

Food Rules, Goal Setting and 7 Great Instant Pot Recipes

**Brought to you by
Jill Nussinow, MS, RDN
The Veggie Queen**



www.theveggiequeen.com

January 2019



Food Rules and More

Here is my short list of rules:

Don't eat what you don't like but be sure that you truly don't like it. If you had asked me years ago if I liked mustard, I would have definitely said NO. That has changed. So, give food a chance. Try preparing, or cooking it, in more than one way to see if you like a particular food.

Don't use what you don't have. Read through the recipes before you attempt to cook them. If you end up without an ingredient and it's not the most important ingredient in the recipe, the recipe will likely turn out just fine. Or find a good substitute for what you are missing. I have made my Rich Tahini Gravy without tahini and it was still good. Funny, huh?

When you eat something cooked, eat something raw. I am by no means a raw foodist. But my gut instinct tells me that we need to eat raw food when we eat cooked food. That can be as small as chopped herbs on top of your dish or it might be some fermented vegetables to accompany your cooked dish to bolster the flavor and texture. Or maybe you'd rather go the big green salad route which is another one of my favorite raw foods. The choices are up to you.



Jill Nussinow, MS, RDN <http://www.theveggiequeen.com>

Eating Tips for Optimum Health

Below are helpful reminders for planning your meals:

A large green leafy salad daily is an important addition to your diet. A good rule is pair a cooked dish with something raw, even as a garnish.

More brightly colored vegetables contain more phytochemicals.

The vegetables in season provide the lowest cost, best taste and most nutrition. If possible grow your own or shop at a farmers' market or store with high produce turnover.

Fruit is also a great source of fiber. Be careful not to overeat in-season fruit and dried fruit. If someone has cancer, avoiding all sugars might be the smartest move.

Add healthier fats such as olives and avocados, in moderation.

If you eat grains, choose whole grains instead of whole grain bread. In general, the less processed the food, the better.

Eating well for health does not have to be difficult, expensive or boring. Food should and can taste great!

Jill Nussinow, MS, RDN



Jill Nussinow, MS, RDN <http://www.theveggiequeen.com>

Goal Setting

This post is NOT about food so you can stop reading now if that's all you came for.

My yoga teacher always has a well thought out "word of the week." This week it is resolution. For me sitting with nothing to think about except my breath and getting my spine to extend provides an opportunity to tune in to Clare's words and absorb their meaning; not always profound but often food for thought.

Did you ever realize that the word resolution has the word SOLUTION in it? I never gave it a thought. But now I will. Clare says that we already have the solutions but need to put them into practice. And that's what yoga and life are all about – practice without having to be perfect.

Many of you know that I prefer to set goals rather than make resolutions, which might change now that I realize the solution in resolutions. Rather than toss them to the wayside, perhaps making only one resolution and a good plan for following it would suffice for most of us.

At this time of year, I like to look back on the past year and see what happened, absorb it, spit out what I don't need to hang on to and move on. The present is a gift that you give to yourself so stay focused on now and make a plan for the future.

I hope that your goals will include taking care of yourself because money can't buy health. If you need help doing it, check in with me. My goal is to inspire you so that you can inspire other people.

Within a month or two of rolling out the New Year's resolutions most people cast them aside. So, rather than go that route, why not set some realistic goals instead? Here's my short list, which is often a repeat of the previous year. For some reason, I have the need to repeat and improve on what I've already done. Does that happen for you, too?

For years now, I have worked with people to help them attain their nutrition goals. But the truth is that you cannot separate out what you eat from your life. Often you need to make lifestyle changes that impact your eating and food choices. It takes at least three weeks, and often more, to change a habit so keep that in mind.



Jill Nussinow, MS, RDN <http://www.theveggiequeen.com>

To set a goal that makes sense, we say that it needs to be SMART.

Specific – often a small step

Measureable – how can you tell when you've done it?

Attainable – it has to be something that you have the ability to do

Realistic – you can do it in the time frame and way that you've allowed

Timely – it is set for a limited time period, often one to three weeks

Here is a blog post that I wrote 10 years ago and it still holds true to this day: [*The Veggie Queens Healthy Resolutions 2009*](#) about goals that I'd like everyone to adopt.

Here's my short list for this year when most of us are thinking about health.

