

Nutri-Focus Cookbook



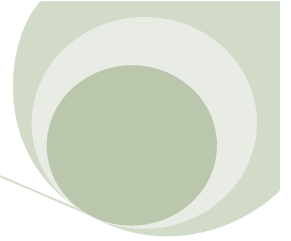
*Tasty, quick recipes for
health and healing*

The Nutri-Focus Diet for ADD Cookbook

Create, Calm, Focus, Attention and
Excellent Well-being

Enjoy this collection of some of my favorite recipes that are designed specifically for the Nutri-Focus Diet for ADD and related conditions. I hope you enjoy them, and learn that you don't have to feel like you are missing taste sensations while on a restricted diet. Your Health and Well-being will thank you for your efforts.

Katherine Sabathie Edwards
8/1/2009



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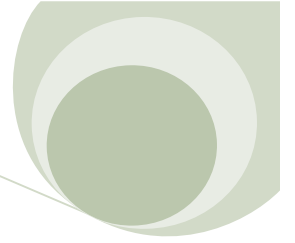
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Introduction

Using the right ingredients- fresh, and in their natural state, organic or biodynamic if possible – is the basis of making great tasting healthy food that follow The Nutri-Focus Diet for ADD.

Many of the ingredients in this cookbook can be obtained from you local grocer and/or health food store (or from your very own organic vegetable garden). It is recommended that you use heirloom vegetables where possible, which are becoming increasingly available at speciality markets (and seed sellers for your garden).

Personally I love to grow organic heirloom vegetables in our small garden; there is something extra satisfying about picking fresh fruits and vegetables, taking them immediately to the kitchen and preparing a meal. Plus you have an amazing amount of nutrients available that would be lost with storage and transport.

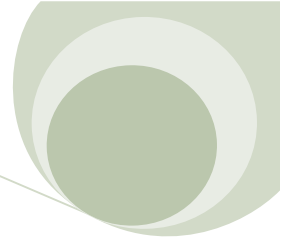
The ingredients that may be harder to find will be referenced with links to suppliers.

It is important to become familiar with the grains and starches that are suitable for The Nutri-Focus Diet for ADD which is necessarily gluten free.

Number One Hint

The very best thing you can do today is to fill a 2 litre jug with filtered water, and drink it all today! Simple yes, and yes you may have to pee a lot, BUT, think of it as peeing you way to health. This water will flush your system of toxins, as well as having an Alkalizing effect....this is good! If you don't like plain pure water add a squeeze of fresh lemon juice, which gives an extra alkaline boost. Drink your water between meals, never with meals as it has a diluting effect on the digestive juices, (most likely you already are lacking in this department..Otherwise you would not be here!)





Gluten Free Grains and Starches

- Rice
- Corn/maize
- Potato
- Tapioca/cassava
- Buckwheat
- Lentil/pea (besan, urid, gram flour)
- Amaranth
- Lupin
- Sorghum
- Quinoa – a complete protein, containing all 9 essential amino acids and a great source of fibre
- Millet

Things to avoid

Grains that have Gluten

- Wheat (all varieties, including spelt, durum, kumut and dinkel)
- Barley
- Rye
- Oats
- Triticale and
- Derivatives of these products e.g. malt.

Food products that are sources of gluten:

- Breads and cereals made from these grains
- Most breakfast cereals
- Wheat flour (including wheaten cornflour)
- Wheat pasta, noodles
- Semolina, couscous, burghul stuffing
- Wheat biscuits, cakes, pastry, scones, communion hosts
- Wheat crumbed and batter foods
- Wheat pastry foods e.g. pizza

For cooking – Special ingredient information

Organic Gluten-Free Extra Virgin Coconut Oil – is ideal for all your cooking needs, the monster added bonus is it's health benefits: Organic extra virgin coconut oil is an excellent source of lauric acid- a disease fighting substance that is found in mother's milk and is now regarded as an important immune booster for HIV/AIDS patients. It has anti-viral properties, anti-microbial properties. It is very important to use organic extra virgin coconut oil that has not been hydrogenated, refined, deodorized or bleached, such as the one found on the link here: www.mynaturalmarket.com

Celtic Sea Salt provides minerals and stimulates digestion, and is alkalizing. Recommended over regular table salt, and Celtic Sea Salt taste wonderful!

