

Conscious Cuisine:

Healthy Recipes From
Unity Inn

Table of Contents

SALADS

Summer Tomato Salad	6
Bermuda Salad	22
Corn Salad	31

SOUPS/STEWES

Gazpacho Soup	8
Italian Soup	32
Split Pea Soup	32
Unity Stew	34

BREADS

Health Bread	24
Adama Bread	33
Banana Bread	34

SAUCES/CONDIMENTS

Fresh Relish	10
Pomodoro Sauce	12
Brown Gravy	35
Chili Sauce	35

SIDE DISHES

Green Beans With Cilantro Pesto	14
Roasted Mushrooms	16
Alpine Baked Cabbage	36
Baked Beans	37
Deviled Sweet Corn	37
Mushroom Rice	38
Potato Salmis	39
Risotto	40

ENTRÉES

Vegetable Lasagna	18
Lentil Loaf	26
Baked Halibut Surprise	41
Eggplant Casserole	41
Stuffed Bell Peppers	42
Stuffed Tomatoes	43

DESSERTS

Pajas Cookies	20
Fruit Salad	28
Bread Pudding	43
Oatmeal Cake	44

TABLE BLESSINGS

UNITY INN: THEN AND NOW



Chef Michael Willett, Unity Inn

Rediscovering Your Wholeness

By Rev. Kelly Isola

How aware are you of the relationship between your mind and body? The mind/body relationship is like the relationship between water and wetness. You cannot put water on one side of the room and wetness on the other side. Similarly, our minds and bodies are inseparable. When you experience harmony in mind, you experience harmony in body. And when you have a sense of well-being and peace within your body, you are at peace *with* your body.

So how can we eat in a way that creates inner and outer peace?

Health means enhancing our bodies and minds in every way—through exercise, spiritual practices, relationships, rest and relaxation, spending time in nature, being of service to others, and of course, good nutrition. Connecting to our wholeness is the cornerstone to a happy, healthy, meaningful and abundant life.



Healthy Foods, Happy Mind

Good nutrition is essential for the realization of wholeness, as is one's emotional and spiritual work. And believe it or not, eating healthy foods supports all of us in collectively raising the energy, consciousness and commitment to transform our lives and our world.



From left to right: Andrew Summers (sous chef), Robin Harvey, Tim Clark (chef manager), and Maggie Handke (baker).

This booklet is intended to help you seize the opportunity to transform your own life through mindful eating and better nutrition.

As far back as the early 1900s, Unity co-founder Charles Fillmore noted and encouraged a growing trend toward conscious food choices:

“There is a relationship between thinking and eating, and as you grow spiritually, the character of your food and all that pertains to eating may have to be changed in conformity with the new order of things.”

Charles and Myrtle Fillmore made sure Unity students and employees had food that nourished the body as well as the soul. The Unity Vegetarian Inn (as it was originally called) opened in 1906, offering diners hot meals reflecting the Fillmores’ belief

that a fruit and vegetable diet was consistent with biblical directives and the best thinking in nutritional science.

By the 1920s, Unity Inn was one of the largest vegetarian cafeterias in the world, serving as many as 10,000 meals a week. And although today Unity Inn serves meat dishes, the restaurant honors the heritage of Charles and Myrtle—and the preferences of modern health-conscious diners—by offering daily vegetarian entrées.

Within These Pages

In this booklet, we have collected recipes from Unity Inn past and present to support you in becoming more aware of your mind/body connection and in creating your healthiest, most vibrant self—the whole you that can climb mountains, create works of art, launch new adventures, and take on the world!

As you try these recipes, notice how the food you eat makes you feel on a physical, emotional, psychological and even spiritual level. Awareness is everything. When you become more conscious of your relationship with food, you also become freer to make healthy choices, which, in turn, raises your overall energy, vitality and well-being.

Happy wholeness!

About the Author: Rev. Kelly Isola, MDiv, is a popular speaker and writer with a passion and commitment for awakening and inspiring individuals to a greater realization of their own divinity. She is host of the Unity Online Radio program *Spiraling Consciousness*. For more information, visit www.kellyisola.com.

