

# DESIGNED TO INSPIRE

food + recipes + conscious living + lifestyle tips

column and photography by **Sandra Yearms Joblonicky**

**Greetings New Year 2016 Readers and the very best of joy, laughter, health and abundance to each of you!** This month's column is not diet or New Year's resolutions driven. Food always gets a bad rap for making us fat... but it's not the food... it's the choices we make. Stay away from processed foods; do 90% plant based meals, organic when it makes sense, practice Meatless Monday. Yes, I do cheat... but unlike most, I am not a practitioner of guilt and I always enjoy the indulgence... and my body is happy. Remember, food is medicine; medicine is food!

## Your HELP is wanted for the March

**Easter edition.** I'd like to personalize the column by featuring some of our readership's **family traditions**. Please email a 150 word paragraph describing your favorite tradition and why it is important to you. Submit photo if applicable. Email me: [sandratci@att.net](mailto:sandratci@att.net). In Subject Line enter: **last name, first - Easter**. Mike Hart and I will select three traditions from the first five submissions received. Midnight deadline, January 31, 2016. We'd like to hear from you to share what makes your Easter so special.

**Thank you!**

## 'Goodnesses' of the Quinoa Patty

Refrigerated, these store well for several days. Great for breakfast, lunch, dinner or a much needed snack.

### Serving ideas:

Top it with a poached organic egg, slices of tomato and avocado

**Make a great sandwich** on gluten free bread with your favorite trimmings, or cut into cubes and put in a lettuce leaf wrap

**Dinner** set it on a bed of mixed greens, sliced pears, cherry tomatoes, Persian cukes, black oil cured olives with side of blanched asparagus.

Finish with the avocado drizzle.



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### Comments and Requests

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## Avocado Drizzle

Squeeze 1/2 large lemon over flesh of a whole avocado, sprinkle with Himalayan salt, mash with fork. Place 1-Cup Lifeway plain Kefir in small blender, add mashed avocado. Pulse to blend. Continue to add Kefir until desired consistency is reached. Options: cayenne pepper, jalapeño, coconut nectar if sweetness if desired.

**Delicious!**



## Quinoa Vegetable Patties

vegetarian + gluten free

- + 1 Cup Quinoa rinsed and drained in a strainer to remove the bitter talc, a resin like coating called saponin
  - + Place quinoa in small pan with 2 Cups purified water; bring to rolling boil. Reduce heat, cover pan, simmer until water is absorbed, 12 - 14 minutes. Remove from heat, cool. If all water is not absorbed drain it off.
  - + **Wash & Prep Vegetables** In equal amounts of 1/4 Cup each: chopped kale, red pepper, grated zucchini and carrots. 1/2 teaspoon microplaned onion and 3 peeled minced garlic cloves softened in evoo.
  - + **Step 1 Make Patties:** With fork, combine cooled quinoa, vegetables, onion and garlic. Add 1/4 Cup almond flour, 1-whisked organic egg, Himalayan salt to taste and the magic ingredient, 3-4 dried, unsulphured apricots, small chop. Cover bowl, refrigerate for 45 minutes to insure easier handling.
  - + **Step 2 Form Patties:** If chilled mixture is too loose, add more almond flour. Form 4-6 patties and place on parchment paper. Dust patty tops with almond flour for a crispy crunch.
  - + **Step 3:** Heat a large oven proof skillet; add a generous mix of evoo and organic sweet butter. Over medium heat place patties in pan and cook 3-5 minutes per side, or until golden brown. Remove from pan, drain, serve or keep warm in a 200° oven.
- + **See serving ideas and enjoy!**

