



Spleen Deficiency Recipes

Fertility Soup

(use all organic foods)

3 cloves garlic
1 Portobello mushroom, cut into very thin strips, Use shitake mushrooms if you have dampness or phlegm.
1 medium onion
2 ribs celery (optional)
1 5" piece dried kelp
1 small bunch broccoli, chopped
½ head cabbage, chopped into ¼" strips
1 medium yam, chopped into ½" cubes
1 block firm tofu in ½" cubes
1 cup of cooked brown rice, wild rice or barley
28 oz can of tomatoes, or 6 plum tomatoes
1 cup black beans
4-6 quarts vegetable broth

1. Chop the garlic and onion and sauté until the onion is translucent.
2. Add the cabbage and tomatoes and cook for 5 minutes or until these ingredients are heated, and then add the broth, followed by the kelp.
3. When the broth comes to a boil, add yam. Boil about 10 minutes, or until the yam just begins to soften.
4. Add tofu and rice, and then the broccoli.
5. When the broccoli is turns bright green, the soup is ready.

*Season with salt and pepper to taste. You may sprinkle with some tofu cheese and serve with spelt or sprouted wheat bread for a hearty meal.

*If you want to add in meat, sautéed (hormone free) organ meats like kidneys or liver.

Spicy variation

Use shitake mushrooms instead of Portobello, and leave out tomatoes. Add half a stick of lemongrass during cooking for flavor. When the vegetables are just cooked, take out the mushrooms, broccoli, tofu, and greens, and set aside. Discard the lemongrass. Puree the rest of the soup, including yams and kelp, with a dab of Thai yellow curry paste (if you don't have excessive heat) and a few tablespoons of coconut milk. Put the greens, mushrooms, and tofu back in. Serve with a garnish of fresh cilantro and lime, and brown rice on the side if you like.

Barley with Vegetables

1 cup barley, soaked
½ c. diced onion
½ c. diced carrots, beets, celery, or vegetables of your choice
1/3 c. shiitake mushrooms, soaked and sliced
1 tsp. sesame oil
3 cups water
¼ tsp. sea salt

1. Sauté vegetables.
 2. Oven toast the barley just until dry.
 3. Place barley and vegetables in pot with salt and water.
 4. Cover and bring to a boil. Reduce heat and simmer for 40 minutes.
- Serve with a parsley garnish. Serves 4.

Steamed Salmon With Asparagus and Rosemary

1 lb. fresh salmon fillet
2 tsp. capers
½ medium red onion, thinly sliced
1 medium tomato, seeded and chopped
1 clove garlic, finely chopped
2 Tbsp. lemon juice
¾ - 1 lb. asparagus, touch ends trimmed
¼ tsp sea salt
1/8 tsp. pepper
2 fresh sprigs of rosemary
2 tsp. olive oil
lemon wedges

1. Preheat oven to 400 degrees. Place salmon on a large piece of heavy-duty foil with at least 2 inches to spare on each end and enough room on the sides to fold over entire fish.
 2. In a medium bowl, combine capers, onion, tomato, and garlic. Spoon over salmon. Drizzle with lemon juice and sprinkle with salt and pepper. Top with asparagus spears and rosemary sprigs. Sprinkle with olive oil.
 3. Wrap foil securely around salmon with edges at the top. Place on a baking sheet and cook for 25 minutes or until cooked through.
- Be careful when opening the foil package; the escaping steam will be quite hot.

Serve with lemon wedges.