*I am healthy, happy
and whole!*

Meet the Experts:

Chef Michael Willett

Unity Inn Chef Michael Willett's philosophy on food is simple: Provide wholesome food prepared well. His passion for cooking comes from his desire to "cook like grandma." He sees cooking with love as a dying art in the hustle and bustle of today. With his quick yet nutritious recipes, Chef Michael upholds the tradition of a wholesome meal, lovingly prepared.



Chef Michael's culinary experience began in his Kansas City, Missouri-area childhood home, where he cooked dinner for his family to help his working mom. His education continued in the U.S. Navy, where he learned international cooking techniques and recipes while serving in the Mediterranean. While there, he quickly developed a passion for the

open-air markets and the nutritional value of fresh produce. He brought that passion back to the Kansas City area, where he worked in several prestigious restaurants, including Café Allegro and La Bodega, before coming to Unity Inn.

Chef Michael and his wife, Robin, have two daughters, Chloe and Gigi.

Watch videos of
Chef Michael sharing
recipes and tips at
unity.org.

Susan Smith Jones, Ph.D.

With 30 years of experience at the University of California, Los Angeles (UCLA), teaching students, staff and faculty how to be healthy and fit, Susan Smith Jones has established herself as one of the world's foremost experts on diet and nutrition, high-level wellness, natural remedies, balanced living and human potential. She is the author of more than 26 books and 1,500 magazine articles about these topics.



Selected as one of the top 10 Healthy American Fitness Leaders by the President's Council on Physical Fitness and Sports, Susan teaches that the body is designed to be self-repairing, self-renewing and self-sustaining, and that the power to live a radiantly healthy life is within everyone's grasp.

Nutrition information for this booklet has been provided by Susan from her books *Health Bliss*, *The Healing Power of Nature Foods*, and *Recipes for Health Bliss*. Visit www.susansmithjones.com for more information.

Summer Tomato Salad

3 large well-shaped tomatoes, garden fresh, if available

One-half red onion, finely diced

8-10 fresh whole basil leaves (washed)

1-2 oz. blue cheese, crumbled

Salt and pepper to taste

Drizzle of extra virgin olive oil

With a paring knife, score an X on the bottom of the tomatoes. Put a pot of water on to boil, large enough to hold the tomatoes. Have a big bowl of ice water ready.

Core tomatoes, and put in boiling water, just until the skin begins to blister. Remove from boiling water, then submerge in ice water for about one minute. At this point, the skins should easily peel off.

Now, make thick, hearty slices crossways. To assemble, shingle tomato slices on platter, and tuck basil leaves between slices. Sprinkle diced red onion and blue cheese crumbles on top. Lightly drizzle with olive oil, and season with salt and pepper to taste.



FROM THE EXPERTS

Chef's Notes:

This can be a beautiful dish when artfully arranged. Try to slice your tomatoes evenly and consistently, and select pretty basil leaves. This is honestly one of my very favorite summer salads. It is simple and so good!

Susan Says:

Tomatoes provide vitamin C, potassium, chromium, biotin, lutein and zeaxanthin, alpha- and beta-carotene, the B vitamins (B₆, niacin, folate, thiamine and pantothenic acid), and lots of lycopene. Lycopene, in addition to being a pigment that contributes to the tomato's red color, is a member of the carotenoid family and an important part of the antioxidant defense network of the skin. In combination with other nutrients, it can raise the sun-protection factor (SPF) of the skin. Numerous epidemiological studies have found that people who eat lots of tomatoes are significantly less likely to get cancer (according to a review published in the *Journal of the National Cancer Institute* in 1999). Study results were strongest for prostate, lung and stomach cancer, although there's some evidence that tomatoes protect against breast, ovarian and other cancers too. Lycopene again appears to be the source of the protective benefit.



*As each day dawns, I recommit
to living a healthy life.*

Gazpacho Soup



- 6 Roma tomatoes, coarsely chopped
- 1/2 Tbsp. fresh garlic, chopped
- 2 cucumbers, peeled, seeded and chopped
- One-half red onion, diced
- 1 large green bell pepper
- 3 cups tomato juice
- 2 Tbsp. extra virgin olive oil
- 1 tsp. kosher salt
- 2 Tbsp. chopped Italian parsley
- Juice from three limes
- Croutons for garnish

Pre-chop all ingredients, then put everything into a blender or food processor, except for tomato juice, croutons and limes. Pulse five to eight times, then add tomato and lime juices. Let it sit in the refrigerator for at least 45 minutes to marry the flavors. Serve ice-cold on a hot summer day. Garnish with croutons just before serving.

