

January 2022

FOOD FOR THOUGHT—

Do you really need another “diet” to start out the New Year? Well, that would be a big “NO”! So each month I invite you to join me at this “FARM Table” where I will share my simple principles to improve your health over the next year! The first principle is to understand the “FARM” of the “FARM Table”...”Food As Real Medicine”! Food has the power to heal and the power to harm. So it is fitting to start your New Year’s Journey into health with the strategy of eating your medicine. Contrary to popular belief, food is so much more than just calories, it is information and instructions to regulate all the functions of your body. The recipe below is a perfect example of medicine for the body!

Food As Real Medicine...this is the easiest principle! If the ingredient is the ingredient such as Broccoli on a bag of Broccoli, then you have done your job. However, if you have to question what the ingredients are, well then you are not eating medicine. Think about that!

This Month’s Recipes:
Sweet Potato Curry with Lentils & Coconut Stew
(Serves 4-6)

Ingredients

- 2 tablespoons avocado oil
- ½ onion, chopped
- 2 tablespoons fresh ginger, grated
- 2 cloves garlic, minced
- 2 sweet potatoes, peeled and cubed



- 1 tablespoon curry powder
- ½ teaspoon cayenne pepper, more or less to taste
- 4 cups organic vegetable broth
- ¾ cup [dried red lentils](#)
- ½ teaspoon sea salt or to taste
- 1 can (14 ounce) [coconut milk](#)
- 2 cups baby spinach
- 2 cups [cooked basmati rice](#)
- 1/3 cup fresh cilantro, chopped, plus more for serving

1. Instructions:

Heat the avocado oil in a large pot over medium heat. When the oil shimmers, add the onion and cook 5 minutes until soft. Add the ginger, garlic, and sweet potatoes and cook until fragrant, about 2 minutes. Stir in the curry powder and cayenne and cook another minute.

2. Add the broth and lentils. Season stew generously with salt. Bring the mix to a boil over high heat, reduce the heat to low. Cover and simmer 15-20 minutes, until the lentils are soft and the sweet potatoes tender.
3. Stir in the coconut milk and spinach, cook 5 minutes. Remove from the heat and add the cilantro.
4. To serve, divide the rice among bowls and ladle the soup overtop. Garnish with cilantro.

Enjoy!

Adapted from "Half Baked Harvest"

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