Stevia is a plant based natural sweetener with no calories, used in place of sugars/honey to sweeten food and beverages.

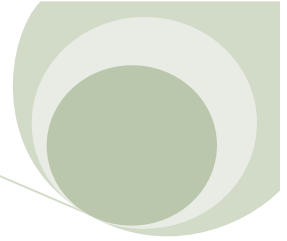
Udo's Oil is a rich source of organic vegetable sourced essential fatty acids, with an ideal combination of Omega 3,6, and 9. This oil is used fresh (refrigerate) and raw, do not use it in heated dishes. Great for tossing over salads, making salad dressings, tossed into gluten free noodles after cooking with herbs etc. Read more about Udo's Oil and where to get it here:

www.ntphealthproducts.com.au

Kefir is easy to digest, cleanses the intestines, assist with digestion, and provides 'friendly' bacteria and yeast, vitamins, minerals and complete proteins. It has a creamy slightly sour, refreshing taste. It has been shown to be an effective immune stimulant and is antimicrobial. An essential amino acid found in kefir called tryptophan which can be lacking in those with Fructose malabsorption and lactose intolerance. Tryptophan is one of the compounds in a chain of reactions that gets rather complicated, so I will make it simple: it is important for restful sleep, has a calming effect on the nervous system and helps with depression. Kefir can be made with: coconut milk or water, fruit juice, rice/almond/soy milk, and they are all yummy! It has a slightly sour/tangy taste that is very refreshing and delightful.

Find Kefir grains here: http://www.webaware.com.au/ferment/finding_kefir.php

Ghee a clarified butter available at speciality stores – health/Asian and some supermarkets



Recipes

Here are some of favourite recipes, enjoy them, share the link them with friends by sending them a link to the website so they can download their own personal copy, and keep up with new information as it comes to hand. If you love them let me know, or if you come with a version you like better and want to share, email me kathy@thehealthnut.com.au

Rice Pudding

3 cups cooked brown rice
1 egg yolk
1 cup soy/rice/coconut or almond milk
1 tsp vanilla extract to taste
2 tsp cinnamon to taste
1/8 tsp Stevia to taste

Directions: mix all ingredients together in a pot and warm (do not boil) over a medium or low heat. Stir frequently to prevent to 'milk' from sticking to the pan. Serve warm or chilled with banana or other fresh or frozen fruit and Kefir

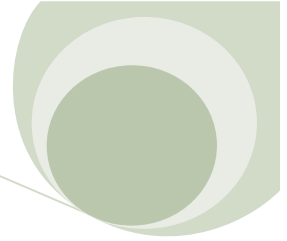
Super Smoothie

1 tsp. of unrefined flax seed oil or Udo's Oil
1 tbsp Lecithin, which aids fat digestion, to taste
1 tbsp Fibre, such as psyllium husk, ground linseeds
1 small handful of natural raw almonds
1 cups of Kefir, Probiotics (friendly bacteria)
Natural flavourings or herbs such as stevia, nutmeg, cinnamon, non-alcoholic vanilla or natural fruit flavouring to taste
Fresh or frozen organic fruits, strawberries, raspberries, bananas, kiwi, mango etc.

Blend together for a delicious, nutritious breakfast, lunch, or snack and enjoy!

Gluten Free Muesli

2 cups GF puffed rice
1 cup puffed millet
3 cups crushed GF cornflakes
1 cup rice bran cereal
1 cup dry toasted nuts
1 cup sunflower seeds or coconut
1-2 tsp Stevia liquid concentrate



- 1-2 tablespoons coconut oil
- 1 cup raisins
- 1 cup of other dried fruit or dry roasted nuts, to taste

Preheat oven to 90 deg. Combine honey and oil in a small saucepan and heat. Put all other ingredients except fruit in a roasting dish, drizzle over the oil/stevia mix. Bake for 2 hours, stirring every 30 minutes. Stir in the raisins and fruit and turn off the oven to cool down.