FROM THE EXPERTS

Chef's Notes:

I prefer my soup to be chunky, so there is texture in this recipe. I like to use V8 for the tomato juice.

Susan Says:

In the mid-1700s, Scottish naval surgeon James Lind discovered that drinking the juice of limes and lemons prevented scurvy, the scourge of sailors on long voyages. Soon British ships carried ample stores of the fruits. It was later learned that vitamin C deficiency caused scurvy, and that limes are very high in this essential nutrient.

Like lemons, limes are useful as flavoring agents. However, unlike their yellow counterpart, limes don't impart a distinctive taste of their own when used as a cooking ingredient; instead, they tenderize and heighten the flavors of other foods.

So, whether you eat or drink, or whatever you do, do everything for the glory of God.

—1 CORINTHIANS 10:31

Fresh Relish

2 tomatoes, diced

1 cucumber, seeded, peeled and diced

1/4 of a red onion, finely diced

1 Tbsp. capers, chopped

2 stalks of celery

6 stalks of cilantro leaves, stems removed

Juice of 2 limes

Pinch of salt

Add all ingredients together, and let rest for 10 minutes. Tomatoes will render water. Drain and serve.



FROM THE EXPERTS

Chef's Notes:

Makes a wonderful fresh topping to an entrée, such as baked chicken or fish. You can also serve as a dip with pita chips or crackers.

Even in the dark winter months, I like to make this relish as a reminder of spring and summer. A spoonful over a freshly cooked piece of fish adds bright color and flavor. The citrus and salt make me yearn for warmer weather to come.

Susan Says:

Cucumbers contain a digestive enzyme, erepsin, which breaks down protein and cleanses the intestines. Low in calories, cucumbers offer a good source of fiber and a fair amount of vitamin C, potassium, folate, B-complex, and the amino acids methionine and tryptophan. The skin of the cucumber contains some vitamin A, so I encourage you to buy organic varieties or Kirby cukes—the kind used for pickles—so you don't need to peel them. Unlike commercially grown varieties, organic cucumbers are not sprayed with wax to slow spoilage.

*Eating in healthy,
nourishing ways brings me
energy and vitality.*

Pomodoro Sauce

2 cans (28 oz. each) of peeled Italian tomatoes

1 can (14 oz.) diced tomatoes

1 leek, white part only, cleaned and halved


2 Tbsp. fresh garlic

Salt and pepper to taste

Olive oil

Optional: 1 tsp. dried red chili flakes

In a stainless-steel pot, heat bottom over stove, adding olive oil, then garlic and leek. Cook for about five minutes, just until the leek softens and garlic becomes pungent and golden. Add tomato products and bring to a boil. Immediately drop heat to simmer, then let cook for about 30 minutes. Add salt and pepper to taste (and optional dried red chili flakes).



*I sparkle with
the joy of Spirit.*

FROM THE EXPERTS

Chef's Notes:

This recipe makes enough sauce for two vegetable lasagnas. If you don't plan to use it all, it can be stored in the freezer in an airtight container for up to three months.

I grew up in a multicultural setting. A friend's grandmother always had a batch of red sauce or "gravy" on the stove. This is my version. I really like the leeks in here. It is a quick sauce, so it will be a vibrant red. It is a great base for other tomato sauces.

Susan Says:

Garlic is a rich source of unique sulfur compounds that keep your body chemistry in balance. Similar compounds to those found in onions, leeks and chives, sulfur compounds are thought to be responsible for garlic's antibacterial and antifungal activities, as well as its ability to slow cholesterol synthesis, lower blood pressure, reduce atherosclerosis, and inhibit platelet aggregation. The sulfur compounds even may prove to fight cancer. In the Iowa Women's Health Study, women who ate garlic at least once per week had a 32 percent lower risk of colon cancer than those who ate none. Research at the National Cancer Institute is showing that garlic extracts can both slow the proliferation of cancer cells and cause abnormal cells to self-destruct. (I've taken Kyolic Aged Garlic Extract for more than 35 years.)

