



Week of Wellness

Recipes

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<https://www.alanaaloha.com/> (Under construction)

Vegan Pesto

- 2 cups basil (or cilantro, parsley or half and half)
- 1/4 cup walnuts (or pine, almond, or macadamia nuts – for a nut-free alternative, try sunflower seeds!)
- 3 cloves of garlic
- 1/4 cup of nutritional yeast
- Juice of 1 lemon + zest
- 1/4 - 1/2 cup of olive oil depending on desired pesto texture (consider 1/4 cup olive oil and 1/4 cup water for lower calorie count and thinner consistency)
- 1/2 teaspoon of salt or to taste

Add the walnuts, garlic, nutritional yeast, lemon + zest, olive oil, and salt to food processor or high-speed blender. Blend until nuts are chopped fine and ingredients dispersed. Taste mixture to see how you like the ratio - add lemon, salt, or nutritional yeast as needed.

Once the base is well mixed and ratio tastes as desired, add basil (or other herb/green of your choice). Pulse until basil is well dispersed and chopped finely (do not overmix). If you like a smoother, more liquid consistency, add more olive oil or water depending on preference for flavor and richness.

When storing, I suggest adding a thin layer of olive on top to preserve freshness and green color.

"Kitchari" with Yellow Split Peas & Basmati Rice

Base:

- 1 cup dried yellow split pea - soak overnight then rinse 2x
- 2-3 cups water or broth (bone or veggie)
- 1 cup Basmati Rice - rinse 2x
- 2 cups water

Sustenance:

- 1 inch of turmeric root
- 1/2 teaspoon cayenne
- 1/2 teaspoon sea salt
- 1-2 cups of veggies of your choice / seasonal selection (carrots, sweet potato, celery, green beans, asparagus, leafy greens, beets, squash, etc.) except for onion, mushrooms, or tomatoes used in "flavor bomb"

"Flavor Bomb" Sauce:

- 2 tbsp of olive oil, coconut oil, or ghee
- 1 small onion
- 1/2 container of mushrooms
- 1 tomato
- 1 inch ginger
- 3 cloves garlic
- Cumin seeds
- 1/2 teaspoon sea salt

Start the rice in a separate container. Bring the rice and water to a boil, then place on simmer with a lid over the pan till cooked. Feel free to use a rice cooker as well.

Combine the soaked peas and 2 cups of water and bring to a soft boil. Add the turmeric, cayenne, salt and vegetables and bring the mixture to a simmer. Place a lid on and cook for 20 minutes, stirring occasionally and adding water to desired thickness. This mixture can be turned into a soup if desired, or stick with 2 cups for more of a lentil / oatmeal consistency.

While the peas & veggies are cooking, make the "flavor bomb" sauce. On medium heat sauté the onions and olive oil until translucent and fragrant. Then add the mushrooms and garlic and sauté until moisture is cooked off and items are starting to caramelize. Add spices including ginger, cumin seeds and salt. Sauté until fragrant, about 2 minutes. Chop tomato to bite size bits and add to sauté. Cook until tomato becomes a paste consistency and water is cooked off.

Once peas & veggies are cooked to desired consistency, mix in the sauce. Taste and add salt as needed. Serve with rice and enjoy!

Daily Bowel Regimen & Omega-3 Dose

Soak 1 tablespoon of flax seeds in 6-8 oz. of water overnight. In the morning, strain the seeds from the water and drink the water on an empty stomach, it should have a smooth, earthy flavor with some viscosity.

Save the flax seeds and add to a smoothie, oatmeal, rice, or pesto!