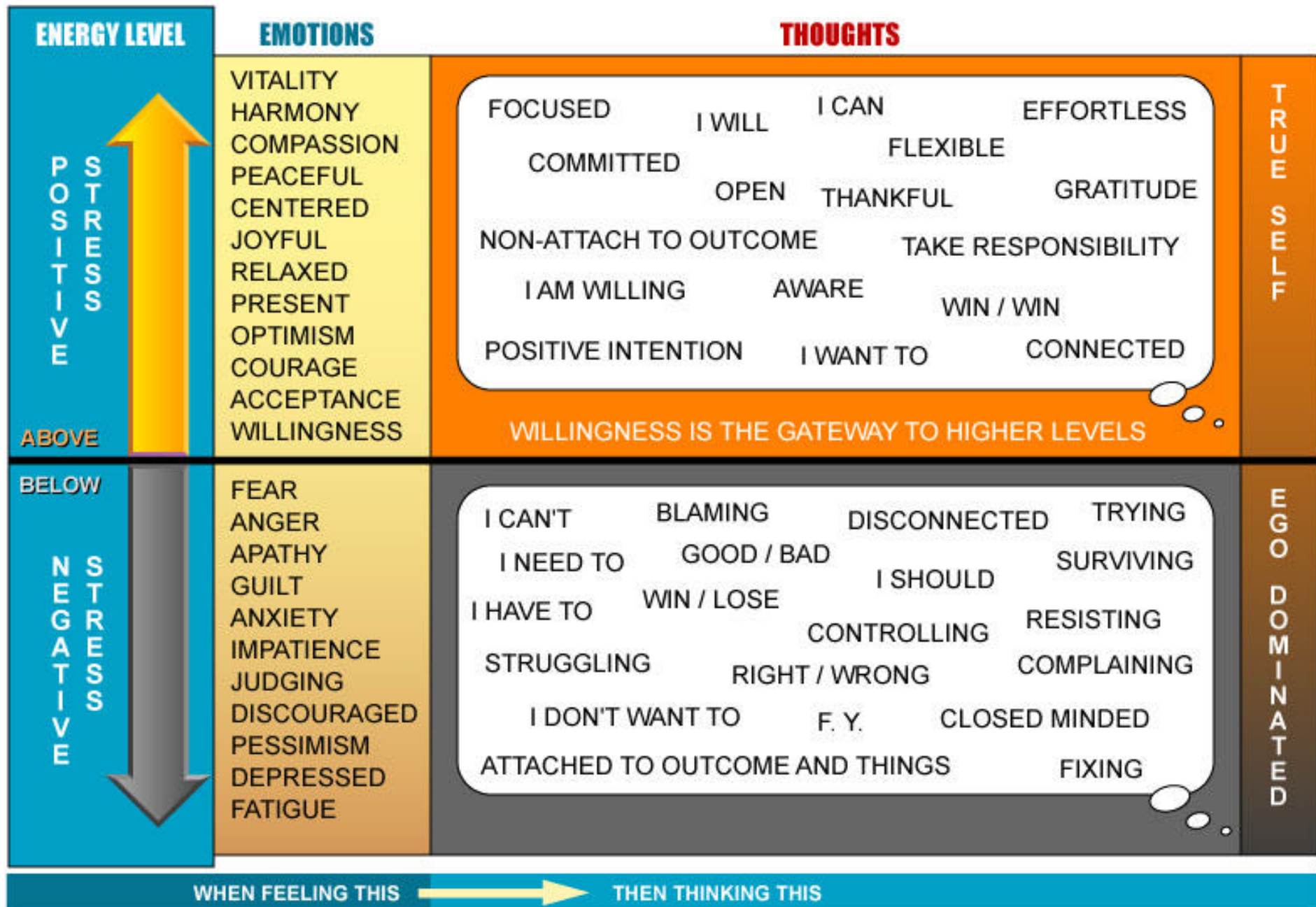


Re-Energize Your Work, Your Life! 10 Habits of Stress-Resilient People

Dr. Elaine Dembe, Health & Wellness Motivator

- Energy Chart
- Recipes

LEVELS OF ENERGY AND CONSCIOUSNESS



WHOLE FOODS MARKET

QUINOA AND SWEET POTATO SALAD WITH SPINACH

- 2c. Quinoa
- 4c. Water
- 1 ½ lb Sweet potato (approx. 1 very large or 2 small)
- 2 tbsp. Olive Oil
- Salt & Pepper to taste
- ½ c. Slivered almonds, toasted
- ½ bunch Spinach, shredded
- 3 Green onions, sliced

DRESSING

- 1/4 c. White wine vinegar (or less to taste)
- 2 tbsp. Sesame Oil
- 1/4 c. Honey
- 1/4 c. Tamari Sauce
- 1 tbsp. Minced Ginger
- 1/4 can Orange juice concentrate

METHOD

- Bring water to boil. Thoroughly rinse quinoa in sieve. Add to boiling water and return to boil. Cover and simmer for 15 minutes or until water has been totally absorbed. Stir. Cool. Spoon into a large bowl.
- Preheat oven to 325.
- Peel and dice (small pieces) sweet potato and toss with salt, pepper and oil.
- Spread on baking sheet. Bake for approx. 10-15 minutes until potato is cooked but not mushy. Cool.
- Spread almonds on baking sheet. Bake for 8-10 minutes until lightly toasted. Cool.
- Clean spinach, dry thoroughly, and shred (chop into very small pieces).
- Slice green onions on the bias.
- Add sweet potato, almonds, spinach and green onions to quinoa.
- Mix up dressing.
- Toss dressing with above quinoa mixture. Season. Refrigerate.

ROASTED KALE

- Bunch of Kale
- Oil and Salt
- Garlic

Preheat oven to 375°/400°

Strip stems and thick spiny bits off kale

Wash and dry in salad spinner

Tear into pieces*

Toss in oil, salt & garlic

Spread Kale out on baking sheet

Roast for approximately 6 minutes – watch it carefully

Remove from oven and toss around

Roast for approximately 5-6 minutes more

N.B. If you don't have a convection oven, you will probably need to set oven higher. Depending on oven – it may take a longer time or a shorter time. It's all trial and error and experimentation!

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