

Preparing food and eating is an Art.

The kitchen is my favorite room in the house and this time of year is no exception. However if you love to cook you also love to eat, and some of us are challenged with easy access to extra pounds on our thighs. No worries, I have found you can actually have fun with your food choices, if you are mindful to add a little color. Put your mind into it, after all digestion begins in the mind.

There are healing powers in colors in everything you do in your life. The colors we choose in our foods is no exception. Invite color into your plate at your next meal. Make it Art. Feel the love. Choose a plate of organic colorful vegetables, fruits, soups and salads. With this powerful “language of color,” we can discover how to use it to enhance our well-being and brighten up our palettes.

We can take this one step further and say eat colorful vibrant foods that have vitamins, are delicious, contain phytonutrients, fiber and are alive. These organic foods are kale, spinach, colorful salads, organic red bell peppers, asparagus, cranberries, cherries, tomato salsas, avocado salsa and more. You get the picture. If we eat like this we wouldn't gain all that extra weight over the holidays. When visiting relatives and friends you can start by bringing one favorite colorful food you know you will enjoy. Then search for other colors to go with it. Be creative.

Remember Alcohol adds weight. When drinking alcohol it is easy to drink more than one. Why- because it's sugar and doesn't contain any fiber. Avoiding alcohol for an appetizer you might drink less and enjoy your food more. Remember to taste your food.

We can avoid sugary starches, like beige foods, without much color. These include pasta, mac and cheese, mashed potatoes, breads, french fries and alike.

Health Tip: When choosing sweet foods we do not need to add sugar. Do not use sorbitol when cooking <http://csn.cancer.org/node/194278>

Add color to your plate!!!

Brown rice salad

2 cups organic brown rice
3 tbs Kalamata Olives
2 cups organic baby kale

1 cup organic red bell pepper

1 cup organic snap peas

Cook rice according to package directions, toss in other ingredients, add salt and fresh lemon juice. Serves 2 as a dinner.

Fresh Cranberry & Pineapple Sauce

2 packages of organic fresh cranberries

2 cups fresh organic pineapple sliced and minced in food processor

1 cups fresh squeezed orange juice

Place all ingredients in saucepan and heat on medium until cranberries start to burst. The color of this dish is amazingly rich. Enjoy warm or cold. Serves 6 as a side dish.

Veggies & Non Dairy Pepper Nut Cheese

Lightly Steam some organic fresh broccoli and organic asparagus -set aside

2 cups water

1 cup raw organic unsalted cashews

1 raw red organic bell pepper

½ cup Nutritional Yeast Flakes

1 tablespoon kuzu

1 tablespoon fresh lemon juice

1 teaspoon celtic sea salt

½ teaspoon garlic powder

¼ teaspoon fresh dried oregano

1/8 teaspoon cayenne (optional)

Blend raw cashew nuts in 1 cup of water until very smooth. Add 1 more cup of water and the remaining ingredients and continue blending until very smooth. Simmer in a saucepan until thickened, stirring constantly for about 5 -6 minutes. Use as a sauce for your lightly steamed vegetables.

Organic nutritional yeast flakes here:<http://www.hummingbirdwholesale.com/products/item/651>