1. Eat a green vegetable every day. In fact, make it a goal to eat at least 3 servings (1/2 cup cooked or 1 cup raw) of green vegetables each day to help you reach the ultimate goal of 9 to 11 servings of fruits and vegetables daily.
2. Drink plenty of unsweetened fluids, especially water, herbal and green tea. Teeccino is one of my favorite beverages. I like the tee bags when traveling and like to brew it at home.
Avoid sweetened drinks such as sodas and limit how much alcohol you drink.
3. Avoid plastic containers of any sort, especially for storing food and beverages. Glass is wonderful for storage. Buy yourself some canning jars or glass bowls with lids in various sizes to use for storage. Put your water in a glass jar or stainless travel container.
4. Eat fewer white foods, except for cauliflower, onions and garlic. White flour, sugar and rice are not what I consider good-for-you foods. A white potato as part of a meal is OK once in a while, or more if you are a big tater eater. Track how often you are eating these types of foods and work



Jill Nussinow, MS, RDN <http://www.theveggiequeen.com>

on cutting down on them. Instead of sugary foods eat more fruit. Instead of refined grain products choose more whole grains such as quinoa, brown rice, buckwheat, millet and wild rice.

5. Move daily. The recommendation is to get 10,000 steps each day. Start from wherever you are and build up to that. Most of us can get fitter at any age. Studies show that even if you begin resistance training with weights after age 70, you still build muscle mass and improve balance.

6. Find "me" time as often as you can. Find time to laugh, enjoy nature and breathe deeply every day. It's good for your soul. As I tell my husband when he reacts instead of remaining calm, "It's nothing that 15 years of doing yoga couldn't help." So start doing something that helps you keep centered today.

Shoot for one goal at a time. Master it, continue it and move on to the next. It's best to start with the one that's easiest so that you can be successful.

and How to eat More Healthfully

1. Eat more veggies and fruits

As the Veggie Queen™ you knew that I'd probably tell you this but alas, it is true. You want to work your way up to eating a minimum of 9 servings of fruits and vegetables every day. An easy way to do this is to snack on veggies (and sometimes fruit) between meals, include a salad every day and maybe have some vegetable soup for lunch or dinner. If you just cannot manage this, then drink some vegetable juice (just remember that those made with tomato juice as a base tend to be high in sodium). Since fruit is sweet, most of us tend to eat it more often to satisfy our sweet tooth.

2. Drink more fluids, especially water and tea

Everyone has heard that it's important to drink 6-8 glasses of water a day. I've got to tell the truth here, and that is that in the winter I am just too cold to drink that much water. I hardly break a sweat so I drink tea throughout the day to keep hydrated. My favorite teas are rooibos (red bush tea), honeybush, (both of which are from South Africa) and herbal



Jill Nussinow, MS, RDN <http://www.theveggiequeen.com>

teas, especially organic ones from Numi, Choice and Traditional Medicinals. I drink 4-6 cups of tea during the day and add a cup of sleep tea at night if I think that I need it.

3. Breathe deeply more often

I heard Andrew Weil, M.D. speaking about something that anyone can do, anytime. He was referring to breathing. I couldn't agree more. If you learn how to take long, slow, deep, steady breaths you can trigger the relaxation response and get built-up tension and stress out of your body. Should you ever wake up during the night and start thinking, it's a great time to practice deep breathing. Another great time is when you are sitting in traffic or stopped at a red light. Deep breathing helped me avoid a red light ticket (but that's another story).

4. Move more and more often

If you resolve every year to exercise in some form but then slack off, you are not alone. For many years, our now departed family dog, Bear (a rescued mostly-Chow mix), helped keep me in shape. Add that to my weekly yoga classes and home practice and I am feeling pretty good. If you don't have a dog, you might still want to walk as if you do since it will help keep you moving. If there are other activities that you prefer, choose to do them regularly. Moving helps stimulate your mind and get your endorphins going. I always feel better after I've been moving. And anything counts, even sweeping the floor, vacuuming and gardening. I've even been known to do a quick workout by moving quickly through the mall. I suggest doing whatever works for you, and sticking with it.

5. Do something that's fun everyday

It doesn't matter what you choose – listening to music, reading a book, wrestling with your child, smelling the roses – be sure to include fun daily. Small fun fits the bill as well as big fun.



