



In Harmony With Nature

# Seasonal Recipes

By Teresa L. Crosier, D.O.M.



# About Teresa

Teresa L. Crosier, Doctor of Oriental Medicine, has been a health care practitioner for over 30 years. She is the author of the book In Harmony With Nature, Bits of Healing Wisdom for Healthy & Transformational Living. She is also the creator and founder of the Academy of Inner Knowledge, an online school.

As a clinician and teacher, she has many years of experience in the care and management of pain and stress-related illnesses using acupuncture, massage, herbs, movement therapy, seasonal nutrition and lifestyle counseling.

Because food is our first line of defense to prevent illness, she teaches that what we put into our bodies truly matters.

SPRING

# Arugula



# & Avocado Salad



## Ingredients:

1 pre-washed bag of arugula  
1 avocado  
hunk of parmesan cheese

## Dressing

2 tsp lemon juice  
1 med. Clove garlic (finely minced)  
4-5 tbsp olive oil  
salt and ground pepper  
or  
2 tbsp aged balsamic vinegar  
1 medium clove garlic (finely minced)  
4-5 tbsp olive oil

## Instructions:

Blend garlic and lemon juice (or vinegar). Drizzle over arugula. Top with avocado and shaved Parmesan cheese.

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# Lemon-Rosemary



## Chicken

### Lemon Rosemary Chicken Strips

Marinate 1 –2 lbs. Boneless / skinless chicken breasts in a mixture of 1/2 tsp. garlic powder, 1/2 tsp rosemary, and juice of one (1) lemon for three to six hours. Layer into oven dish and broil 5-8 minutes, turning once.

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SUMMER

# Cajun Shrimp



& Corn



with Wilted Greens

## CAJUN SHRIMP AND CORN WITH WILTED BABY GREENS

2 lbs shrimp, peeled and de-veined  
2-3 teaspoons Cajun Seasoning  
2 tablespoons olive oil  
3 teaspoon minced garlic  
3 cups corn kernels (about 6 ears)  
1 pint cherry or grape tomatoes  
2 red bell peppers  
4 tablespoons minced basil  
Mixed baby salad greens

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### BASIL –BALSAMIC VINAIGRETTE

6 tablespoons balsamic vinegar

1/2 teaspoon finely minced garlic

2/3 cup lightly packed fresh basil leaves

1 cup extra virgin olive oil

2 generous pinches of sea salt

pepper to taste

Combine shrimp with Cajun seasoning in large baggie. Heat oil in large skillet over medium-high heat. Add shrimp and cook for a few minutes. Add garlic and finish cooking, 4-6 minutes. Meanwhile, slice corn off of cobs and steam corn kernels for 3-4 minutes. Let shrimp and corn cool to room temperature.

Sauté bell peppers in small amount of oil, until softened. In large bowl, combine the shrimp, corn, tomatoes, bell pepper and basil. After removing bell peppers from skillet, add baby greens and cook until wilted. Toss greens with dressing to coat. Place on plates. Add remainder of dressing to shrimp mixture and taste for any seasoning adjustments. Place shrimp on top of salad mix and serve at room temperature.



LATE SUMMER



# Mango Salsa

## MANGO SALSA

### Ingredients:

2 cups chopped red onions  
1/2 cup minced cilantro  
1 cup chopped mango  
1 cup chopped tomato  
1/2 tsp salt  
1/2 cup minced parsley  
Black pepper to taste

Mix all ingredients together. Enjoy on tacos or with tortilla chips.

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# Salsa



# For Fish

## FISH SALSA

### Ingredients:

- 1/2 cup chopped red onions
- 2 tbsps chopped olives (or olive tapenade)
- 1/2 cup chopped tomatoes
- 2 cloves garlic (minced)
- 1/4 cup minced cilantro
- 1 tsp capers
- 6-8 pieces of tilapia or cod

Mix all ingredients and spread on fish before baking.  
Bake at 400 degrees for 20 min. Enjoy!

# FALL RECIPES

# Autumn Soup



## Ingredients:

1 head of cauliflower (chopped)  
1/2 box of veggie broth  
1 large carrots, sliced  
1 cup scallions, chopped  
1 red bell pepper, chopped  
1 yellow bell pepper, chopped  
1 cup fresh chard, chopped  
2 small zucchini, chopped  
2 large potatoes  
2-3 cloves garlic  
dried dill  
dried marjoram  
dried oregano  
3 tablespoons gluten-free tamari soy sauce (or to taste)  
1 quart Soy Milk

Rinse and scrub root vegetables. In a kettle or Dutch oven, sauté carrots, bell pepper, zucchini, garlic and scallions in olive oil or butter (I use Earth's Balance) until the aromatic vegetables are translucent. Stir intermittently.

