

Everyday Eating for Stress Resilience



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Do we even have to say it at this point? “We are what we eat.”

We digest and assimilate what we eat, and those nutrients become the keys that fuel our body. Those keys will impact how our immune system functions, how our cardiovascular system functions, how our endocrine (hormones) system functions and, of course, how our nervous system functions (among all the additional systems and processes of the body we haven’t named).

What we eat will directly impact the harmony of function in both the mind and body. This is a critical factor of stress resilience.

We can fuel our calm, or we can fuel our nerves. Of course, food most certainly isn’t the only factor, but it is the factor we are addressing today.

And so we present you with a wildly simple, everyday recipe that can be made in a simple pot, be prepped ahead of time, cooks quickly and freezes well.

We use warming and grounding spices.

This meal becomes both comfort food and health-supportive, fueling us from the tastebuds to the cells.

Inspired by more traditional Butter Chicken recipes, this one is our culinary nutrition approach where we have stuck with the core ingredients, the nourishing spices and the one-pot style, but have removed the dairy, and simplified the more traditional cooking methods to make it an approachable weekday meal.

We encourage you to modify this however you like: changing up the spices, the protein and the vegetables to truly make it your own, and ideally loading it up with the ingredients you have the easiest access to and that you and/or your family love most.

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RECIPES

Indian Inspired One-Pot Chicken Stew

Note, this will make 6 full and hearty portions. You can easily halve this recipe to serve 2-4 people, however, this also freezes exceptionally well so you can serve it up for dinner, and have a second dinner ready to go.

Prep Time: 15 minutes

Cook Time: 30-40 minutes, depending on the rice variety

Yield: 4 servings

Ingredients

1/4 cup ghee or coconut oil	1/2 cup water
1 large red onion, coarsely chopped	1/4 - 1/3 cup tomato paste
3 cloves garlic, minced	2 cups (one 14-oz can) full fat organic coconut milk
2 Tbsp fresh ginger, grated	2 1/2 cups cubed sweet potato, cut into 1/2-inch cubes
2 Tbsp curry powder (see recipe below)	2 cups coarsely chopped cauliflower
1 Tbsp garam masala (see recipe below)	1 cup green peas (fresh or frozen)
1 Tbsp chili powder (optional for extra kick)	1 bunch cilantro or sprouts (for garnish)
2 tsp paprika	Lime wedges for serving
2 tsp sea salt	
4 chicken breasts, cut into 1 1/2-inch cubes	

Optional Vegetable Swaps

- Swap out the cauliflower and/or peas for:
 - 1-2 cups cubed eggplant
 - 1-2 cups cubed zucchini (note, cut down on the water as this will release quite a bit)
- Use half sweet potato (1 1/4 cups), and half chopped carrot (1 1/4 cups)
- Use chopped green beans instead of peas
- Add in chopped greens near the end of cooking, just enough to soften

Protein Options

Swap out the chicken for:

- Sprouted tofu
- Chickpeas, adzuki beans, kidney beans, cannellini beans and/or black beans
- Flank steak
- Cubed tempeh
- Halibut or haddock

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Indian Inspired One-Pot Chicken Stew (continued)

Instructions

1. In a medium pot, heat oil and add onions, garlic and ginger. Sauté until onions are translucent.
2. Add curry powder, garam masala, chili powder if using, paprika and sea salt. Stir until combined.
3. Add chicken* and cook for 5-8 minutes until chicken is no longer pink on the outside.
4. Add water, tomato paste, coconut milk, sweet potato and cauliflower. Simmer for 20 minutes, until sweet potato is fork tender.
5. Stir in the peas and cook for a minute or two.
6. Serve over rice, cauliflower rice or on its own.
7. Garnish with cilantro or sprouts and a lime wedge.

*Whichever protein you choose, it can be added at this point. If using beans, cook in advance and add to the recipe cooked.

Garam Masala

Typically used as a powder in North Indian cooking, 'garam' means spices and 'masala' translates to mean hot. Though in our version we omit the black pepper to keep our dish more mild for family appeal, feel free to spice it up further.

What we love about this blend is the warming nature of all of these spices that promote digestion and circulation. The 'heat' we experience is more in how it functions in our body, and less on the heat on the tongue from spiciness.

Yield: About ¼ cup

Ingredients

- | | |
|------------------------|-----------------------|
| 1 Tbsp ground cumin | 1 tsp ground cinnamon |
| 2 tsp ground coriander | 1/2 tsp ground cloves |
| 2 tsp ground cardamom | 1/2 tsp ground nutmeg |

Instructions

1. Place all ingredients into a jar, seal, and shake until everything is mixed well.

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Curry Powder

Our founder, Meghan Telpner, started making her own curry powder blend long before she was actively teaching cooking. The reason being her own black pepper allergy and obsession with fresh spices.

Curry powder isn't typically used in traditional Indian cooking, but it does combine a lot of traditional Indian spices, namely turmeric as the primary ingredient.

One of the reasons we love it from a culinary nutrition perspective is that it contains a lot of spices that have an anti-inflammatory benefit, and also it lends itself to adding loads of spices to a dish without needing a lengthy ingredient list of spices. Make this once and start adding a tablespoon here and there and you've got instant flavour and nutritional benefit with minimal effort.

The recipe outlined below is the full version using whole spices. In a pinch, do this with powdered spices. Most importantly, if you don't have everything listed below, that's fine. Mix up what you do have and away you go!

Prep Time: 10 minutes

Cook Time: 20 minutes

Yield: ½ cup

Ingredients

3 Tbsp coriander seeds
2 Tbsp cumin seeds
2 Tbsp turmeric
1 Tbsp mustard seeds
3 tsp fennel seeds
3 tsp cardamom seeds

3 tsp whole cloves (about 8-10)
2 tsp ground ginger
2 tsp black peppercorns (optional)
1/4 tsp grated nutmeg
1/4 tsp cayenne, or more if you like it hot

Instructions

1. Preheat oven to 250°F.
2. In a bowl, combine all ingredients.
3. Spread out on a pan and toast for 20 minutes on the middle rack. Check at 8 minutes and 16 minutes, as oven temperatures can vary and this can burn quickly.
4. Let cool at room temperature.

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The CNE course is all about food, but it's about so much more than that. It's about community, research, knowledge, investigation, friendship – who we want to be and how we want to be in this world.

Sue Fitzgerald,
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This program was beyond anything I could have ever expected. The quality of everything (support, information, program, portal) was amazing! This program is hands-down one of the BEST investments I've ever made in myself and my family.

Marissa Rodriguez,
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