Serve with fresh kefir, fresh organic fruits, can be moistened with a little fruit juice.

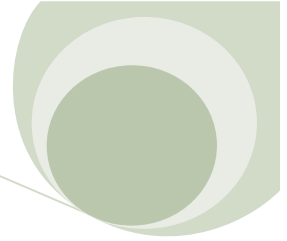
Nutri-Focus Chicken Salad

- Knob of ghee
- 3 free range chicken breast
- 4 firm ripe organic tomatoes,
- 2 Avocados
- 1 medium capsicum (bell pepper), diced
- 1 medium Spanish red onion, diced
- Kefir Salad dressing or Nutri-Mayo (for added creaminess, if desired) recipe follows
- Sea salt and freshly ground black pepper to taste
- Fresh salad leaves for serving

Quickly seal the chicken breast on all sides in a hot pan with the melted ghee, turn the heat to minimum until the chicken is cooked through. Remove from the pan and chop. Cut the tomatoes into cubes or slices to your preference. Peel and slice the avocado. Toss all the ingredients together adding the Avocado last thing. Serve on a bed of salad leaves. For packed lunches/school lunch, make a parcel with the salad leave as the wrap or wrap in a gluten free wrap.

Gluten Free Wraps

- 1 cup fine brown rice flour OR Sorghum flour
- ½ cup tapioca starch
- 2 teaspoons xanthan gum
- ½ tsp Stevia liquid concentrate
- 1 tablespoon instant yeast
- ½ teaspoon sea salt
- ¾ cup water
- 1 teaspoon cider vinegar
- 2 tablespoons Extra Virgin Olive Oil



2 eggs

2-3 tablespoons rice flour (for dusting pan/hands)

Mix together all dry ingredients except the rice flour for dusting. (brown rice flour OR Sorghum flour, tapioca starch, stevia, xanthan gum, yeast and salt)

Combine the wet ingredients (water, vinegar, oil and eggs)

Slowly add dry ingredients to the well mixed wet ingredients

Beat well

Oil and dust a large flat pan

Scrap dough onto oiled and dusted pan and press as thinly as possible covering the bottom of the pan.

Using a fork, tap indentations across the entire dough.

Place in a warm spot to rest and rise for 35-40 minutes.

Preheat oven to 425 F

Bake for 10-15 minutes or until the top is slightly browned.

It will come out of the oven with a slight crust that will go away as the bread cools. Allow the bread to cool 15-30 minutes before using. It will become flexible and soft.

Cut into large pieces. Store unused portions in ziplock bags on the kitchen counter to preserve the flexibility.

Making Kefir

Kefir is very easy to make, first you must obtain the starter 'grains' available on the internet or a friend. If you have trouble getting let me know and I shall track some down close to your home.

Take 1 Litre of either:

Coconut milk

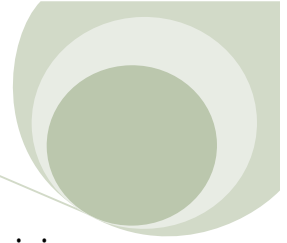
Coconut water

Almond milk

Soy milk

Fruit juice

Place this in a large, clean glass jar add 3 desert spoonful of your kefir grains cover and let it sit in a dark place for 24 hours. Stir once or twice during this time, taste check it for readiness. The time taken will vary depending on temperature from 24-36 hours. Do not use metal spoons, sieves or jars for you kefir it damages the bacteria.



Kefir Salad Dressing

Combine 1 cup of kefir with a tablespoon of vinegar, a teaspoon of lemon juice, and dashes of such seasonings as sea salt, cayenne pepper, garlic powder, cumin, basil, parsley, and chives with a dash of Stevia, mix/shake and adjust seasonings to taste. Udo's Oil can be added to this dressing to make a French style dressing. Taste as you make/mix to achieve a delicious mix.

