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# Healing Cuisine

## “Seasonal Menus”

- by Meredith McCarty, Holistic Nutritionist (DC, NE)



## Biography



Meredith McCarty is a holistic nutritionist (Diet Counselor and Nutrition Educator), author and speaker. Through her business, Healing Cuisine, she helps people come into balance in their eating habits in order to enhance well-being, or to prevent and recover from disease.

Meredith has taught and lectured internationally since 1977. She has authored three cookbooks including Sweet and Natural, winner of the Versailles World Cookbook Award. She is a former associate editor of *Natural Health* magazine and director of the East West Center for Macrobiotics for 19 years. She has a Senior Certificate in The Art of Cooking

from the East West Foundation in Boston, Massachusetts.

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Please visit her website, [www.healingcuisine.com](http://www.healingcuisine.com), for information regarding:

- Nutrition Counseling in person or by phone
- Cooking Classes
- Speaking Engagements
- Cooking Essentials
- Cookbooks
- Upcoming Events
- Diet and Health Issues
- Resources
- Recipes
- Signing Up for the Free Monthly E-Card
- Signing Up for the Health E-Club



## “Seasonal Menus”

Expand your repertoire to include palate-pleasing vegan (dairy-free vegetarian) meals. Introduce your family and friends to the world of healthy eating. All the menus that follow feature plant-based dishes that are saturated with vibrant flavors. Whole grains, breads and pastas, beans and traditional soyfoods (not textured vegetable protein <TVP> or soy protein isolates), and fruits and vegetables of the season are the stars.

Fresh and dried herbs and spices, along with citrus, vinegar and miso add their zest and zing to create meals that satisfy both your senses and your sense of well-being. And, as always, all these tantalizing meals qualify as “macrobiotic,” and the healing qualities of each of the foods will be shared. All menus are served with organic green and twig teas. Organic wine, beer or sake make stellar chemical-free choices for celebratory beverages.

## Spring Menus

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### Greens, Glorious Greens!

You’re gonna love your greens after this cooking class! Green vegetables are the best source of calcium. And along with all their phytochemicals, greens are celebrated for preventing and reversing diseases ranging from the common cold to cancer, heart disease and diabetes.

#### MENU

Spring Salad with Lemon-Miso-Tahini Dressing  
Dandelion Greens with Tempeh Bacon in Hot Garlic Vinaigrette  
Kale with 1-, 2- & 3-Taste Dressings  
Mustard Greens with Shallots & Shiitake Mushrooms  
Balsamic Braised Greens  
Broccoli with Creamy Tofu Ranch Dressing  
Spinach with Toasted Sesame Drizzle



## Essence of Spring

Recipe conversion is a fun way to enjoy wonderful-sounding dishes presented more healthfully. Learn what to look for in creating other dinners where fat calories are kept around 15% or less.

### MENU

Green Garlic, Potato & Leek Soup with  
Whole Grain Sourdough Breads  
Polenta with Lemon-Pepper Braised Baby Artichokes & Spring Peas  
Penne & Roasted Asparagus with Orange Gremolata  
Strawberry Sorbet

## Creative Menu Planning with Tempeh

Convert favorite chicken recipes to ones based on tempeh. Like chicken, tempeh is a protein-rich food with substantial texture that takes on flavors well. Unlike chicken, tempeh is a plant food with lots of fiber (chicken has none), and with no animal hormones nor cholesterol.

### MENU

Tempeh Italiano  
Tempeh Marbella  
Sweet & Sour Tempeh  
Long Grain Brown Rice with  
Rainbow Chard  
Strawberry-Kiwi Compote in  
Ginger-Mint Syrup

## Springtime Gourmet

This menu celebrates the spring equinox. It's light, colorful and creative, making play out of combining some new ingredients in unusual ways.

### MENU

Wild Mushroom Consommé with Herbed Whole Grain Croutons  
Leek & Asparagus Tart  
Cumin-Scented Quinoa Pilaf  
Farmer's Market Salad with Candied Almonds & Toasted Almond Vinaigrette  
Strawberry-Rhubarb Terrine



## Summer Menus

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### Gourmet Vegetarian Dinner

Learn to make a creative new version of the chilled and raw Spanish vegetable soup, gazpacho, as well as a dairy-free quiche based on golden yellow fresh sweet corn in a whole grain pastry crust.

#### MENU

Heirloom Tomato Gazpacho  
Sweet Corn Tart  
Summer Greens with Nectarine-Walnut Vinaigrette  
Long Grain Brown Rice with Fresh Herbs & Sesame Salt  
Stone Fruit Crisp

### Summer Sushi Party

Learn to make three kinds of rolled sushi for parties, picnics and travel food.

#### MENU

Brown Rice Sushi, Noodle Sushi, Greens Sushi  
with Dipping Sauce  
Corn on the Cob with Umeboshi  
Tofu No Egg Salad on Rice Cakes  
Summer Fresh Fruit Compote with Orange 5-Spice Syrup  
Organic Sake or Teas

### Summer Pasta Party

Fast and natural whole grain pasta dishes, full of vibrant flavors, satisfy the maximum number of people in the least amount of time.

