ground coriander
- Chopped cilantro for garnish

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Soybeans

- Nutrient rich among the beans
- Rich source of the bioactives genistein and daidzein
- Use in their whole form: beans, edamame
- Use soybeans in place of any bean
- Tofu, tempeh are cultured forms

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Flaxseed

- An excellent source of Alpha-Linolenic Acid (ALA) which can be converted to the user-friendly form of EPA and DHA (aka Omega-3 Fatty Acids).
- An excellent source of a class of polyphenols called lignans. Sesame seeds, on our Superfoods list are also an excellent source.
- Lignans can help us moderate estrogen metabolism, which can be very damaging to health, particularly for women if not managed correctly. In today's society we see a lot of elevated levels.
 - Lignans can help offset these damaging levels by reducing estrogen activity.
 - Like a boat that is occupying your private slip, lignans can occupy estrogens cellular slip or mooring so that it can't dock and wreak havoc.

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Egg substitute

- Flaxseeds also contain mucilage which help your gut do what it does best: extract the nutrients it needs and move on out the stuff it doesn't need
- Food with a high mucilage content is also useful in the kitchen as a replacement for eggs in baked products
- 1 tablespoon flaxseed + 3 tablespoons water

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Easy stuff to do with flaxseed

- Add to anything you put in a blender or food processor: soups, smoothies, dips
- Throw it on anything you might add any other nuts or seeds to: salads, breakfast cereal
- If you bake, use it as a raw ingredient (whole flaxseed, or ground)
- Use as an egg substitute or replacer
- Use it as a thickener
 - Mix 3 tablespoons of water with one tablespoon of flaxmeal and let it sit for about 10 minutes you'll have a gel-like product similar to the texture of a raw egg.
 - You can then use this in ingredients as a binder. I use it instead of an egg when I am making curried salmon patties for example

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Curried Salmon Cakes

- 14 ½ can salmon, drained and flaked (preferably with skin and bone included)
- 1 stalk celery cut into ¼ pieces
- ½ cup leeks or onions – fine chopped
- 2 tablespoons olive oil
- 2 tablespoons curry powder
- 1 egg, lightly beaten **
- 3 tablespoons lemon juice
- ½ teaspoon each salt & pepper
- * For egg-free make a slurry with 1 tablespoon flaxmeal and 3 tablespoon water

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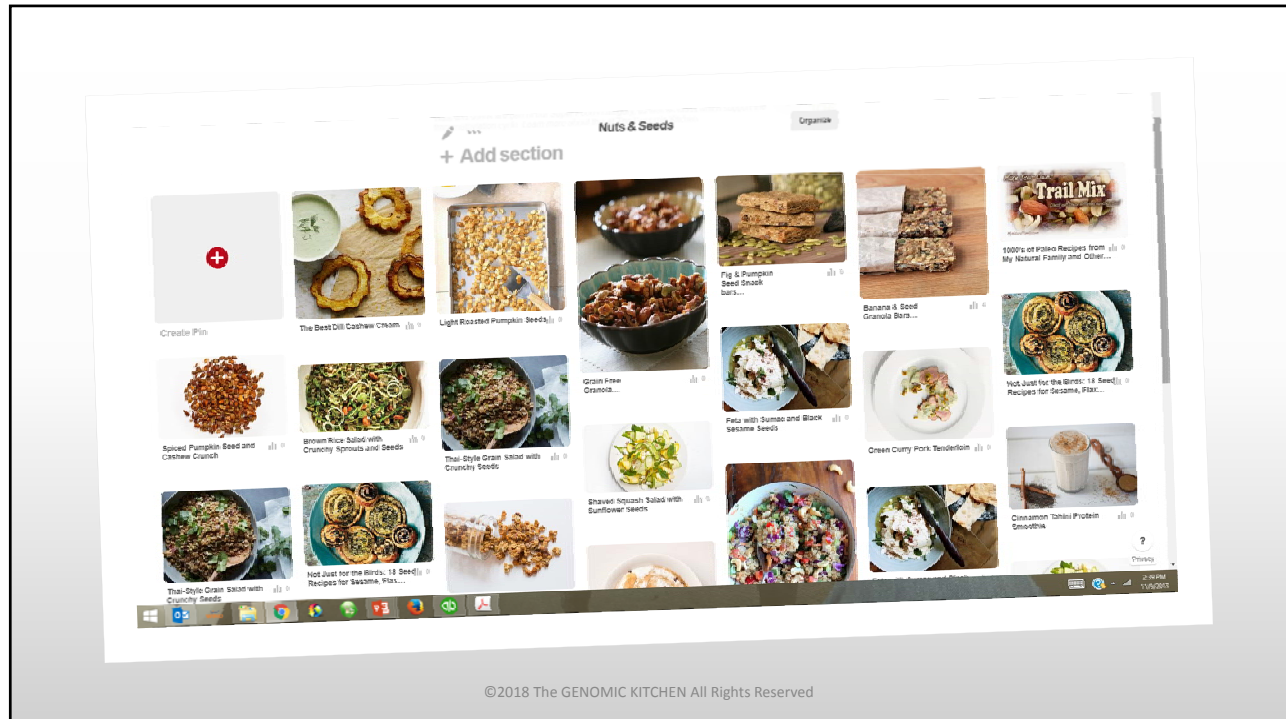