In European studies, garlic has been shown to help eliminate lead and other heavy metals from the body. It also is effective in removing worms and other parasites from the alimentary canal, boosting immune function and improving the action of the liver and gallbladder.

Green Beans With Cilantro Pesto

1 lb. fresh green beans, tips trimmed and washed
1 bunch fresh cilantro, cleaned with stems trimmed
1 Tbsp. fresh garlic, chopped
1/4 cup sliced almonds
1/2 cup extra virgin olive oil
1 Tbsp. feta cheese crumbles



To make the pesto:

In a food processor or blender, add cilantro leaves and garlic. Pulse until it reaches a slurry consistency. Turn food processor to “run” and begin drizzling oil into the bowl. Add 1/8 cup of almonds and one teaspoon of feta cheese crumbles to the food processor. It should be running continuously, and the mixture should be vibrant green and the consistency of a thin paste. Season to taste with salt.

To cook the green beans:

In a sauté pan, add 1/4 cup of water and bring to a boil. Then add green beans and cook until tender, (about seven minutes). Drain excess water, add two tablespoons cilantro pesto, toss well, and serve. Garnish with feta cheese and toasted almonds.

FROM THE EXPERTS

Chef's Notes:

If you don't have a food processor, you can use a blender on a low setting for the pesto. Watch your green beans so they don't overcook. They should be bright green and tender, while still maintaining a little crispness.

This is a different way to utilize cilantro. I blanch my green beans to get a brilliant green color, then sauté quickly with cilantro for a different Middle East taste.

Susan Says:

Fresh **green beans** are rich in vitamins A and B complex, calcium and potassium. You'll also find they're good sources of folate, magnesium and vitamin C. They've long been considered a diuretic and beneficial in treating diabetes. With their abundance of potassium, they supply the alkaline needs of the pancreas and salivary glands. Note that the yellow (wax) bean is considered inferior to the green bean in nutritional value.

Next time you're making fresh vegetable juice at home in your juicer, throw in a few of these green beauties. You'll reap the benefits of their nutrients, and you'll get extra chlorophyll to boot. I also cut green beans into thin strips (or in half) and dry them at a low temperature in my food dehydrator. They make a tasty treat, especially when seasoned with some herbs and spices.

Better is a dinner of vegetables where love is ...

—PROVERBS 15:17

Roasted Mushrooms

- 1 lb. button mushrooms, washed and cleaned
- 1 lb. crimini mushrooms, washed and cleaned
- 2 Tbsp. garlic
- 1 Tbsp. Dijon mustard
- 3 Tbsp. olive oil
- 1/4 cup sherry
- Salt and pepper to taste
- 1 Tbsp. chopped Italian parsley

Preheat oven to 325 degrees. Quarter mushrooms and place in a large mixing bowl. Add all ingredients and toss well. Turn onto a baking sheet, spread evenly, and cook for 20 minutes.



FROM THE EXPERTS

Chef's Notes:

These are wonderful to keep in the refrigerator. The sugars caramelize to bring out a spectacular flavor. They are wonderful in egg dishes, or any time as a substitute for raw mushrooms. These just bring a lot more flavor to the table.

Mushrooms and sherry have a very pleasant union. I like to make my marinade, do a quick toss so mushrooms are coated and then straight into the oven. The smell and taste of those when you take them out of the oven is nothing short of magical.

Susan Says:

A longtime staple of many Asian diets, **mushrooms** are fat-free, very low in calories, and rich in minerals; and some varieties (such as shiitake) are rich in plant chemicals that may boost immune function. Japanese studies have shown that shiitake mushrooms help fight cancer, infection and such autoimmune diseases as rheumatoid arthritis and lupus. They contain the phytonutrient lenitan, which is a biological response modifier that boosts the function of tumor-fighting interleukin-1 and cancer-cell killers known as T lymphocytes. ... Some Japanese studies have shown that these mushrooms also may lower cholesterol and blood pressure.

Parsley is a bona fide storehouse of synergistic nutrients that rejuvenate and detoxify the body. A good source of vitamin C, iron, calcium, sodium, beta-carotene, vanadium, manganese and chlorophyll, parsley can be used in so many ways.

Parsley is our best source of the volatile oil apiol, which improves appetite and digestion by increasing blood circulation to the digestive tract, thereby enhancing absorption of nutrients.