Garlic Chicken

2 each boned and skinned chicken breast halves
4 Garlic cloves -- crushed
1 1/3 tbsp ginger root -- minced
1 lb Snow peas
1 c cashews
6 Tbsp Oil
2 Tbsp Sesame oil
4 Tbsp soy sauce
1/4 c chicken broth
2 Tbsp cornstarch

1. Cut the chicken into small, bite-sized pieces.
 2. In a small bowl, combine the garlic, ginger, sesame oil and soy sauce. Stir the chicken into this marinade, and set aside.
 3. Break the stem ends off the snow peas.
 4. Place the oil in a wok or large skillet, and, when it is hot, stir in the cashews.
 5. Cook just for a couple of minutes, until the nuts are golden. Remove with a slotted spoon, and set them aside in a serving dish.
 6. Stir-fry the snow peas in the oil about two minutes, just until they have turned bright green. Add to the cashews in the serving dish.
 7. Stir-fry the marinated chicken in the oil just until it is opaque throughout, about 5 minutes.
 8. Dissolve the cornstarch in chicken broth and add to the pan along with the snow peas and cashews.
 9. Cook and stir until thickened and hot through.
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Black Bean Soup

3 cups dried black beans, soaked and cooked
3-4 ears corn, cooked and cut off the cob
1-3 bell peppers, preferably yellow or red, chopped
1 orange, juice and grated rind
balsamic vinegar

1. Mix everything together, and let sit for flavors to mix.
 2. Season with finely chopped fresh ginger and fresh thyme or, rosemary and thyme – best fresh, and ¼ balsamic vinegar.
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Cucumber Sandwiches

1 cucumber
White wine vinegar
Ezekial or Genesis bread

1. Peel and slice the cucumber.
2. Sprinkle the slices with vinegar and let sit for 1/2 hour. Drain them and pat dry.
3. Make sandwiches with 1 or 2 layers of cucumber slices, on Ezekial or Genesis bread.
4. Slice diagonally into quarters and serve.

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Another sandwich variation:

Avocado, tomato, hummus sandwich on sprouted wheat-berry bread.

Barley Primavera

3 scallions, sliced thinly and diagonally
6 c. water
¼ c. canola oil
1 ¼ c. pearled barley
4 cloves garlic
¼ c. minced parsley
½ c. shiitake mushrooms
1 small zucchini, chopped
1 small yellow squash, chopped
1 medium carrot, grated
1 large red pepper, seeded and chopped
1 small yellow and green peppers, seeded and chopped
¼ c. raspberry vinegar
1 tsp. sea salt
½ tsp. freshly ground pepper

1. Place the barley and water into a saucepan. Bring the water to a boil, cover the pan with a lid, and simmer the barley for 20 minutes, until tender.
 2. When the barley is cooked, drain it well and chill completely.
 3. Heat the canola oil and garlic in a small saute pan over low heat. Slowly cook the garlic for 2 minutes, until golden brown, and transfer to a large mixing bowl.
 4. In the same bowl, combine the peppers, parsley, zucchini, yellow squash, carrot, scallions and mushrooms with the cooked barley.
 5. Add the vinegar and season with salt and pepper.
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Butternut Squash Bisque

1 Tbsp olive oil
2-3 lbs. butternut squash, peeled and diced into 1 inch chunks
3 large carrots, chopped
1 med. Onion, chopped
2 quarts vegetable stock
1 Tbs. minced fresh ginger
1/8 c. grated orange zest
1 bunch parsley, chopped
pinch of ground nutmeg
salt and freshly ground white pepper to taste

1. Heat the oil over medium heat in large sauce pot. Sauté the squash, carrots, onion, and ginger for 3 minutes, until they are lightly browned.
 2. Add the stock and orange zest, and bring to a boil.
 3. Lower to a simmer and cook uncovered for 40 minutes, until the vegetables are tender.
 4. Add the parsley, nutmeg, salt and pepper.
 5. Puree the soup with a food processor until smooth and creamy.
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Sweet Squash Slices

1 butternut or hokkaido squash, sliced into moons
2 pinches sea salt
water

1. Wash, de-seed and slice squash into moons. Sprinkle with salt and let set at least 5 minutes.
2. Bring water to a boil and place the squash on the steamer basket.
3. Steam until soft - about 10 minutes.

Carrot, Red Radish Pressed Salad

1/2 cup grated red radish
1 cup grated carrot
1/2 tsp. umeboshi paste

1. Grate all of the ingredients and mix with the umeboshi paste. Gently press.
2. Let marinate for 10 minutes. Squeeze out the liquid and serve