



COLORFUL RECIPES
SIMPLE & DELICIOUS WAYS TO "EAT THE RAINBOW"

ALIGN YOUR CHAKRAS

Menu and recipes to bring increased color, balance,
and nutrition to your meals

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EATING THE RAINBOW

Align Your Chakras



with love, Meadow Linn



Provençal-Style Shrimp Skewers with Herbs

Curried Carrot and Apple Soup

Dinosaur Salad

Aladdin's Quinoa Tabbouleh

Roasted Vegetables with Sage

Leafy Greens with Apple

Braised Red Cabbage with Red Wine and Cinnamon

Coconut Fudgy Oat Squares (GF/DF)

Rainbow Nutrition:

The colors of the foods you eat have a compelling impact on your life. Color not only indicates which specific nutrients are found in each fruit or vegetable, but also the color of your food can dramatically affect your emotions, your demeanor, and even how much you eat.

Numerous scientific studies record the powerful effect color has on our emotions and body. For example, people who are angry or upset will calm down in a pink room. Your pulse and blood pressure will go up in a red environment and go down in a blue environment. Certain shades of both blue and yellow can affect the way neurons connect in the brain. Some studies suggest that certain disorders, such as chronic pain, brain injury, and Parkinson's disease, can be affected in a positive way by color.

To enhance your life, eat a colorful diet for both nutritional and spiritual purposes. Color alchemy works best if you hold the intent, as you're eating a food of a particular color, that the associated qualities of the color are being absorbed into your body.

Chakras:

Your body has seven energy centers called *chakras* (a Sanskrit word meaning "vortex"), which are of vital importance to your overall health. Each chakra, represented by a different color, reflects a different aspect of your consciousness and is connected to a different part of your body. When these energy centers flow smoothly, you feel vital and healthy, but when they're blocked, you can feel off-balance. The kind of food you eat, as well as its color, can raise the vibration of your chakras. The recipes in this menu plan are intended for a meal dedicated to overall wellbeing.

FOR MORE INFORMATION ABOUT COLOR NUTRITION, CHAKRAS, AND CREATING A CHAKRA FEAST, REFER TO:
THE MYSTIC COOKBOOK: THE SECRET ALCHEMY OF FOOD
BY DENISE AND MEADOW LINN (HAY HOUSE)

Brochettes de Crevettes aux Herbes **(Provençal-Style Shrimp Skewers with Herbs)**

(Recipe from SavorTheDay.com, ©Meadow Linn)

Makes 15-20 skewers

Marinade:

2 cloves garlic, thinly sliced
¾ tsp. sea salt
8-10 large basil leaves, minced
a few sprigs of Italian parsley, minced
1 shallot, minced
3 Tbsp. red wine vinegar
¼ cup extra virgin olive oil
½ tsp. Dijon mustard

Skewers:

1 lb. large shrimp (20-35 count)
2 orange or yellow bell peppers, cut into chunks
½ red onion, cut into thick slices
1 lb. grape or cherry tomatoes

15-20 ten-inch rosemary sprigs

Finger-lickin' Garlicky Aioli:

½ cup mayonnaise
3 cloves garlic, crushed
½ tsp. Dijon mustard
2 tsp. lemon juice
1 Tbsp. extra virgin olive oil

To make the marinade: In a large bowl, combine the sliced garlic, salt, basil, parsley, and shallots. Whisk in the red wine vinegar, olive oil, and mustard. Add the shrimp. Cover and refrigerate while you cut the vegetables and make the aioli.

Prepare the rosemary sprigs. Remove approximately ¾ of the greenery from the stalk, leaving the rest as a "tail."

Cut the onions and bell peppers. Set aside.

To make the aioli: In a small bowl, combine the mayonnaise, garlic, mustard, lemon juice, and olive oil until full mixed. Cover and refrigerate.

Assemble the shrimp, peppers, onions, and tomatoes on the rosemary skewers. Preheat a gas grill to medium. Oil the grill. Place the skewers on the grill. Cooking times will vary depending on the heat of your grill and the size of your shrimp, though about 5 minutes per side is a good rule of thumb. Serve with the aioli on the side. Enjoy!

Curried Carrot and Apple Soup

(Recipe from *The Mystic Cookbook*, by Denise and Meadow Linn, Hay House, 2012)

The flavor and texture is reminiscent of butternut squash soup, but the curry, apples, and coconut milk add many layers of flavors. A self-proclaimed soup connoisseur once told me this was the best soup she'd ever had. It's especially satisfying on a cold winter's night.

Serves 6-8

1 Tbsp. coconut oil (or butter or olive oil)
1 cup diced onion
1 tsp. finely grated fresh ginger
1½ tsp. sea salt
2 tsp. curry powder
2 lbs. carrots, peeled and chopped
1 13.5 oz. can of coconut milk (about 1 2/3 cup)
4 cups water, plus more if soup is too thick
½ lb. apples (approx. 1 large apple), peeled, cored and cut into chunks

To Garnish:
Chopped cilantro
Plain yogurt

In a large pot over medium-low, melt the coconut oil and sauté the onion and ginger with the salt and curry powder, stirring frequently, until the onions are soft and translucent, about 5-10 minutes.

