

## BLUE ZONES' IKARIAN LONGEVITY STEW WITH BLACK EYED PEAS

Serves 3-4 as a main course or 4-6 as a side dish

### Ingredients:

½ pound black eyed peas  
½ cup extra virgin olive oil  
1 large red onion, finely chopped  
2 garlic cloves, finely chopped  
1 large, firm ripe tomato, finely chopped  
2 teaspoons tomato paste, diluted in ¼ cup water  
2 bay leaves  
Salt to taste  
1 bunch wild fennel or 1 fennel bulb, finely chopped  
1 bunch dill, finely chopped

- Rinse the black-eyed peas in a colander.
- Heat half the olive oil over medium heat and cook the onion and garlic, stirring occasionally, until soft, about 12 minutes. Add the black-eyed peas and toss to coat in the oil.
- Add the tomato, tomato paste and enough water to cover the beans by about an inch. Add the bay leaves. Bring to a boil, reduce heat and simmer until the black-eyed peas are about halfway cooked. (Check after 40 minutes, but it may take over an hour. You don't want stones and you don't want mush. You can also cook this ahead and reheat.) Season with salt. Add the wild fennel. (Note: if wild fennel is unavailable, cook the chopped fennel bulb with the onion and garlic and add the dill in place of the wild fennel.)
- Continue cooking until the black-eyed peas are tender.
- Remove, pour in remaining raw olive oil and serve.

## BLUE ZONES' RED LENTIL SOUP

### Ingredients:

1 tablespoon olive oil  
1 medium onion, diced  
3 cloves garlic, chopped  
5 stalks of celery, diced  
1 bag of red lentils (16 oz)  
1 ¼ teaspoon turmeric  
½ teaspoon cumin  
10 cups of water  
Salt and pepper to season

- Heat oil in a 4-to 5-quart, heavy saucepan over moderately high heat until hot, but not smoking. Then sauté onion until golden, about 2 minutes.
- Add celery, turmeric, cumin, garlic and sauté for another 1-2 minutes.
- Add lentils and water and heat to boil. Simmer uncovered, stirring occasionally until lentils are tender, about 20 minutes. Season to taste with salt and pepper.
- This is a very simple recipe with minimal ingredients. However, you may add additional ingredients like carrots, parsley, or cilantro. If you don't have turmeric or cumin, you can substitute with curry seasoning. Substituting 1 can of unsweetened coconut

## BLUE ZONES' SLOW COOKED VEGETARIAN LASAGNA

### Ingredients:

1 ½ cup shredded mozzarella cheese  
½ cup Ricotta cheese  
1/3 cup Parmesan cheese  
1 egg, beaten  
1 teaspoon fresh or ½ teaspoon dried oregano  
1 cup of your favorite marinara/red sauce  
1 zucchini, diced  
½ cup shredded carrot  
1 bag spinach  
1 cup mushrooms, olives  
Fresh basil leaves  
4 lasagna noodles, broken in pieces

- Spray slow cooker with non-stick cooking spray, set aside.
- In a small bowl, mix together mozzarella, ricotta, parmesan, egg, and oregano to form the cheese mixture.
- Place 2 tablespoons of pasta sauce in the bottom of the pot. Sprinkle half of the zucchini and half of the shredded carrot over sauce and top with 1/3 cup of the cheese mixture. Break two noodles into pieces and cover the cheese.
- Create the second layer the same way: 2 tablespoons of pasta sauce, the rest of the zucchini and shredded carrot and top with 1/3 cup of the cheese mixture. Break two noodles into pieces and cover the cheese.
- Continue with the layers: Spread 2 Tablespoons of sauce and then layer half of the spinach, and half of the mushrooms, top with some cheese mixture and broken noodles. Repeat layering with the remaining spinach and mushrooms, ending with cheese, and the remaining sauce.
- Firmly press all the ingredients into the slow cooker pot. Cover and cook on the high heat setting for 4-5 hours Allow lasagna to rest 20 minutes before cutting into wedges. Serve with a little extra sauce and top with chopped fresh basil.

## BLUE ZONES' SPINACH CRANBERRY STUFFED SALMON

### Ingredients:

1 pound of Salmon (cut with a pocket)  
½ cup or 2 ounces of fresh spinach leaves  
Basil leaves  
1 teaspoon lemon zest  
1 clove garlic  
2 tablespoons raisins  
Sprinkle of oregano  
1 tablespoon Dijon Mustard  
½ cup breadcrumbs

- Place spinach, lemon zest, and garlic in saucepan and sauté until spinach wilts.
- Mix the nuts, basil, raisins and oregano leaves in a small bowl. Add the spinach mixture and stuff the pocket of the salmon with about 2 tablespoons of the mixture.
- Spread salmon with 1 tablespoon of Dijon mustard and sprinkle breadcrumbs on top of each fillet.
- Bake in the oven for about 20 minutes at 375 degrees F.