#### MENU

Fusilli Pasta with Fresh Tomato Sauce, Chickpeas & Arugula  
Maria's Roasted Tomato Sauce  
Pasta Salad with Heirloom Tomatoes, Broccoli, Lime & Avocado  
Italian Mixed Vegetable Salad with Balsamic Vinaigrette  
Blackberry-Chianti Sorbet



## Healthy Thai Cuisine

Share these exotic-tasting dishes with friends. Waken your tastebuds with delicate and flavor-saturated finger foods followed by an herb- and citrus-infused soup and silky dairy-free sorbets.

### MENU

Tofu Rice Wraps with Sesame-Lime & Peanut Dipping Sauces  
Thai Coconut Soup with Lemon Grass, Kaffir Lime & Thai Ginger  
Spiced Jasmine Rice  
Mango-Papaya & Mango-Coconut Sorbets

## Autumn Menus

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### Native Harvest Dinner

Celebrate the Autumn Equinox with these southwestern-inspired dishes. The healthiest source of protein on the planet, beans are high in fiber, calcium, iron, magnesium and phytochemicals.

### MENU

Black Bean Soup with Cilantro & Lemon-Scented Tofu Sour Cream  
Hopi Blue & Yellow Cornbread  
Long Grain & Wild Rices with Toasted Sunflower Topping  
Kale & Collard Greens with Cider Vinaigrette  
Pear & Pecan Crisp with Vanilla Soy Ice Cream

### Braised Tempeh Dinner

In this meal, “the super grain” quinoa is paired with “the super soyfood” tempeh, the Indonesian word for “tender cooked legumes.” Mineral-rich soup and greens and wheat-free cookies too!

### MENU

Vegetable Cutout Consommé  
Braised Tempeh with Green Herb Coulis  
Quinoa Timbale with Autumn Root Vegetables & Toasted Hazelnuts  
Mustard Greens with Shallots & Shiitake Mushrooms  
Wheat-Free Cherry-Chocolate Chip Cookies



## Vegetable Cobbler Dinner

Cobblers are soul-satisfying fare based on vegetables napped in a savory sauce and topped with a light biscuit crust. Whole grains and the fruits of the season round out this generous meal.

### MENU

Watercress Bisque  
Vegetable Cobbler with Herbed Biscuit Topping  
Short Grain Brown Rice with Sesame Salt  
Field Green Salad with Flax & Citrus Vinaigrette  
Citrus & Apple Compote with Cinnamon Syrup

## A Vegetarian Thanksgiving Feast

This creative holiday celebration menu has been enjoyed with rave reviews in homes all over America since the recipes were printed in *Natural Health* magazine years ago.

### MENU

Watercress Consommé  
Mini-Squash or Tofu Turkey with Herbed Bread Stuffing & Wild Mushroom Gravy  
Orange-Maple Cranberry Sauce  
Wild Rice Blend with Toasted Pumpkin Seeds  
Warm Vegetable Salad with Sweet Mustard-Shallot Vinaigrette  
Pecan Pie with Vanilla Soy Ice Cream

## Winter Menus

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### Vegetarian Soups for the Soul

Make soup the focus of quick and easy, immune-enhancing cool season meals. Learn the value of whole grain sourdough breads (including wheat-free varieties) versus yeasted breads.

### MENU

Silky Squash & Apple Soup (or My Sister's Squash Soup or Heirloom Bean Soup)  
Carrot Cream Soup with Basil-Mint Swirl  
Five Onion Soup with Whole Grain Crostini  
Parsnip Cream Soup with Red Pepper Soup Thins  
Baked Stuffed Apples





## Comfort Food Classics

Once prepared, main dish casseroles can be enjoyed for several days, served with some resteamed rice or a green vegetable. Raw foods serve as bright counterpoints to round out the meal.

### MENU

Vegetable Pot Pie  
Shepherd's Pie  
Wild Mushroom Stroganoff  
Field Green Salad  
Fresh Fruit Compote with Citrus Syrup

## Chinese New Year Feast

Celebrated on the first new moon after Jan. 21, this vegan variation of the most important of all Chinese celebrations appeared in *Natural Health* magazine. Gung Hay Fat Choy!

### MENU

Three Immortals Soup  
Mandarin Pancakes (Mu Shu Vegetables)  
Steamed Daikon Radish Rice Cake  
(Brown) Jasmine Rice  
Chinese Firecrackers  
Tossed Green Salad with Spicy Peanut Dressing  
Winter Citrus Gel with Glazed Kumquats

## Italian Dinner Party

This party meal will satisfy both your senses and your sense of well-being. Learn to make a delicately-textured cake using whole grain flours and natural sweeteners, *Mangia bene!*

### MENU

Crostini Hearts with Black Olive Tapenade  
Tuscan White Bean Soup  
Soft Polenta with Braised Wild Mushrooms  
Oven-Roasted Root Vegetables with Garlic, Cumin & Herbs  
Arugula Salad with Fennel, Bosc Pears & White Balsamic Vinaigrette  
Strawberry-Hazelnut Heart Cake