Meanwhile, peel and chop the carrots and apple. When the onions are soft, add the carrots and apple and continue to sauté for a few more minutes. Add the coconut milk and water to the pot and increase the heat. Bring the soup to a boil and then reduce to a simmer.

When the carrots and apples are soft, after 20-30 minutes of simmering, purée the soup until smooth using either a blender or an immersion blender. If using a blender, only fill the canister halfway and purée in batches to prevent the hot soup from splattering. I also recommend removing the middle part of the blender lid and placing a clean dishtowel or paper towel over the hole while blending. This will allow the steam to escape.

If you find the soup is too thick, add warm water until you reach your desired consistency. Serve with a dollop of plain yogurt and chopped cilantro. The tartness of the yogurt nicely balances the sweetness of the carrots and apples in the soup.

Dinosaur Salad

(Recipe from SavorTheDay.com, ©Meadow Linn)

serves 4

1 bunch of dinosaur kale*, ribs removed and thinly sliced (about 4 cups)

2 carrots, peeled and grated (about 1 cup)

1 beet, peeled and grated (about 1 cup)

½ cup raw sunflower seeds

½ cup raisins, chopped

¼ cup + 1 Tbsp. extra virgin olive oil

¼ cup apple cider vinegar

2 tsp. gluten-free tamari

To remove the rib/stalk from washed kale, start from the bottom and run your thumb and index finger along the stalk. To slice the kale into a chiffonade, stack the leaves one on top of the other, roll them width-wise into a long cylinder, and then make thin slices crosswise. Do not attempt to expedite the process by grating the leaves in a food processor. I tried and had disastrous results.

In a large bowl, combine the sliced kale and grated carrots and beets with the sunflower seeds and chopped raisins. Drizzle with the olive oil and then, with your hands, massage the olive oil into the kale. This will make the kale more tender and succulent. Mix in the vinegar and tamari. Enjoy!

*I use cavalo nero (also called dinosaur kale, Tuscan kale, and lacinato), but the curly variety will work too.

Aladdin's Quinoa Tabbouleh

(Recipe from *The Mystic Cookbook*, by Denise and Meadow Linn, Hay House, 2012)

In the Middle East, tabbouleh is typically made with bulgur, which is a form of wheat. However, I prefer quinoa's lighter texture. Quinoa (pronounced "keen-wa") is an ancient grain from South America, grown primarily in Peru and Bolivia. This tiny grain is a powerhouse among grains. It's naturally gluten free, and it's high in fiber and has all eight essential amino acids. When combined with the cucumber, tomato, and herbs in this salad, it's a knockout.

Serves 4-6

1 cup uncooked quinoa (approx. 4 cups cooked)
2 Roma tomatoes, seeded and diced
1 cucumber, peeled, seeded, and diced
1 cup chopped parsley (flat-leaf or curly, though I prefer flat-leaf)
¼ cup chopped fresh mint
2 Tbsp. lemon juice (from one lemon)
¼ extra virgin olive oil
2 cloves garlic, crushed
1 tsp. sea salt

To cook the quinoa, bring a medium-sized pot of salted water to a boil. Add the quinoa and boil for 10-12 minutes. The quinoa is done when it's soft but still has a little white dot in the middle. Cook the quinoa in the same way that you'd cook pasta, and you'll always have delicious results.

When the quinoa is cooked, strain it into a fine mesh colander. Rinse with cool water and drain completely.

While the quinoa is cooking, you can prepare the rest of the salad. Dice the tomato and put it in a medium-sized bowl. Peel the cucumber. Cut it in half lengthwise and scrape out the seeds with a small spoon. Dice the cucumber and add it to the bowl. Chop the mint and parsley, and combine with the vegetables. Dress with lemon juice, olive oil, garlic, and salt. Toss with the cooked quinoa.

Allow the tabbouleh to sit for 30 minutes before serving to allow the flavors time to marry.

Comforting Roasted Vegetables

(Recipe from SavorTheDay.com, ©Meadow Linn)

Serves 6

1 lb. gold potatoes (skin on), cut into bite-sized pieces
1 lb. carrots, peeled and cut into bite-sized pieces
1 lb. beets, peeled and cut into bite-sized pieces
1 lb. parsnips, peeled and cut into bite-sized pieces
10-15 sage leaves, chopped
1 tsp. sea salt
½ tsp. coarse ground pepper
¼ cup olive oil

Preheat the oven to 450°F. Line 2 baking sheets with parchment paper.

This is a rustic dish; however, the more uniform you can make the size of the vegetables (about ½-1 inch sized pieces), the more evenly they'll roast.

Wash, peel, and cut the vegetables. Divide the cut vegetables evenly between the two baking sheets. Sprinkle with the sage, salt, and pepper. Drizzle the olive oil over the vegetables and toss together. I find that my hands are the best tools for this.

