

PASTA SHELLS, PEAS, & ONIONS

INGREDIENTS:

- 2 cups (250g) of Ceres Organics Rice & Quinoa gluten-free Pasta Shells**
- 2 cups of petite/baby peas** (fresh or frozen)
- 1 cup of revitalized or pure spring water**
- 1 red onion** (medium)
- 1 Tbsp of unsalted butter or ghee**
- 8 Sicilian green olives** (pitted); **or Spanish pimiento stuffed olives**
- 1 cup of Tomato Sauce Italia** (prepared ahead of time)
- 2 cloves of garlic; or equal amount of dried garlic powder/granules**
- 2 Tbsp extra virgin olive oil**
- 2 Tbsp of grated Romano Pecorino** (sheep) **cheese**

DIRECTIONS:

Add the pasta to a 2 qt/1.5L pot of boiling water. Cook until it is al dente (firm but not overcooked). Drain the water, add the cooked Tomato Sauce Italia, stir, and cover to keep warm.

Peel and cut the onion in half. Slice each half into a fry pan, add the butter, garlic, ½ cup of water, and steam and sauté until tender. Do not brown. Remove the pits from the Sicilian olives and add to the fry pan with the onion. Rinse the peas in a strainer and place them into the frying pan. Add more water as needed, cover and steam for another 3 minutes.

Mix these ingredients into the pot with the pasta, stir, and warm on low heat for 1 minute. Add the olive oil and stir.

Fill two bowls, sprinkle with Romano Pecorino cheese, and ENJOY!

Serves 2

Use **organic** ingredients

Suitable for O & AB blood types

Blood types A & B Eliminate the Tomato Sauce Italia

Native to South America's western countries, the **tomato** is actually a berry since it is formed from a single ovary. However, it is prepared and served as a vegetable because of its taste. It was first cultivated in Mexico by the Aztecs, and brought to Italy and the rest of Europe in the 1500s.

When it comes to phytonutrient and antioxidant benefits, the tomato is a treasure trove. It contains significant amounts of vitamins C, K, A, B (biotin in particular), E, molybdenum, potassium, copper, manganese, phosphorus and other minerals, flavonones, flavonols, (rutin, quercetin), hydroxycinnamic acids, carotenoids (beta-carotene, lycopene, lutein, zeaxanthin, beta-carotene), glycosides, and fatty acid derivatives. Its carotenoid lycopene, along with other antioxidants help lower LDL cholesterol and triglycerides, and regulate fats in the bloodstream, making the tomato and excellent heart-healthy food. Lycopene and its antioxidant properties also promotes bone health, which in turn helps to prevent

osteoporosis.

The tomato is also a good anti-cancer food because of its ability to reduce oxidative stress and inflammation. In a South American study of 26 vegetables, tomatoes and green beans came out best in their anti-aggregation properties.

The Roma or Italian plum tomato is an open pollinated variety rather than a hybrid and the most tasty for sauce. In Italy it is often referred to as "pomodoro." Baby Romas are great in salads.

Select darkly colored, well shaped, firm tomatoes. Store them in a cool place or in the fridge when they start to ripen too much.

Peas and other legumes belong to the plant family known as the *Fabaceae*, which is also called the bean or pulse family. The garden pea was one of first crops to be cultivated by humans, thousands of years ago. They were first grown in the Himalayan plains of NW India, the Middle East, and the Mediterranean basin. There are three types of commonly eaten peas: garden or green peas (*Pisum sativum*), snow peas (*Pisum sativum var. macrocarpon*) and snap peas (*Pisum sativum var. macrocarpon ser.cv.*), which are a cross between the garden pea and snow pea. Peas are one of the few members of the legume family that are sold and cooked as vegetables. Legumes are plants that bear fruit in the form of pods enclosing seeds we know as beans.

The nutritious, leguminous green pea is rich in fiber, protein, phytonutrients, minerals, and vitamins A, B, C, K and ALA. Their fiber and nutrients provide cardiovascular benefits and help regulate blood sugar levels. Peas contain a significant amount of lutein, which helps prevent macular degeneration and lowers the risk of cataracts. Peas are a good source of phenolic acids and nutrients help regulate blood sugar levels a polyphenol called coumestrol that has been shown to decrease the risk of stomach cancer. Peas have the ability to chelate metals and inhibit linoleic acid oxidation. In fact, they are loaded with antioxidants, anti-inflammatory nutrients, and alpha and beta-carotenes.

Peas compliment soups, gluten-free pasta, rice, and many ethnic recipes. Fresh or frozen petite/baby green peas are preferred for their sweetness, tenderness, and flavor.