PREPARATION

- Preheat oven to 375 F. Line a baking sheet with parchment (or foil).
- Heat olive oil over medium heat. Sauté leeks (or onions) and celery until softened – 3-4minutes
- Add all remaining ingredients and mix thoroughly
- Shape mixture into patties -approx 1" thick x 2 ½" wide. Place on baking sheet
- Bake 12-15 minutes until heat through and mildly brown on top
- Serve with a seasonal slaw or salsa of your choice

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Sesame Seeds

- Sesame seeds are one of the oldest oilseed crops and also one with the highest oil content
- Many of you may be familiar with sesame seeds in their coatless (or de-hulled) form, adorning bread and buns, but across the world the seed takes many different forms
- In the Middle East, sesame seeds are ground into tahini, a paste that you may know well if you eat authentic hummus
- Sesame seeds mixed with salt is called gomasio and used as a condiment in Japan





Easy stuff to do with sesame seeds

- Make (or buy) a basic tahini paste to use in hummus and salad dressings
- Add different flavors to the tahini paste
- Add to pestos
- Sprinkle on breakfast cereals, salads and just about in, or on anything
- Add to smoothies
- Add to homemade energy bars or energy balls
- Add to bean based patties and falafel
- If you bake, throw it into our mix or batter

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Sesame Apricot Balls or Bars

- $\frac{3}{4}$ cup almonds
- 1 $\frac{1}{4}$ cups unsulfured apricots
- Zest of one orange
- 2 Tbsp nut or seed butter
- 2 Tbsp sesame seeds
- 2 Tbsp melted coconut oil
- $\frac{1}{4}$ Tsp salt
- 1.5 tsp ginger (or more to taste)
- Pinch cayenne (optional)