Chilled Borsch

This is a refreshing, colourful soup, ideal for a summer dinner party. Borsch is a traditional recipe of Eastern Europe where Kefir also comes from! Adding a third grated, raw beetroot is an important step which gives the soups a beautiful rich colour.

1 onion, peeled

1 carrot, scrubbed

3 medium-sized beetroot, scrubbed (not cooked)

1 litre of beef stock

2 cloves

Sprig of parsley

Sprig of dill or fennel

Celtic salt to taste

1 drop liquid Stevia concentrate

2 tbsp lemon juice

4-6 big spoonfuls of a 'milk' kefir and scissored chives for garnishing.

Chop onion and carrot roughly. Peel and grate two of the beetroot on a coarse grater. Put onion, carrots and grated beetroot in a saucepan with the stock, cloves, parsley and dill. Bring to the boil and simmer for 30 minutes. Strain through a fine wire sieve. Add seasonings, stevia and lemon juice. Grate the third peeled beetroot and add to the soup. Leave to infuse for 2 hours. Strain again. Chill thoroughly. To serve, pour into soup bowls and garnish each with kefir and a sprinkle of chives.

Zucchini Soup (courgette)

This delicious soup makes use of that inevitable glut of summer zucchinis that seems to happen every year in our garden. It is a delicately-flavoured, creamy soup.

1 small onion

1 small potatoe

500 g zucchinis

2 tbsp ghee



½ tsp chopped fresh tarragon (if available, but do try to get it, fresh tarragon really gives this soup a special flavour).

2 cups chicken stock

Celtic sea salt and pepper to taste.

¼ cup kefir 'cream' (kefir made from one of the milk substitutes)

Peel the onion and potato. Slice these and the zucchinis finely. Heat the ghee in a large saucepan. Add the vegetables and tarragon. Sauté gently for 3 minutes.

Add the stock and simmer until the vegetables are tender. Put through a blender or fine sieve. Return to saucepan, check seasoning and reheat. Serve with a drizzle of kefir 'cream'.

Green Bean Treat

500 g fresh green runner beans

2tb ghee

2 cloves garlic, finely chopped

3 medium tomatoes, peeled and chopped

Sprinkle of fresh or dried Basil

Celtic sea salt to taste

Remove the tops, tails and strings from beans, cook in a vegetable steamer until tender crisp. Heat ghee in a medium-sized frying pan; add garlic, tomatoes, beans and seasoning. Cook for about 10 minutes – until tomatoes are soft.

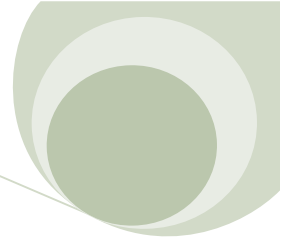
Tonic Salad

This mix contains herbs that stimulate the liver and adrenal glands and also provide plenty of vitamins and minerals

How to make-

Use salad leaves such as cos, frizzy, and/or butter lettuce, rocket leaves, water cress leaves and some alfalfa sprouts. Add the following fresh shredded herbs: Basil, Parsley, young Dandelion leaves and decorate with nasturtium and borage flowers or chive florets.

Dressing: 6 tbsps Udo's oil, 2 tbsps apple cider vinegar or fresh lemon juice, 1 tsp grainy mustard, 1 drop stevia liquid concentrate, Celtic sea salt to taste, 1 clove crushed garlic. Place all the ingredients in a screw top jar or vinaigrette shaker, shake until blended. Taste and adjust seasoning to suit. Toss over salad as required, remainder can be stored in the refrigerator for future use.



Calmative Herb Tea

Wind – travelling in either direction can be a symptom of various digestive ailments, such as IBS, Candida, food intolerances, or it can also be associated with poor diet, nervousness, and stress. This palatable calmative herb tea taken 20 minutes after a meal can help. If symptoms persist consult with your health care professional.