Jill Nussinow, MS, RDN <http://www.theveggiequeen.com>

The Instant Pot Recipes

Lebanese Vegetable Soup

*This flavorful vegetable and bean soup is bright, lemony, and just a little bit spicy. It came about because a friend asked me to adapt a recipe from *Sundays at Moosewood Restaurant* for the pressure cooker. The original recipe uses canned beans and since dried beans cook so quickly in the pressure cooker, that was the first step in my adaptation. If you don't like heat, leave out the red pepper or cayenne. If it's the spring and you can find fresh nettles, use them. If not, any leafy green will do.*

Serves 6 to 8

10 minutes high pressure, natural release; 2 minutes high pressure, natural release

2 cups finely chopped Spanish, or other, onion
½ cup dried chickpeas, soaked overnight and drained
4 cups vegetable stock
2½ cups chopped carrots (about 2 large)
1½ cups diced potatoes
4 cloves garlic, minced
½ teaspoon ground red pepper or cayenne powder, optional
1 teaspoon coriander seeds, toasted and ground
2 large tomatoes, chopped; or 2 (15-ounce) cans diced tomatoes
2 (14-ounce) cans artichoke hearts in water, drained, or 2 (9- to 14-ounce) packages frozen artichoke hearts, cut in halves or quarters
3 cups fresh chopped greens, such as nettles, chard, kale, or collards
Grated zest and juice of 1 lemon
Salt

- 1.** Set an electric cooker to sauté or put your stove top cooker over medium heat. Add the onion and cook for 2 to 3 minutes. Add the chickpeas and 1 cup of the stock.
- 2.** Lock on the lid. Bring to high pressure; cook for 10 minutes. Let the pressure come down naturally. Remove the lid, carefully tilting it away from you.
- 3.** Add the carrots, potatoes, garlic, red pepper, and coriander. Add the remaining 3 cups stock. Lock on the lid. Bring to high pressure; cook for 2 minutes. Let the pressure come down naturally. Remove the lid, carefully tilting it away from you.
- 4.** Add the tomatoes, artichoke hearts, and greens. Lock on the lid and let sit for 5 minutes. Carefully remove the lid.
- 5.** Add the lemon zest and juice and stir. Taste and add salt, if needed. Serve garnished with parsley and lemon wedges.

©2018 Jill Nussinow, MS, RDN, reprinted with permission from *Vegan Under Pressure*, Houghton, Mifflin Harcourt



Jill Nussinow, MS, RDN <http://www.theveggiequeen.com>

Wild Rice, Cranberry Bean, and Winter Vegetable Soup

This is a highly adaptable soup. Use what you like and leave out what you don't. The wild rice and cranberry beans provide the bulk of the soup for a hearty meal.

My winter vegetable larder often contains the same things: potatoes, parsnips, celery root, and carrots. If you have any fresh green herbs such as parsley, cilantro, or chives, sprinkle them on as garnish to make this soup look and taste even better.

Serves 6 to 8

22 minutes high pressure, natural release; 3 minutes high pressure, quick release

2 cups finely chopped onion

3 cloves garlic, minced

2 stalks celery, diced

1 bay leaf

2 medium purple, or other, potatoes, diced

1 medium parsnip, peeled and diced to equal 1 cup

½ cup diced peeled celery root (also called celeriac)

1 medium carrot, peeled and diced

½ cup dried cranberry beans, soaked and drained (soaked are best but unsoaked will work)

⅔ cup wild rice

6 cups vegetable stock

1 to 2 tablespoons your favorite herb or spice blend, such as herbs de Provence or Italian seasoning, store-bought or homemade

1½ cups diced peeled winter squash

Salt and freshly ground black pepper

3 to 4 tablespoons chopped fresh flat-leaf parsley, cilantro, or chives for garnish, optional

1. Heat a stovetop pressure cooker over medium heat or set an electric cooker to sauté. Add the onion and dry sauté for a minute or two. Add the garlic and celery and sauté another minute. Add the bay leaf, potatoes, parsnip, celery root, carrot, beans, wild rice, stock, and herb blend.

2. Lock the lid on the pressure cooker. Bring to high pressure; cook for 22 minutes. Let the pressure come down naturally. Remove the lid carefully, tilting it away from you.

3. Add the squash, and salt and pepper to taste. Do not stir. Lock the lid back on the cooker and bring to high pressure; cook for another 3 minutes. Quick release the pressure. Carefully remove the lid, tilting it away from you.

4. Remove and discard the bay leaf with a pair of tongs. If you find the soup too thick, add more water or stock. Serve hot, garnished with herbs, if you like.



