
Healing Cuisine

“The Basics of Healthy Cooking”

- 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.

Meredith lives in Mill Valley, California and may be contacted at P.O. Box 2605, Mill Valley, CA 94942, (415) 381-1735, or meredith@healingcuisine.com.

Please visit her website, 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



“The Basics of Healthy Cooking”

Stabilize your health and increase your energy and clarity. Learn how to eat to lose weight effortlessly, prevent cravings, and to manage menopause and other conditions of aging. Use diet for prevention and recovery from a broad spectrum of illnesses ranging from the common cold and allergies to cancer, heart disease and diabetes.

The Menu Mantra is “Grains, Beans & Vegetables,” and menu planning is the first step in visualizing, and then creating, meals that heal. Review the foods in a whole foods plant-based diet. Learn to make rich-tasting soup stocks based on healing foods such as medicinal mushrooms and mineral-rich seaweed, known in Japan as “bone of the sea.” Learn how to use a pressure cooker to make digestible beans, the staple protein in a plant-based approach to eating. Learn how to season plant foods so they become irresistibly appetizing, using pantry ingredients to pull together quick dressings for greens or salads. In these classes, Meredith demystifies Macrobiotic cooking so you can access its benefits for healing. Cutting-edge findings from [The China Study](#) and [Healthy at 100](#) included.

MENU I

Vegetable Miso Soup with Tofu,
Fresh Shiitake Mushrooms & Ginger
Short Grain Brown Rice (with Variations) & Sesame Salt
Oven-Roasted Delicata Squash with Sweet Miso Glaze
Russian Red Kale & Radishes with Citrus Vinaigrette
Silky Apple Pudding with Toasted Walnut Topping

MENU II

Food as Medicine: Healing Broths
Savory Chickpea Rice
Braised Lemon-Rosemary Tempeh
Boy Choy with One-, Two- or Three-Taste Dressings
Orange-Ginger Oatmeal Raisin Cookies



MENU III

Soba Noodles in Savory Broth
(The World's Most Mineral-Rich Soup Stock)
Tofu Cutlets
Brown Rice Sushi with Dipping Sauce
Blanched Spinach with Toasted Sesame Dressing
Red Radish Pickles
Double Ginger Cookies

MENU IV: Sea Vegetable Cuisine

Sea Vegetable Strudel in Whole Wheat Phyllo Pastry
Onion, Carrot & Sea Palm Sauté with Tempeh & Fresh Ginger
Short Grain Brown Rice with Sesame Sea Sprinkles
Salad with Dulse in Creamy Ranch Dressing
Apple Gel with Toasted Walnut Sprinkles
Kelp Cookies