The calming and anti-inflammatory actions of fennel and chamomile provide a soothing mixture for the relief of wind.

25 g dried fennel seeds (*Foeniculum officinalis*)

25 g dried chamomile flowers (*Matricaria recutita*)

10 g dried peppermint leaves (*Mentha piperita*)

Mix the herbs and store in a dry airtight container out of strong light.

Put 2-3 tsp of the mix in a small teapot or infuser. Add a cup of freshly boiled water, infuse for 5-10 minutes, strain and enjoy. May be sweetened with a drop of stevia if desired.

Self Heal & Wood Betony Tea

Self-heal is a common garden weed, used as a wound herb in the west. The Chinese regard it as cooling and cleansing for the liver, where pollutants and food additives tend to accumulate. Wood betony has a sedative action.

Ingredients:

10 g dried self heal spikes (*prunella vulgaris*)

5 g dried wood betony (*Stachys Betonica*)

5 g dried borage (*Borago officinalis*)

5g peppermint leaves (*Mentha piperita*)

500 ml water

Place the dried herbs in a teapot and add freshly boiled water. Infuse for 10 minutes and strain. The surplus can be stored in a covered jug in a cool place for up to 48 hours.

Dose: 100-150 ml dose for 3-6 year olds 3 times a day. Stevia sweetener may be added if desired.

Gnocchi with Walnut and Lemon Sauce

Sauce:

2 large clove of garlic, peeled and crushed

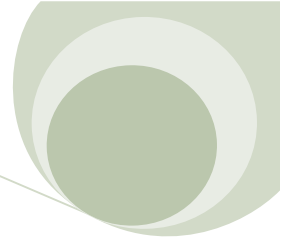
Organic Gluten Free extra virgin Coconut oil

Chopped chilli to taste

¾ cup finely chopped walnuts

Grated rind and juice of 3 lemons

2 drops Stevia concentrate



Celtic sea salt & ground black pepper (or chopped fresh basil leaves)

¼ cup chopped fresh parsley

Gnocchi:

1 kg floury potatoes

1 large free range egg

½ cup of potato flour

1/3 cup Ghee

½ cup of chopped oregano leaves

Freshly ground black pepper

Extra flour for dusting

1 tsp Celtic sea salt

½ cup shredded fresh basil leaves

Make the sauce first. Cook the garlic in the coconut oil mixed with the chopped chilli for a few seconds. Stir in the walnuts and lemon rind and cook for a few more seconds. Add the lemon juice, Stevia, celtic sea salt, pepper, and parsley. Set aside and keep warm.

Now make the Gnocchi. Peel the potatoes and boil until soft. Drain and mash/press through a fine sieve mix with all the gnocchi ingredients. Allow to cool.

Dust your hands with flour and shape the mixture into walnut size pieces. When the pieces are the correct shape and size, press the back of a fork a little way into the gnocchi to slightly indent and decorate.

Bring a large heavy based saucepan of water to the boil with a tsp of Celtic Sea Salt and drip the gnocchi into the water in batches and cook for just 30 seconds. Drain and keep warm in a serving dish. Pour the sauce over the gnocchi. Serve hot, sprinkled with the shredded basil leaves.

Beef with Olives

A rich beef casserole, with the flavours of Provence – Olives, thyme, and mushrooms.

2 tbsps Ghee

225 g diced bacon

1 kg best braising steak cut into bite- sized pieces.