Cook all vegetable scraps, including the core of the cauliflower, in a pot of water. Bring to a boil and lower to a simmer for 10 min. Strain veggie scraps into kettle with sautéed vegetables. Discard scraps. Add veggie broth, cauliflower and potatoes and cook until tender.

Blend half of the mixture with soymilk and puree in blender until smooth. Add back to pot with rest of the soup. Add chopped chard, soy sauce and herbs. Continue to simmer another 3 – 5 minutes in covered pot. Makes 6 – 8 servings.

# Fish Stew





## INGREDIENTS:

- (2) 16 oz. cans of chopped tomatoes
- (2) cans of water
- (1) cup of chopped celery
- (1) cup of chopped bell pepper
- (1) cup of chopped onion
- (1) cup of sliced carrot
- (1) cup chopped potato
- (1) cup of 1/2 inch cubed zucchini
- (1/2) cup of chopped baby turnips (optional)
- (6) cloves crushed and minced garlic
- 1 lb. frozen fish filets (tilapia, whitefish, or cod), cut into 1 in. cubes
- 1 lb. frozen shrimp, shelled and deveined
- (2) capfuls of Zatarin's crab & shrimp boil
- (2) bay leaves
- hijiki or arami seaweed (optional)
- small handful of parsley
- small handful of oregano
- gluten free tamari soy sause
- olive oil

## DIRECTIONS:

Soak 1/2 cup of seaweed in water. Let sit for 15 minutes. Strain and soak again. Strain and set aside. Saute carrots and potatoes in olive oil until slightly tender. Set aside. Saute onion, celery, bell pepper and turnips, add garlic when onions glisten. Add to carrots and potatoes. Combine tomatoes, water, seaweed and zucchini in large pot. Cook on high heat for 15 min. Add aromatic vegetables, carrots, potatoes and seasonings. Reduce heat and simmer about 15 min. Add fish and shrimp to mixture. Add herbs. Cover. Cook for 10 min. or until fish flakes easily w/ fork. Serve with your favorite bread.

# WINTER RECIPES



Rooibos Chai

1-inch fresh ginger root  
15 – 20 cardamom seeds  
10 – 12 cloves  
1/2 tsp ground nutmeg  
2 cinnamon sticks  
5-6 peppercorns  
3 tablespoons of loose Rooibos Tea (or three tea bags)  
2 tablespoons black tea (optional)  
Half & Half (can use soymilk or regular milk instead)  
Raw sugar

Fill pot with 6 cups of water. Grate ginger root into the water. Add cinnamon sticks and bring water to a boil. Once the water boils, turn down to simmer. Open cardamom pods and take out seeds. Crush the seeds with mortar and pestle (or put the pods into a baggie and crush with a hammer). Add to ginger water. Crush cloves and add also. Add 5-6 peppercorns. Turn off heat and add tea. Let steep for 10-15 minutes.

Add milk to desired color and turn heat on high to bring to another boil. Watch closely and immediately remove the pot from the stove when the boiling milk begins to rise. Strain into a container, and then pour into mugs. Sweeten to taste. Enjoy!!!

# Spicy Tofu

## Ingredients

- 1 lb. firm tofu
- 3 tablespoons olive oil
- 1 tsp minced garlic
- 1 tsp grated fresh ginger root
- 2 scallions, diced
- 1 tsp. cornstarch
- 1/2 tsp. sugar
- 3 tbsp. cold water
- 3 tbsp. soy sauce
- 1 tbsp. sesame seed oil



## Preparation

Drain tofu, then cut into 1 inch by 1 inch pieces. Drain again. Marinate overnight in garlic, ginger, scallions, 1 tbsp soy sauce and salt. Heat skillet or wok. Add olive oil and heat about 30 seconds. Stir fry about 3 minutes.

Mix together cornstarch, sugar, water, rest of soy sauce and sesame oil. Add the mixture to the sautéed tofu, stir well then cook another 30 seconds. Serve over rice or noodles.



# Contact

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