Put in the oven and roast until the vegetables are cooked through and browned on the outside, about an hour. To help the vegetables brown evenly, I recommend rotating the pans from top to bottom halfway through and stirring the vegetables once or twice while they're roasting.

Leafy Greens with Green Apple

(Recipe from SavorTheDay.com, ©Meadow Linn)

Leafy greens are not only full of healthful vitamins and minerals, but also they contain protein and are really tasty too. The kale that I planted in my garden last winter continues to grow and grow. I've had the opportunity to eat it in soups, salads, and sautéed. This is my current favorite preparation.

Serves 4

1 bunch kale (approx. 8 oz.), stalks removed and roughly chopped
1 bunch Swiss chard (approx. 8 oz.), roughly chopped (stems included)
1 Granny Smith apple, peeled, cored, and thinly sliced
5-6 cloves garlic, thinly sliced
1/3 cup apple cider vinegar
salt (optional)*

Wash the kale and chard. As long as you can cut the greens safely while they're still damp, don't worry about drying them. The extra moisture will actually help facilitate the cooking. Remove the fibrous interior rib (stalk) from the kale and then roughly chop the leaves. Chop the chard, including the stem. Place both in a large heavy-bottomed pot. Add the apple and garlic slices. Pour the cider vinegar over the greens and turn to medium heat and cover. Stir occasionally and adjust heat as needed so that the greens braise in their own juices without sticking to the bottom. After about an hour they will be tender and ready for an autumn feast.

*I don't use salt in this dish since the greens have a natural saltiness to them, but if you want it a bit saltier, add it to taste.

Braised Red Cabbage

(Recipe from *The Mystic Cookbook*, by Denise and Meadow Linn, Hay House, 2012)

Braised red cabbage is a favorite in our house at Thanksgiving and Christmas. I especially like how easy it is. Once everything is chopped and in the pot, it needs very little attention, so you'll be free to make other holiday favorites.

Serves 4-6

1 head of red cabbage (2-3 lbs.), cored and chopped into 2-in pieces

1 red onion, sliced (2 cups)

½ cup red wine (or more as needed)

cinnamon stick, star anise

1 tsp. sea salt

This dish is so easy and delicious. Combine everything in a large pot. Cover and slow-cook on medium-low for as long as you possibly can. The cabbage will be soft after an hour and a half, but if you have more time, three hours of cooking will yield sweeter, softer, and more caramelized cabbage. Be sure to stir occasionally to make sure the cabbage doesn't stick to the bottom of the pan, though these bits can be the sweetest.

Coconut Fudgy Oat Squares

(Gluten-Free, Dairy-Free, and Naturally Sweetened)

(Recipe from SavorTheDay.com, ©Meadow Linn)

All of the food at the farm school in Vermont I attended in 11th Grade, was delicious and nourishing. However, Marilyn's (the head cook) Fudgy Oat Squares were legendary. Twenty years later, I can still remember their ooey gooey decadence. I've done my best to do them justice while making them gluten-free and dairy-free. And, I added some shredded coconut...just for fun.

This recipe makes a lot! Share them with friends and family (or freeze for later). Enjoy!

Makes 20 large squares

1 13.5-ounce can full-fat coconut milk
¼ cup honey
1½ cups coconut sugar
1 cup coconut oil, melted and cooled slightly
4 eggs at room-temperature
1½ tsp. vanilla
2 cups gluten-free all-purpose flour*
½ cup unsweetened shredded coconut
1 tsp. baking soda
½ tsp. salt
3 cups gluten-free old-fashioned rolled oats
1 12-ounce bag semi-sweet chocolate chips
1 tsp. vanilla
½ tsp. salt
1 cup chopped walnuts and/or pecans

*The blend I use contains brown rice flour, potato starch, and tapioca flour

Preheat oven to 350°F. Grease a 15½ x 10 inch baking pan.

In a small pan over medium-high heat, bring the coconut milk to a boil. Reduce the heat to a simmer and whisk in the honey. Simmer for 40 minutes until slightly thickened, whisking occasionally. (You're making sweetened condensed coconut milk.)

Meanwhile, in a large bowl, combine the coconut sugar, coconut oil, eggs, and vanilla. In a smaller bowl, mix the flour, shredded coconut, baking soda, and salt together. Pour the flour into the sugar mixture and stir to combine. Mix in the oats. Press 2/3 of the oat mixture into the bottom of the pan. If the mixture is too sticky, use damp fingers. The remaining 1/3 of the oat mixture will be used to top the bars.

When the coconut milk and honey are finished simmering, remove from the heat and mix in the chocolate chips until fully combined. Stir in the vanilla and salt. Add the nuts and stir to combine. Spread the chocolate over the oat mixture in the pan. Drop the reserved oat mixture in small chunks onto the chocolate. Bake until golden, about 25 minutes.

Cool completely before attempting to cut. Once the pan is cool enough to handle, you may want to refrigerate it for a few hours to get the fudge to set faster. Cut into squares and enjoy with childlike delight.