2 tbsps rice flour

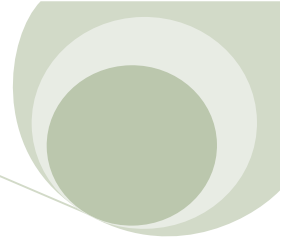
4 onions, sliced

Celtic Sea Salt and freshly ground black pepper

1 bottle of dry red wine

1 bouquet garni (with lots of thyme)

2 cloves of garlic, chopped



175 g mushrooms, sliced
120 g pitted black olives

Preheat the oven to 160 deg C. Heat 1 tbsp Ghee in a large, flameproof casserole and cook the bacon until the juices run. Toss the beef in the flour and shake off any excess. Add to the casserole with the bacon and the onions and brown the meat on all sides. Drain off any excess fat. Add salt and pepper and the wine. Stir well, and then allow the wine to reduce over a high heat, until about half of the liquid remains. Add the bouquet garni and the garlic, cover and cook in the preheated oven for 2 hours, checking and stirring from time to time. Sauté the mushrooms in the remaining ghee. Strain the contents of the casserole thru a large sieve, catching the juices in a clean saucepan. Place the meat and onions back into the casserole dish and add the sautéed mushrooms. Return the juices to the heat skim off and rising fat, then stir in the olives. Pour this sauce back over the contents of the casserole and cook in the oven or on the hob for a further 20 minutes. Remove the bouquet garni and season to taste. Serve hot.

Cassoulet

A classic southern French dish, that has many variations, and most of them 'secret', but the main ingredient is haricot beans and a mixture of meats.

460 g dried haricot beans soaked for 12 hours
60 g ghee
1 pork knuckle
450 g pork loin
1 onion, sliced
1 leek, cut into chunks
4 tomatoes
1 carrot, cut into chunks
1 bay leaf
1 bouquet garni
225g gluten free herb sausages
340 g bacon in one piece
1/2 lamb shoulder
Celtic sea salt freshly ground black pepper

Drain and rinse the haricot beans. Melt the ghee in a large flameproof casserole and fry the pork knuckle and the loin to seal. Then add the onion, garlic, leek, tomatoes, carrot, bay leaf and the bouquet garni. Stir well and cook for a few minutes. Add the drained beans, and enough water to cover the contents of the casserole. Bring to the boil then reduce the heat, cover and simmer slowly for 2

hours. After about one hour, add the sausages. Bacon and the shoulder of lamb. Check water level during cooking and add water when necessary. After the full 2 hours, strain off the juice into a clean saucepan and chop the meat into bite-sized pieces. Discard most of the bones. Remove the bay leaf and the bouquet garni.

Preheat the oven to 190 deg C. In a large earthenware bowl, place layers of the chopped meats, beans and sausages. Add 570 – 850 litre of the cooking liquor, cover and continue cooking in the hot oven for 35 minutes. Serve piping hot from the oven.

Spinach and Garlic Risotto

Ideal for lunch, served with a mixed salad, or as a starter.

4 tbsps coconut oil

1 large onion, peeled and finely chopped

2 large cloves of garlic, peeled and crushed

1 ½ cups of Arborio rice

500 g/9 cups of fresh or frozen (and defrosted) leaf spinach – do not use chopped spinach

300 ml/1 ¼ cups of dry white vermouth

Celtic sea salt and freshly ground black pepper

800 ml /31/2 cups of gluten free vegetable stock (bouillon)

The juice of 1 lemon

Grated nutmeg

1 tbsp fresh oregano leaves

½ tbsp ghee

Heat the oil and gently cook the onion until soft, but not brown. Add the garlic. Cook for a moment, then stir in the rice and cook for a few minutes. Mix in the spinach leaves followed by the vermouth. Season and then pour in the stock (bouillon). Bring to the boil and simmer for 35 minutes, or until the rice is swollen and soft (top up with water if necessary). Stir in the lemon juice, nutmeg, oregano and margarine and serve very hot.

Ratatouille

A popular dish around my second home in the south of France in summer when there is an abundance of plump, juicy, ripe, heritage tomatoes and inevitable glut of zucchini. One of my favourite dishes that bursts with freshness of summer. Variations abound, depending on the ingredients at hand; use what you have for your 'home-grown' version of this wonderful dish.

The main ingredients may include several or all of the following:

Tomatoes, peppers (capsicum), egg plant, onions, garlic zucchini, green beans and herbs including bay. Basil, parsley and thyme.

