

COOKED VEGETABLE TOPPINGS

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When eating the nutritional balancing diets that are mainly composed of cooked vegetables, some people will need to have many toppings to make the vegetables more interesting to eat. I will divide the toppings into basic ones and more exotic ones.

BASIC TOPPINGS

These include:

1. Yogurt. This should be plain yogurt or plain yogurt with a little vanilla extract added (but no added sugar).

2. Mild spices. These may include any of the following: sea salt, garlic powder, cayenne, mustard, ginger, oregano, turmeric, curry powder, vanilla or possibly a few other simple herbs.

3. Almond sauce. Make this by adding a little water to toasted almond butter and stirring until it has a rather watery consistency like a sauce.

4. Sesame butter sauce. This is made in a similar way to the almond butter sauce. Just add a little spring water to toasted almond butter, which is a little better than using tahini. Tahini is raw sesame butter and it is much more yin for this reason.

5. Cream. A delicious topping, especially for fast oxidizers, is fresh raw cream, if you can find it, or organic pasteurized cream if that is all you can find.

6. East Indian curry sauce. This can be of many types. It can be made by simply adding some water to some curry powder, and adding a little arrowroot powder as a thickener.

7. Grated or crumbled cheese. Preferably use a raw goat cheese or a raw cow cheese. If you can find one that is not pasteurized, that is even better.

MORE EXOTIC TOPPINGS

Prepared sauces:

1. East Indian sauces. These are sold all prepared in jars at some health food stores. Examples are korma, vindaloo, mokni, various curries, and others. Try to get ones that are not too spicy or too sweet.

2. Pesto sauce. This delicious Italian sauce comes prepared in many places. You may have to add some water to make it more like a sauce.

3. Salad dressings. The supermarkets and health food stores sell many types of salad dressings that taste quite good on cooked vegetables. Try to get ones that do not have added sugar or chemicals in them.

4. Other such as a prepared alfredo sauce, cream, cream cheese, mole, etc.

5. Sardine sauce. This is made of the leftover oil from eating cans of sardines. It will contain olive oil or sardine oil, to which you can add some herbs.

6. Meat gravies. This can be made with leftovers from cooking your meat.

7. Garlic sauce. For this, cook up to 20 cloves of garlic for about 20 minutes until they are soft. Then mash them up with a fork or blender to form a sauce. Add a little arrowroot to thicken, if needed. This is delicious if you like garlic flavor.

8. Other nut butter sauces. These are somewhat yin, but okay once in a while. They may include cashew butter sauce, pumpkin seed butter sauce, sunflower butter sauce, macadamia nut butter sauce and others. They are all made the same way by adding a little water to some nut butter until the consistency is that of a sauce.

9. Bean sauces. These can start out as a can of cooked black beans, red beans, white beans, kidney beans or others. Warm up the

beans, perhaps mash them into a paste and add a little water, if needed, until the consistency is that of a thin sauce that can be poured over your cooked vegetables.

10. Buttery sauces. These are best for fast oxidizers, although they are okay in moderation for anyone. The simplest is just to melt some high-quality butter and spread it on the cooked vegetables. You can also dress up the butter sauce with mild herbs and spices.

11. Soy sauce and/miso. These are soy products, to which some people are sensitive. However, if you are not sensitive to them, miso, in particular, is a nice product with a unique and delicate flavor.

12. Fancier sauces. This might be a Chinese sauce such as chow mein, kung pao or mustard sauces, Thai curry sauces, or milk-based sauces such as New England chowder sauce.

13. A little of the following can be eaten: coffee, chocolate, carob, or molasses.