Jill Nussinow, MS, RDN <http://www.theveggiequeen.com>

"Baked Beans"

There's nothing like shaving hours off a traditional recipe. These beans might not be quite as creamy as the long-baked type, but if you aren't tasting them side by side, I find beans "baked" in the pressure cooker to be mighty good. The key is to get the beans well-cooked before adding the other ingredients, which tend to toughen them up. When it's hot out and you don't want your oven on but want baked beans, here you go. 15 minutes high pressure, natural release; 5 minutes simmer

Serves 6 to 8

2 teaspoons vegetable oil, optional
2 cups very finely chopped onion
2 cups dry navy or other white beans, soaked and drained
2 tablespoons dry mustard
2 teaspoons smoked paprika
1 bay leaf
2 cups vegetable stock
¼ cup chopped dates
¼ cup tomato paste
3 tablespoons blackstrap molasses
2 tablespoons Dijon or other prepared mustard
1 tablespoon apple cider vinegar
Salt

- 1.** Heat a stovetop pressure cooker over medium heat or set an electric cooker to sauté; add the oil if using. Add the onion and sauté or dry sauté for 3 minutes, until the onion starts to look translucent. Add water by the tablespoon if needed to prevent sticking. Add the beans, dry mustard, paprika, and bay leaf. Stir.
- 2.** Add the stock and stir well. Lock on the lid. Bring to high pressure; cook for 15 minutes. Let the pressure come down naturally. Let the beans sit for 10 minutes after the pressure has come down, and then carefully open the pot, tilting the lid away from you.
- 3.** Taste a few beans to make sure they are cooked through and soft enough to squish between your fingers. If not, lock the lid, return the cooker to high pressure, and cook for a few minutes longer. Let the pressure come down naturally. Remove the lid, carefully turning it away from you.
- 4.** Remove and discard the bay leaf. Add the dates, tomato paste, molasses, Dijon mustard, and vinegar, then stir well.
- 5.** Bring the mixture to a simmer and let it bubble gently for about 5 minutes so the flavors can blend, or lock on the lid and let it sit for 10 minutes. Adjust seasoning with salt and serve.

Reprinted with permission from *Vegan Under Pressure*, Houghton, Mifflin, Harcourt



Jill Nussinow, MS, RDN <http://www.theveggiequeen.com>

Herbed Polenta

Be sure to use coarse polenta (sometimes called coarse corn grits), rather than cornmeal or corn flour, which are much finer and will turn your pressure cooker into a fine mess.

Serves 4 to 6

5 minutes high pressure; natural release

1 to 2 tablespoons olive oil, optional
½ cup finely chopped onion
2 or more teaspoons minced garlic
4 cups vegetable stock or water (use 3 cups if cooking pot in pot)
1 teaspoon salt
1 bay leaf
2 teaspoons chopped fresh oregano, or ½ teaspoon dried
1 teaspoon chopped fresh rosemary, or ¼ teaspoon dried
3 tablespoons chopped fresh basil
2 tablespoons chopped fresh flat-leaf parsley
1 cup coarse polenta
Salt and pepper, to taste

- 1.** Heat a stovetop pressure cooker over medium heat or set an electric cooker to sauté; add the oil, if using. Add the onion and sauté or dry sauté for 1 minute. Add the garlic and cook for another minute.
- 2.** Add the water, salt, bay leaf, oregano, and rosemary, along with half of both the basil and parsley; stir. Sprinkle the polenta over the water; do not stir.
- 3.** Lock the lid in place. Bring to high pressure; cook for 5 minutes. Let the pressure come down naturally for 10 minutes, then release any remaining pressure. If the pressure releases before 10 minutes is up, let the polenta sit in the pot for the full 10 minutes. Remove the lid, carefully tilting it away from you.
- 4.** Remove and discard the bay leaf. Whisk the polenta to smooth out any lumps. If the polenta seems too thin, stir and simmer over medium heat for a few minutes, or lock the lid back on the cooker and let sit for 5 minutes.
- 5.** Serve as is or pour into glass pans to cool to at least room temperature. Once cool, bake, grill, or panfry or eat as is.

Reprinted with permission from *Vegan Under Pressure*, Houghton, Mifflin, Harcourt



Jill Nussinow, MS, RDN <http://www.theveggiequeen.com>

Spicy West African Sweet Potato, Tomato and Groundnut Stew

Serves 6

Ethnic foods lend themselves so well to vegetarian fare and to stews. What makes this West African is using groundnuts, which are peanuts, greens and the cayenne. Imagine my surprise when this plant-based dish was chosen as the grand prize winner in an annual local KSRO radio show cooking contest which features Chef John Ash as one of the judges. It is best served over cooked millet (see the "Basic Mmmm...Millet" recipe on page 61 or on the last page here), which is also an African staple.

