There’s a mountain of studies confirming the health benefits of fruits and vegetables, particularly leafy greens and cruciferous vegetables such as cabbage, cauliflower, and broccoli. They are rich in Indole-3-carbinol (I3C), which protects cells against cancerous changes via DNA damage.\textsuperscript{15} Kale, bok choy, and mustard greens, too, are all full of fiber, vitamins, and minerals that protect us from heart disease and diabetes.

Chapter 9: Not-So-Forbidden Fruits and Veggies

**The Case for Greens**

There’s no doubt: it’s proven that green leafy vegetables are most protective against coronary heart disease and ischemic stroke risk, as well as many other health indications. They are high in L-arginine, which converts to nitric oxide and hosts a variety of benefits to a compromised body. These vegetables also contain folate. It is a natural source of folic acid and will help your body recover. My hope is that by using the yummy recipes in this real-food GFCF cookbook, kids and adults alike will learn to love this most absorbable form of nutrients.

Whenever possible, choose local, non-genetically modified, and organic produce. Nutrient levels are higher when the produce is fresh. If organic produce in the supermarket is too expensive, a more affordable option is going to a farmer’s market. You might have to ask around, but inevitably there is a vendor who is supportive and holistically minded. To find a market in your area, visit www.localharvest.org/farmers-markets.

16 See note 10.

According to the CDC, many of the adolescent population eats less than one fruit or vegetable per day.\(^{18}\)

We are changing this with our kids. Most of our minerals and vitamins come through these real-food sources. And it is much easier than taking a pill.

Fostering many children and working with some orphan homes, we find that some of the children have histamine or glutamate issues aggravated by broths and stocks. These children have really compromised guts. Hives and eczema are the most prevalent symptoms we have faced after consuming broth. We generally start juicing and have a lot of success mixing up the vegetables so we don’t have too much of any one vegetable. With this variety of vegetables, it helps us make sure there are not too many salicylates, oxalates, propionates (organic helps here), rubiscolin, and natural nitrates (celery). One child may have a sensitivity to oxalates, whereas another child is sensitive to salicylates. Therefore, to make this affordable and manageable, we just keep a revolving, seasonal door on the vegetables we use.

Our family’s approach is to eat everything in moderation. In the beginning, we used so many carrots that we all started turning orange! At first, it looked nice like a tan, but it got super orange and scary. So we learned to mix it up, using many different veggies and fruits and utilizing their different valuable minerals.

Along with a great holistic doctor, a good resource for more information is www.failsafediet.com.

—Mandy

Weed! Herb Mix

Yields about 2 ¼ cups of seasoning

Everything tastes better with spice! Make this seasoning mix with dried and/or fresh herbs.

- 3 tablespoons salt
- 3 tablespoons turmeric
- 6 tablespoons paprika
- 6 tablespoons curry powder
- 6 tablespoons fresh or dried thyme
- 6 tablespoons fresh or dried oregano
- 6 tablespoons fresh or dried basil
- 6 tablespoons fresh or dried sage

Mix together the salt, turmeric, paprika, curry powder, thyme, oregano, basil and sage in a small glass or plastic container. (If using fresh chopped herbs, store the seasoning in the refrigerator and it will be good for a week in a plastic bag.) Use 1 to 2 tablespoons for every dish!
Chelating Cilantro Rice

Yields 4 to 6 servings

Cilantro is a food that helps move out metals.19

- 1 bunch fresh cilantro, coarsely chopped
- ½ cup fresh parsley, coarsely chopped
- 2 medium tomatoes, chopped into ½-inch pieces, or 1/3 cup spaghetti sauce
- ½ medium onion, chopped into ½-inch pieces
- 2 garlic cloves, minced, or 1 tablespoon jarred minced garlic
- 2 cups uncooked white or brown rice
- 2 cups chicken or beef stock
- 2 cups filtered water

Put the cilantro, parsley, tomatoes or spaghetti sauce, onion, garlic, rice, chicken or beef stock, and filtered water in a large pot. Bring the mixture to a boil, reduce to a simmer, and cook 30 minutes. Enjoy!