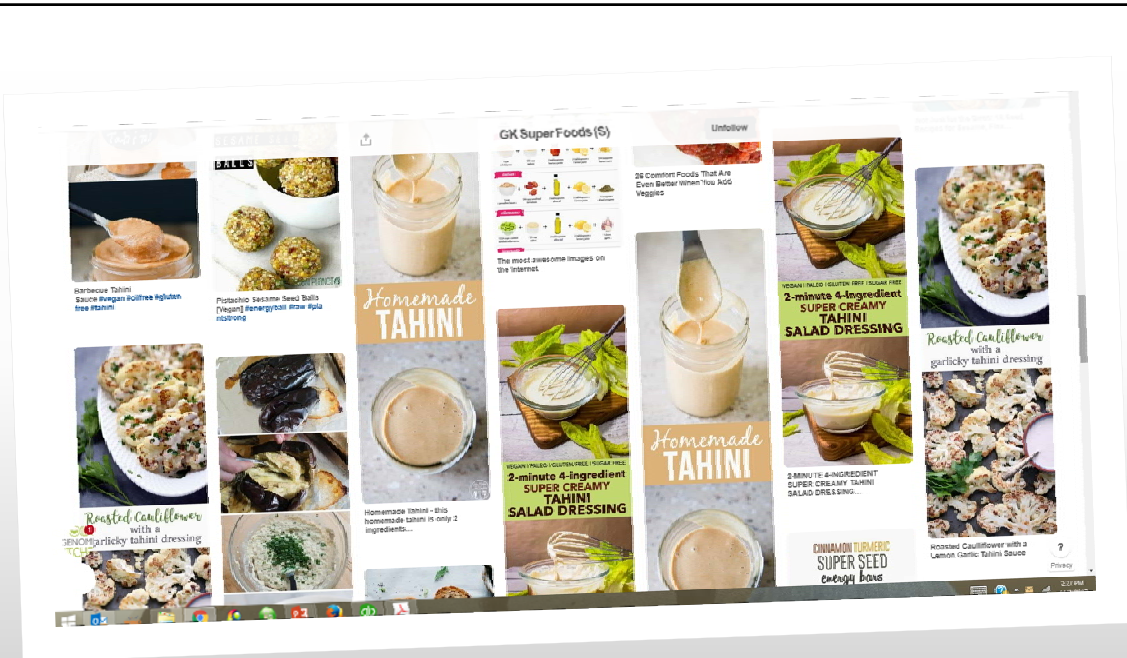


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- Pulse the almonds in a food processor to a coarse meal
- Add all remaining ingredients and pulse until combined
- Roll into balls the size of a golf ball, or press into a small square pan
- Keep refrigerated or frozen



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Sunflower Seeds

- One of the nutrients that Americans are most deficient in is selenium, and sunflower seeds are a great source!
- Selenium is one of the power nutrients we need to help support the enzymes that helps us combat oxidative stress and support detoxification.
- Sunflower seeds are actually the *fruit* of the sunflower. Most sunflower seeds are grown for their oil and are solid black.
- The striped sunflower seeds, however, are the ones we actually consume as an ingredient.
- Russia, the Ukraine and the European Union actually grow the most sunflower seeds!

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Easy stuff to do with sunflower seeds

- Sunflower seed butter (instead of a nut butter)
- Pestos and dips
- Toasted or roasted for snacks and trail mix
- Toppings or additions to salad
- Add to granola, granola bars, energy bars
- Add whole or ground into veggie burgers
- Grind up and use as a "flour" to dredge

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Recipe: Sunflower Seed Pesto

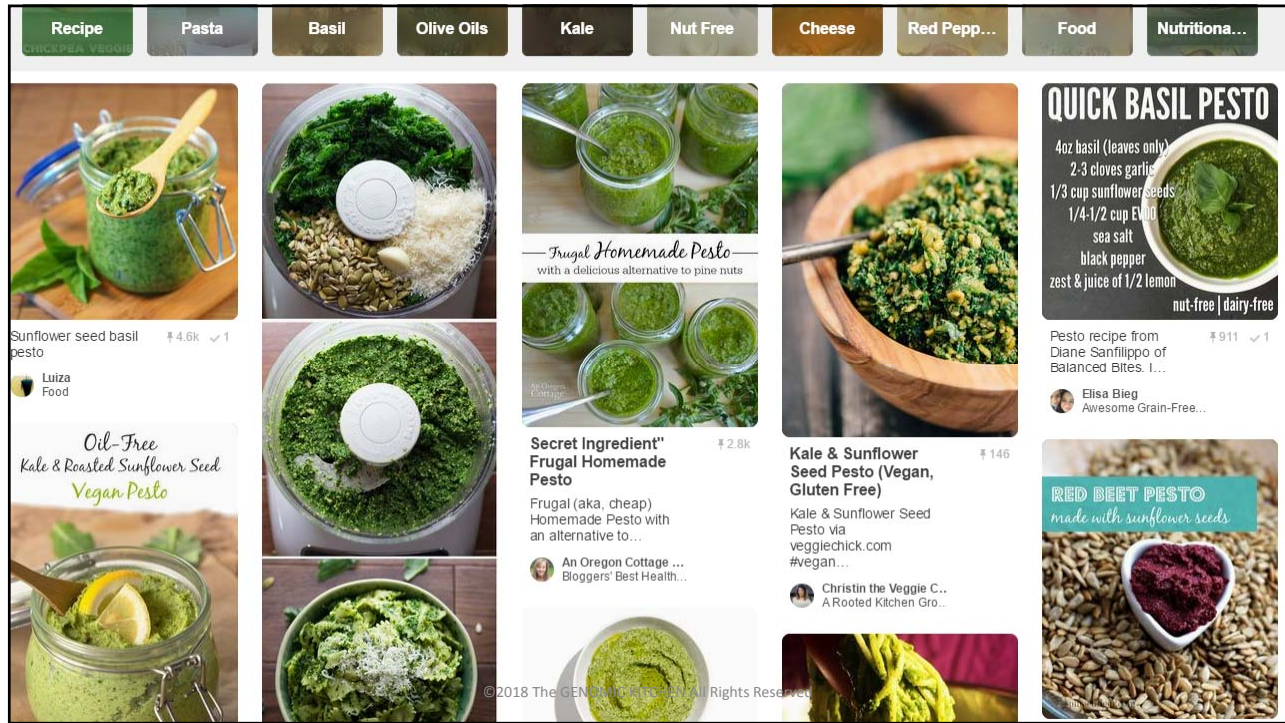
- **1/2** cup raw shelled sunflower seeds
- **1** small garlic clove
- **2** cups (packed) arugula leaves
- **1** cup (packed) fresh basil leaves
- **1/4** cup extra-virgin olive oil
- **2** teaspoons honey
- **1** teaspoon finely grated lemon zest
- **1** tablespoon fresh lemon juice
- Kosher salt