Serve ratatouille hot or cold (never chilled) as a delicious first course of a as a colourful accompanying vegetable. Topped gluten free garlic/herb sausage and a (broken) raw egg yolk it makes a fine main dish or light meal.

Using a large frying pan with a lid. Heat 2 tbsp of ghee and gently sauté 1 or 2 onions and a clove or two of garlic, Add skinned and roughly-chopped tomatoes. Cook until the vegetables begin to soften.

Other ingredients should be prepared and added as follows:

Zucchini, sliced or cubed

Egg plants, sliced or cubed

Peppers, cut in half with the seeds removed and flesh cut into strips

French beans. Cut into 2.5 cm slices, blanched for 3 minutes and drained.

1 or 2 bay leaves, a sprig of thyme, sea salt and pepper to taste. Cook gently with the lid on until the vegetables are tender but not mushy. Serve sprinkled with scissored basil and/or parsley.

Curried Quinoa

1 cup Quinoa

1 ½ tbsp coconut oil

½ diced onion

1 tsp grated fresh ginger root

½ fresh green chilli – finely chopped

1 tsp turmeric

1 tsp ground coriander (or fresh leaves)

¼ tsp ground cinnamon

2 cups filtered water

½ cup fresh (or frozen) peas

Rinse the quinoa with cold water use a fine mesh filter. Quinoa is coated with a natural substance called saponin.

The rinsing water will be slightly frothy/soapy and if not rinsed could give the dish a raw bitter taste.

Place coconut oil and onions in a heavy saucepan. Sauté the onions on a medium heat for 4-5 minutes. Add the ginger root, chilli, and quinoa., Cook for one minute stirring constantly. Stir in the turmeric, ground coriander, cinnamon and sea salt. Cook for one minute stirring constantly. Add the water and bring to the boil. Cover and reduce heat, simmer for 15 minutes. Stir in the peas. Cover and cook for 5 minutes or until the peas are tender and all the water has been absorbed. Fluff with a fork before serving.

Serve with fish or pork with mango and tomato salsa



Mango and Tomato Salsa

1 small ripe fresh mango, peeled and cubed

3 spring onions, trimmed and sliced

1 clove of garlic, peeled and crushed

½ chilli, seeded and chopped

2 tbsp of chopped coriander leaves

1 ripe tomato, skinned, seeded and chopped

The grated rind and juice of 2 limes

Celtic sea salt and freshly ground black pepper

1 ripe avocado peeled and chopped into the juice of 1 lime.

Place the mango, spring onions, garlic and chilli with the coriander, tomato, lime zest and juice, salt and pepper in a food processor and mix for a second, just to bring it together. Transfer to a clean bowl. Add the chopped avocado in lime juice and cover with cling film and chill until needed.

Zucchini Farci

Farci is the French word for stuffed (vegetables) You can use overgrown zucchini, tomato, artichoke, little pumpkins, really any vegetable that you can scoop out the centre and fill with the wonderful farci

1 large zucchini cut in half lengthways, scrape out the seeds, leaving the flesh and skin intact

3 tbsp ghee

Celtic sea salt and freshly ground black pepper to taste

1 cup uncooked quinoa

2 cups filtered water

2 shallots, chopped

1 clove garlic, crushed

1/3 cup pine nuts

Preheat the oven to 175 deg c (350 deg F)

Arrange the zucchini halves cut side up in a baking dish. Fill with about ½ cm of water. Place 1 tbsp of ghee in each half, season halves with sea salt and pepper. Cover dish and bake squash for 30 minutes in the preheated oven, or until very tender. Place quinoa in a pot with 2 cups water. Bring to boil. Reduce heat to low. Cover, simmer for 15 minutes. Melt the remaining ghee in a skillet over a medium heat. Stir in shallots and garlic, cook until tender. Stir in pine nuts, and cook until golden. Gently mix into the pot with the cook quinoa. Cut the zucchini in half and fill each quarter with the quinoa mixture. Serve each stuffed quarter over a bed of the remaining quinoa mixture.