4 minutes high pressure; quick release; 2 minutes high pressure; quick release

1 tablespoon canola or other neutral oil

2 cups chopped onions

3 cloves garlic, minced

2 teaspoons grated fresh ginger root

½ teaspoon cayenne pepper or 1 fresh chile pepper, minced

1 large sweet potato, peeled and cut into 1-inch cubes to equal 2–3 cups

3 cups chopped cabbage

2 cups tomato or vegetable juice

1 apple, peeled and chopped

1 teaspoon salt

1 cup tomatoes, peeled and diced (canned OK)

2 cups finely chopped kale, collards or chard

¼ cup natural chunky peanut butter

Heat the oil over medium heat in the pressure cooker. Add the onions and sauté for about 2 minutes. Stir in the garlic, ginger and cayenne and sauté for another minute. Add the sweet potato, cabbage, tomato juice, apple and salt. Bring to high pressure over high heat. Lower the heat to maintain high pressure for 4 minutes.

Quick release the pressure. Carefully remove the lid and add the tomatoes and greens. Do NOT stir. Bring back up to high pressure for 2 minutes.

Quick release the pressure. The greens should be bright green. Stir in the peanut butter. Add water or more juice if the stew is too thick. Serve over millet or another grain.

©2019 From *The New Fast Food* cookbook, Jill Nussinow, MS, RDN

Do not print or share without express written permission



Jill Nussinow, MS, RDN <http://www.theveggiequeen.com>

Quick Chickpea and Summer Vegetable Curry ***Serves 4–6***

When I was in graduate school, I met a woman named Leslie who gave me a really vague recipe for curry. That was many years ago and ever since I have used a variation of this same vague recipe. Use ingredients that you like and omit those that you don't like.

10 minutes high pressure; quick release; 3 minutes high pressure; quick release; 1 minute high pressure; quick release

- 1 tablespoon canola oil
- 1 large onion, thickly sliced
- 3 cloves garlic, minced
- 1 teaspoon minced or grated ginger root
- 1–2 tablespoons curry powder, to taste
- 1 teaspoon ground cumin
- 2 cups chickpeas, pre-soaked
- 1 cup water
- 2 medium potatoes, diced
- 2 large tomatoes, diced
- 2 cups green, purple or wax beans, cut into 2-inch lengths
- 1 cup yellow squash, diced
- ½ teaspoon salt
- Pinch of cayenne or powdered chipotle pepper (optional)
- 2 tablespoons chopped cilantro

Heat the canola oil over medium heat in the cooker. Add the onion and cook, stirring occasionally for 2 minutes. Then add the garlic, ginger, curry and cumin and sauté for another minute, until the mixture is very fragrant. Add the chickpeas and water.

Cover and bring to high pressure. Cook for 10 minutes and quick release the pressure. Add the potatoes and bring back to high pressure for 3 minutes.

Quick release the pressure again and add the tomatoes, green beans and squash. Bring back to high pressure and cook another 1 minute.

Quick release, add the salt and taste to adjust the seasonings. Simmer if the mixture is too liquid. Add pepper, if desired. Garnish with chopped cilantro.

©2019 Jill Nussinow, MS, RDN, The Veggie Queen™



Jill Nussinow, MS, RDN <http://www.theveggiequeen.com>

Basic Mmmm...Millet

This is the plain version of cooked millet. If you want something more interesting, make the "Middle Eastern Millet Pilaf with Cinnamon, Carrots and Onion" recipe on the next page. I love millet because it looks great and it's so easy to digest. It's a wonderful grain to eat for breakfast when oats aren't on the menu.

Serves 4–6

10 minutes high pressure; natural pressure release, let sit, if needed

1½ cups millet

2½ cups water

Salt, to taste, add after cooking

Heat the pressure cooker over medium heat, or turn your Instant Pot to sauté. Add the millet, stirring it often until it begins to pop. When it smells toasty, turn off sauté. Add the water and lock on the pressure cooker lid. Bring to high pressure over high heat or set your pot to 10 minutes (and ignore the next direction). Turn down the heat to low to maintain high pressure for 10 minutes. Let the pressure come down naturally, which takes about 5 minutes. Let the pot rest for another 5 minutes off the heat. Carefully remove the lid and fluff the millet, adding salt to taste.

©2019 From *The New Fast Food* cookbook, Jill Nussinow, MS, RDN

Do not print or share without express written permission