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- Rinse sunflower seeds
 - Put in a small bowl or jar, and add cold water to cover seeds by 1 inch. Cover; soak overnight at room temperature.
 - Drain and rinse seeds.
 - Puree sunflower seeds, garlic, arugula, basil, oil, honey, and lemon zest and juice until smooth. Season with salt. Thin pesto with water if too thick.

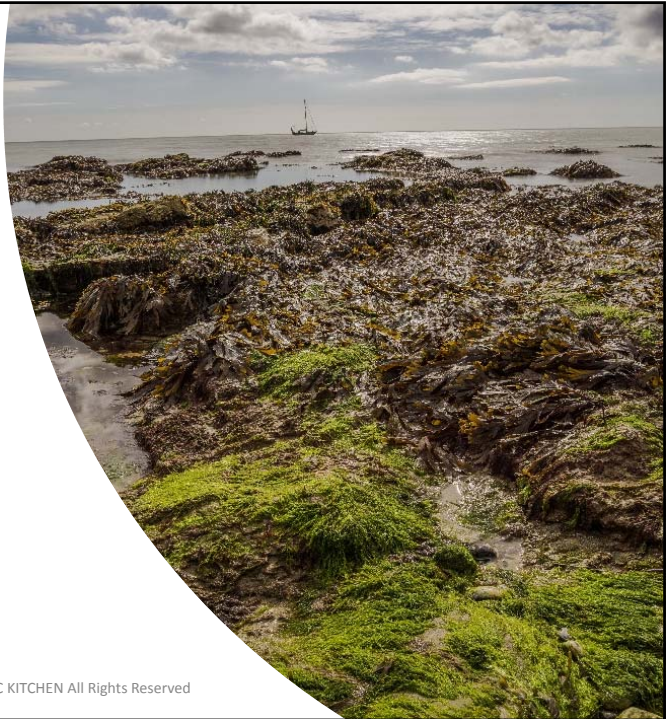
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Sea Vegetables

- Wakami, Nori, Kelp, Kombu, Dulse
- International section of your grocery store
- This group rises to the top of the nutrient density list
- "Nature's most perfect food that most of us have never eat but should"
- Natural iodine content
- No need to buy commercial iodized salt. Just add some sea vegetables to your salt grinder and you make iodized salt with a big nutrient punch



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Easy stuff to do with sea vegetables

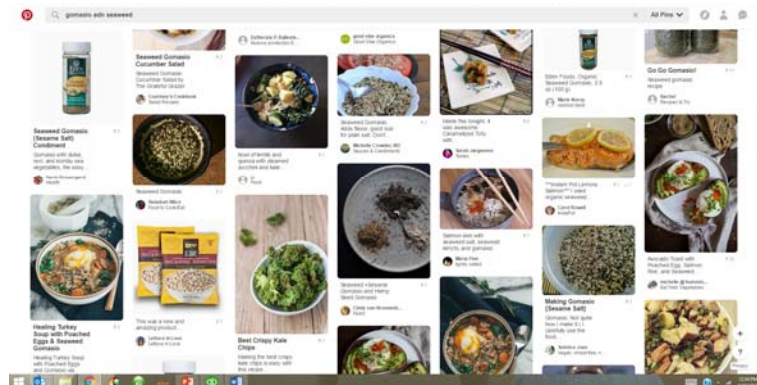
- Easiest way: Crumble up a sheet of nori and add to your salt grinder or homemade gomasio.
- Add to smoothies, dips, pestos, stir fries
- Crumble or flake into soups, onto salads
- Add a sheet of kombu to your pot of legumes or grains
 - Seaweed imparts flavor and also helps dissipate gas for those of you who have a tough time with delicious legumes
- Fun and delicious: make homemade sushi (with seafood or vegetarian)



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Make your own Gomasio!

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The Enablers

Next Session

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