Select peas that are bright green, firm, and plump. Store fresh peas in the fridge. Fresh peas can be blanched for one or two minutes and then frozen. Frozen peas can last from 6-12 months.

Native to Asia and the Middle East, **onions** have been cultivated for over five thousand years. They were valued both for their culinary use and their therapeutic properties. Onions were popular in ancient Greece and Rome and used as medicine in India. Egyptians valued them so highly, they used them as currency and placed them in the tombs of kings. Their use in European cuisine dates back to the Middle Ages. Christopher Columbus brought onions to the West Indies where their cultivation spread throughout the Western Hemisphere.

Onions, come in many varieties such as white, yellow, and red. Smaller varieties are green, scallion, and pearl. The red, Maui and Bermuda varieties are mild and sweet. The red variety is higher in flavonoids. Like garlic, the onion is a member of the *Allium* family. Its sulfur compounds called sulfides, are responsible for its pungent odor and taste. Additionally, they provide benefits for the body's cardiovascular system and connective tissues.

The onion also contains vitamin C, biotin, B6, B1, folate, copper, manganese, phosphorus, potassium, and fiber. These nutrients along with onion's compounds help prevent tumor growth and lower blood pressure and triglycerides.

Frequent consumption of onions can help increase bone density and provide benefits to the connective tissues. The onion is also rich in polyphenols including quercetin and flavanoids, which have anti-cholesterol, anticancer, antibacterial, antioxidant, and anti-inflammatory healing properties.

Select organic onions that are free of mold, well shaped, and firm. To maintain their benefits do not over peel or over cook onions. Store them alone in a cool dry, dark pantry or basket separated from other produce. Once cut, store in a sealed container, refrigerate, and then consume within a few days.

Native to central Asia, **garlic** is one of the oldest cultivated plants in the world, going back 4,000 years to the ancient Egyptians. It was placed in the tomb of pharaohs and given to the slaves that built the Pyramids to enhance their endurance and strength. Greeks and Romans also used garlic before sporting events and going off to war. By the 6th century BC, garlic was known in both China and India.

Garlic is a member of the *Allium* family, which includes onions and leeks. It contains a unique combination of powerful flavonoids and sulfur-containing compounds including thiosulfates (allicin), sulfoxides (alliin), and dithiols (ajoene). Allicin, one of garlic's most highly valued sulfur compounds, stays in tact for only 2-16 hours, at room temperature. Thus, not all garlic (fresh or extracts/supplements) provide the same benefit. e.g. Cooking, microwaving (used on imported garlic), or adding garlic to acidic foods like lemon juice, cause it to lose some of its properties. Ageing garlic (powdered or supplements) to make it odorless, also reduces its beneficial allicin, and thus, compromises its effectiveness. Letting garlic sit after being chopped or crushed increases its benefits.

Garlic helps clear the ill-effects of bronchitis, lung congestion, coughs, sore throats, sinus, asthma, and food poisoning. It also helps treat bacterial and fungal infections.

The diallyl sulfides in garlic improve iron metabolism because it helps to increase production of a protein called ferroportin, which enables stored iron to become bioavailable.

Garlic's combination of anti-inflammatory and anti-oxidative stress compounds help prevent or improve degenerative cardiovascular conditions like atherosclerosis and the forming of blood clots.

Garlic lowers blood pressure in two ways:

One particular disulfide called ajoene, prevents platelets from becoming too sticky and thereby lowers the risk of platelets forming a clot. The other is the production of hydrogen sulfide (H₂S) gas, which occurs when red blood cells take sulfur-containing molecules in garlic and then use this gas to help blood vessels expand and balance blood pressure. H₂S is placed in the same category as nitric oxide (NO).

Garlic is a rich source of manganese, vitamins B6 and C. It also contains some copper, selenium, phosphorus and a small amount of calcium and vitamin B1. Garlic's selenium, a co-factor of glutathione peroxidase (important antioxidant enzyme), works with vitamin E in a number of vital antioxidant systems. Garlic's B6 helps lower homocysteine, which can damage blood vessel walls.

Garlic has strong antibacterial and antiviral properties. Its disulfide, ajoene helps keep yeast *Candida Albicans* in check.

Select fresh garlic that is plump, firm, and free of sprouts or mold. In addition to fresh organic garlic, organic powdered garlic can be used for convenience.

Store garlic in a cool dry place in an open basket and away from sunshine and heat.

For an effective odorless garlic supplement, choose a coated (enteric) tablet or capsule, high in allicin, which will dissolve in the intestine instead of the stomach.

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