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Glamorous Greens Detox

Yields 4 to 6 servings

This dish keeps the pathways and arteries flowing.¹⁰

- 1 tablespoon leftover chicken fat from stock, coconut oil, or ghee
- 1 teaspoon turmeric
- 1 teaspoon curry powder
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 1 teaspoon salt
- 2 medium sweet or white potatoes, cut into ½-inch pieces
- 1 medium onion, chopped into ½-inch pieces
- 1 garlic clove, minced
- 1 bunch (10 ounces) kale, chopped into bite-size pieces
- 1 bunch (10 ounces) spinach, chopped into bite-size pieces
- 1 bunch (10 ounces) bok choy, chopped into bite-size pieces
- 1 bunch (10 ounces) napa cabbage, chopped into bite-size pieces
- 1 cup chopped eggplant (½-inch pieces; optional)

In a very large skillet over medium heat, add the chicken fat, coconut oil, or ghee, turmeric, curry powder, thyme, oregano, paprika, and salt. (If you are missing a spice or two, just make it without those or replace with your favorite.) Add the potatoes, onion, and garlic and sauté for about 10 minutes.

Add the kale, spinach, bok choy, and napa cabbage. Sauté until the greens wilt and become a little darker green. (Don’t cook them to death, though!) Serve warm.

Remember to save any leftovers for an amazing frittata the next morning (see Potato and Onion Frittata (page 64) and Frittata with a Purpose (page 65)).

¹⁰  See note 10.
Yields ½ cup

OK, adult talk here. This stuff eradicates intestinal parasites.21 Yes, we all have them—it’s basic biology. Papaya seeds actually attack only the bad bugs, which makes it an awesome condiment. Incorporating this into your diet has got to be helpful!

- 1 small papaya (the smaller variety has more seeds)
- 1 tablespoon salt

Gather all the seeds from the papaya and put them on a baking sheet. (Be sure to enjoy the fruit fresh or freeze it for a shake.)

Spread the seeds on a baking sheet and sprinkle with the salt.

Preheat the oven to 170°F.

Place the papaya seeds in the oven and bake for 4 to 5 hours. When they are done, they will look like hard, crinkled peppercorns.

I put them in a pepper grinder, but you could put in them a coffee grinder or crush them between two spoons. I use this instead of standard black pepper and sprinkle it on any dish.

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Browned Brussels Sprouts with Apple

Yields 4 to 6 servings

For many, Brussels sprouts are too bitter to enjoy, especially when boiled. But something magical happens when you cut them in half and sauté them in a skillet.

- 1 pound fresh Brussels sprouts
- 1 tablespoon chicken fat from stock, ghee, or coconut oil
- 1 large apple of choice, chopped into small cubes
- Salt, to taste

Wash the Brussels sprouts well and cut them in half. Melt the fat, ghee, or coconut oil in a skillet over medium heat and sauté the Brussels sprouts and apple for around 10 minutes. Season with salt to taste.
Roasted Potatoes and Avocado

Yields 4 to 6 servings

The creaminess of avocados pairs beautifully with the starchiness of potatoes. Delish!

- 3 white potatoes, unpeeled and cut into wedges
- 3 sweet potatoes-, peeled and cut into wedges
- 1/3 cup coconut oil or ghee
- Salt and Papaya Pepper to taste (page 77)
- 2 avocados, pitted, peeled, and cut into ½-inch thick slices

Preheat the oven to 325°F.

Spread the white potatoes and sweet potatoes on a baking sheet.

Melt the coconut oil or ghee and pour it over the potatoes. Season with salt and Papaya Pepper to taste and bake for 30 to 45 minutes.

Remove the potatoes from the oven, add the avocados, and bake for another 5 minutes. Alternatively, simply add the avocados and serve.
Easy Baked Onion

Yields 1 serving

Onions become amazingly sweet and tender when they’re baked. I’m sure you’ll enjoy this recipe!

- 1 Vidalia onion per person
- Coconut oil or red palm oil, as needed

Preheat the oven to 300°F.

Cut the root end off the onion and peel the skin off.

Rub a little coconut oil or red palm oil on the onion and place it in a shallow baking dish.

Bake the onion for 2 hours or until softened.

Eat with a knife and fork. Perfection!