## BLUE ZONES' TARO AND KIDNEY BEAN STEW

Serves 6 a main course

### Ingredients:

½ pound kidney or mottled beans, soaked overnight

1 bay leaf, cracked

½ cup extra virgin Greek olive oil

2 large red onions

2 garlic cloves, minced

1 large taro root, peeled (use a chef's knife to remove the tough skin) and cut into ½-inch thick half moons. Cut it down the middle lengthwise then slice.

½ cup chopped canned tomatoes or 1 tablespoon of good quality, preferably sun-dried, tomato paste

½ cup chopped fresh flat-leaf parsley Salt and pepper Lemon juice, verjuice, or a little red wine vinegar to taste

- This dish is an old winter specialty from Ikaria. The recipe is adapted from a small book on Ikarian cooking, published (in Greek) by the community of Kavos Papas, on the south side of the island.

## BLUE ZONES' WINTER BEAN AND ROOT VEGETABLE CASSEROLE

Serves 4 as a main course

### Ingredients:

2 tablespoons olive oil  
8 large shallots, peeled and cut in half  
8 cloves garlic peeled  
1 teaspoon fennel seeds  
1 teaspoon black mustard seeds  
4 large carrots, peeled and cut into large chunks  
1 large turnip, peeled and cut into large chunks  
1 parsnip, peeled and cut into large chunks  
4 small red-skinned potatoes, quartered  
2 15.5 ounce cans of great northern beans, drained  
1 15.5-ounce can of garbanzo beans, drained  
1 14.5-ounce can crushed tomatoes  
2 cups vegetable stock  
2 bay leaves  
½ cup chopped parsley  
2 cups croutons  
Salt and pepper to taste

- Heat the olive oil in a large Dutch oven and add shallots and garlic.
- Sauté 3 minutes, then add the fennel and mustard seeds.
- Sauté until the seeds release their flavor and the mustard seeds start to pop.
- Add the vegetables, beans tomatoes, stock, and bay leaves.
- Bring to a low boil, season to taste, and reduce the heat.
- Simmer, covered, for 1 hour or until the vegetables are tender.
- Remove bay leaves.
- Serve topped with croutons and parsley.

## BLUE ZONES' CALICO BEANS

### Ingredients:

- 1 16 ounce can of baked beans
- 1 15 ounce can of black soybeans
- 1 12 ounce bag of shelled edamame
- 1 cup of maple syrup or barbeque sauce
- 1 small onion chopped
- ¼ cup bacon bits or turkey bacon cut into small pieces

- Place all the ingredients in a slow cooker and cook on Low for 6-8 hours and High for 3-4 hours.
- Stir in ½ cup water if necessary.

## BLUE ZONES' MAPLE CHILI BUTTERNUT SQUASH

### Ingredients:

1 Butternut Squash

½ teaspoon chili pepper

2-3 tablespoons of real maple syrup

Grated fresh ginger (optional)

- Peel and cube the butternut squash.
- Pour over about 2-3 tablespoons of maple syrup over the squash.
- Sprinkle chili powder and then grate ginger over the top.
- Mix with hands and place on a foil lined baking sheet and bake in the oven at 350 degrees F for about 20-25 minutes.



## BLUE ZONES' PESTO STUFFED PORTOBELLO MUSHROOMS

Serves 16 as a main course, preparation 8 hours

### Ingredients:

1 tablespoon chopped organic garlic

2 cups (60 g) organic spinach, packed very tight

½ cup (30 g) organic parsley leaves, packed very tight

½ cup (30 g) fresh organic basil leaves or 3 tablespoons organic dried basil

1 tablespoon organic Nama Shoyu raw soy sauce

¼ tablespoon organic cayenne pepper

½ cup (50 g) organic walnuts soaked in purified water for 8 hours and drained

½ cup (70 g) organic sunflower seeds soaked in purified water for 8 hours and drained

Portobello mushroom caps

- Place all ingredients, except walnuts and sunflower seeds, into the Vitamix container in the order listed and secure lid.
- Select Variable 1 on the Vitamix.
- Press “Start” quickly and increase speed to “High”.
- Blend for 10 seconds, using the tamper to press ingredients into the blades.
- Remove the lid plug and add the walnuts and sunflower seeds through the lid plug opening. Replace the lid plug. Blend for an additional 30 seconds or until creamy.
- Fill portobello mushroom caps with the pesto spinach.

## BLUE ZONES' SPINACH AND GREENS WITH PECORINO CHEESE

Serves 4

### Ingredients:

1 pound of spinach

Salt

Pepper

4 garlic cloves

1 big handful of basil

2 tablespoons of olive oil

5 ounces of Pecorino cheese

- Wash spinach in cold water.
- Bring a big pot of salted water to boil.
- Cook spinach for 1-2 minutes, strain through a sieve.
- Preheat oven to 400 degrees F.
- Peel garlic and cut into thin slivers. Mince basil finely as well.
- Mix spinach with garlic, basil and olive oil and season with salt and pepper.
- Put spinach into four individual ovenproof ramekins. Cut pecorino into pieces and put on top of the spinach.
- Bake spinach in oven for about 4 minutes until cheese starts melting.

## BLUE ZONES' EGGPLANT SALAD

Serves 6 as a main course

### Ingredients:

2 pounds of eggplant (2 large eggplants)

Sea salt

4 ounces of olive oil

1 onion, minced

1/2 tablespoon cinnamon

4 garlic cloves, minced

2 cans of tomatoes

2 tablespoons of fresh cilantro, minced

3 tablespoons of fresh parley, minced

1 tablespoon lemon juice

2 tablespoons fresh mint, minced

5 ounces of Greek yogurt

1 ounce of roasted pine nuts

- Cut eggplants into cubes and sprinkle with a generous amount of sea salt. After 30 minutes, rinse well and drain with a kitchen towel.
- Heat 2 tablespoons of oil in a large pan and start cooking the eggplant. Once finished let them cool on a kitchen paper.
- Heat additional 2 tablespoons of oil and sauté the onion for about a minute.
- Add cinnamon and half of the garlic. After another minute add the tomatoes.
- Lastly, add the eggplants and let simmer for about one hour, until most of the liquid has evaporated. Add half of the cilantro and parley and let cool.
- Mix the lemon juice, 2 tablespoons of olive oil, remaining garlic and mint and stir into the Greek yogurt.
- Mix pine nuts into the yogurt and garnish with herbs.
- Serve the salad with a generous dollop of the yogurt dressing.

## BLUE ZONES' POMEGRANATE VINEGRETTE DRESSING

### Ingredients:

1 cup pomegranate juice

3 tablespoons red wine vinegar

1 tablespoon Dijon Mustard

1 tablespoon honey

1 tablespoon Tarragon

1 teaspoon lemon thyme

- Mix and shake in a container.
- Gently and slowly pour over greens.
- Great for salads with fruit as well.

## BLUE ZONES' CILANTRO-WALNUT-PESTO SPREAD

### Ingredients:

2 cups of cilantro leaves

1 cup fresh spinach

2-3 tablespoons Parmesan cheese

½ cup walnuts

2-3 tablespoons olive oil or low sodium broth/ bouillon

- Place all ingredients in a food processor and pulse into smooth.
- If necessary, add more oil or broth to make a spreadable paste.
- Spread on whole wheat bread and toast in the oven for 4 minutes on broil or toast cycle.

## BLUE ZONES' BANANA PINEAPPLE SMOOTHIE

Makes 3 cups of drink or 2 servings

### Ingredients:

1 cup of soymilk

1 carton of soy yogurt

1 banana

¼ cup of pineapple or 1 ring or several chunks

Orange juice (optional)

- Place in blender and puree for about 30 seconds.

## BLUE ZONES' CARROT SPICE MUFFINS

### Ingredients:

$\frac{3}{4}$  cup of whole-wheat flour

$\frac{1}{2}$  cup white flour

$\frac{1}{2}$  cup soy flour

1 cup of whole-wheat cereal, (grapenuts, flax seed cereal, bran flakes etc.)

$\frac{1}{2}$  cup brown sugar

1 teaspoon baking powder

1 teaspoon baking soda

$\frac{3}{4}$  teaspoon ground cinnamon

$\frac{1}{8}$  teaspoon ground cloves

2 slightly beaten eggs

$\frac{2}{3}$  cup soymilk

$\frac{1}{4}$  cup soy oil

$\frac{1}{2}$  cup grated or chopped carrots

- Spray a 12-cup muffin pan with cooking spray or using paper liners.
- In a large bowl stir together all dry ingredients.
- In a medium bowl combine eggs, soymilk and soy oil.
- Add egg mixture to flour mixture stir until moistened. Fold in carrots.
- Fill muffins tins  $\frac{2}{3}$  full.
- Bake in a 400 degrees F. for 15-20 minutes.

## BLUE ZONES' CHOCOLATE ALMOND STRAWBERRY FRAPPE

Makes 4.5 cup servings

### Ingredients:

1-2 cups of skim milk

½ cup strawberries

3-4 scoops chocolate frozen yogurt

½ teaspoons almond extract

- Mix and blend in a blender for about 30 seconds.
- Pour into glasses.
- Only on special occasions: Drizzle the top of the beverage with chocolate syrup.



## BLUE ZONES' PEACHES WITH RASPBERRY YOGURT SAUCE

Makes 4 servings

### Ingredients:

4 fresh ripe peaches or nectarines, preferably freestone peaches

1 cup frozen unsweetened raspberries

½ cup non-fat yogurt, unsweetened or vanilla flavored

1 tablespoon sugar or honey

1 tablespoon of orange liqueur (optional)

Garnish: Fresh mint

- Split peaches or nectarine in half.
- Use a food processor, blender, or just mash the raspberries.
- Add liqueur, yogurt and sugar.
- Spoon peaches into individual dishes and spoon sauce over peaches.
- Garnish with whole raspberries and mint.