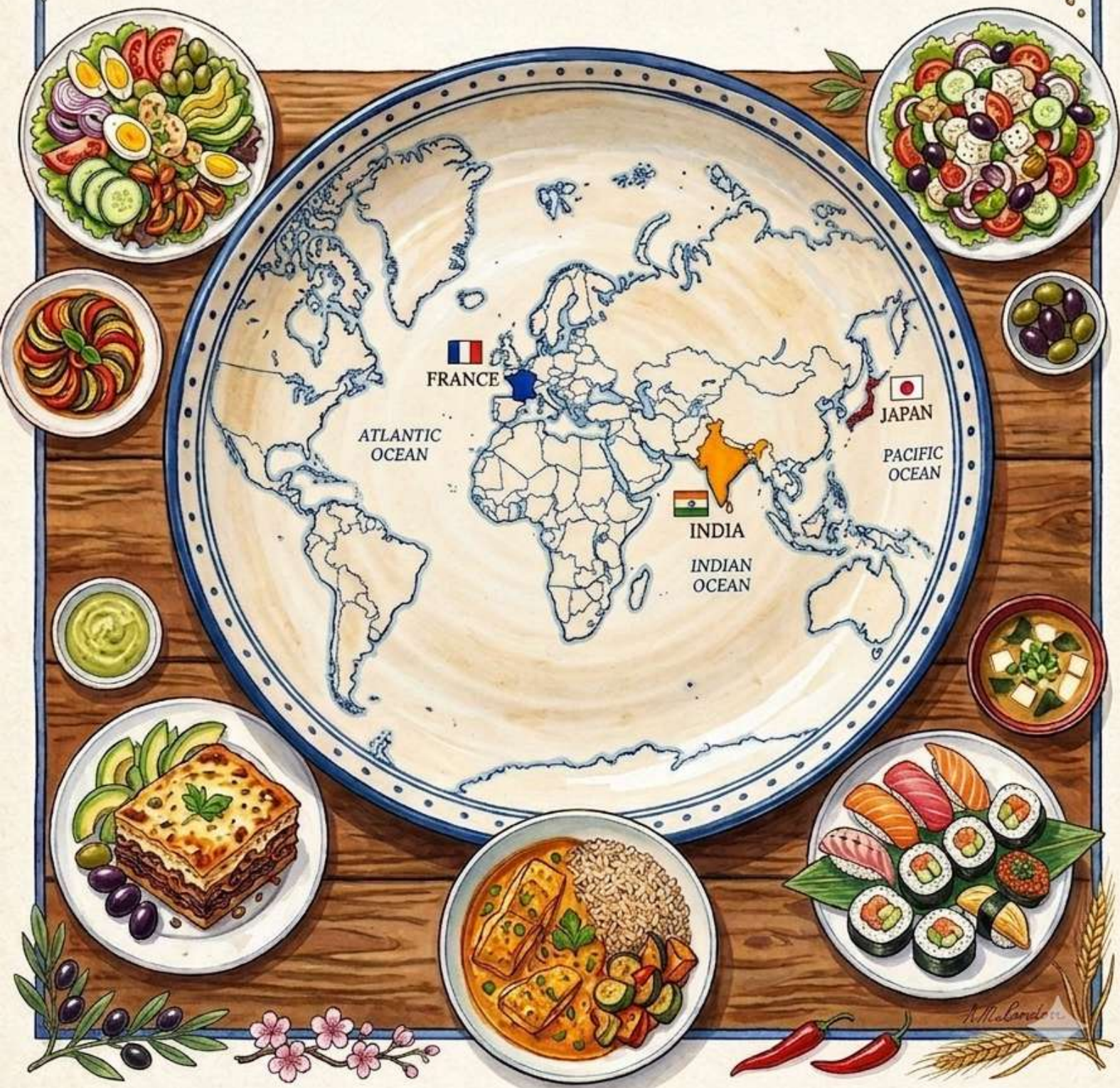
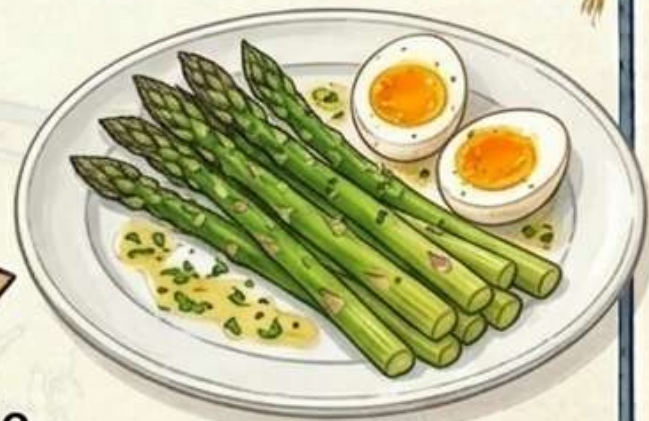
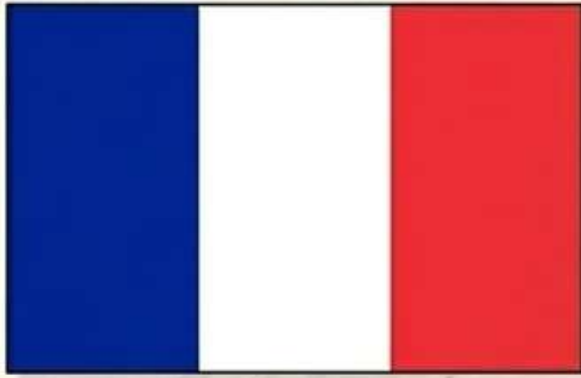


HEALTHY PLATES AROUND THE WORLD



FRANCE



Ratatouille



Healthy Breakfast:
Asparagus & Eggs



Hearty Lentil Soup



Salad Lyonnaise
(Lean)



Alfred London

RATATOUILLE



INGREDIENTS

- 1 Large Eggplant, thinly sliced
- 2 Green Zucchini, thinly sliced
- 2 Yellow Zucchini, thinly sliced
- 6-8 Roma Tomatoes, thinly sliced
- 1 Red Bell Pepper, diced
- 1 Yellow Bell Pepper, diced
- 1 Large Onion, finely chopped
- 2 cloves Garlic, minced
- 15 oz can Crushed Tomatoes
- 1/4 cup Olive Oil
- 2 tsp Fresh Thyme Leaves
- Salt & Black Pepper to taste
- Fresh Parsley for garnish

PREPARATION

1. Preheat oven to 375°F (190°C).
2. Sauté onion, garlic, and diced bell peppers in olive oil until soft.
3. Stir in crushed tomatoes, 1 tsp thyme, salt, and pepper. Simmer for 10 minutes.
4. Spread the tomato mixture on the bottom of a baking dish.
5. In a separate bowl, toss all sliced vegetables with remaining olive oil and thyme.
6. Arrange sliced vegetables tightly in an overlapping spiral pattern over the tomato base.
7. Cover the dish with foil or parchment and bake for 40 minutes.
8. Uncover and bake for another 15-20 minutes until vegetables are tender and lightly browned.
9. Let sit for 10 minutes before serving. Garnish with fresh parsley.

Bon Appétit!

Stella Bonet

HEALTHY BREAKFAST

ASPARAGUS & EGGS



INGREDIENTS

- 1 bunch fresh green asparagus
- 2 large eggs
- 1 tbsp olive oil
- 1 tsp fresh parsley, chopped
- Sea salt to taste
- Black pepper, freshly ground
- Optional: fresh lemon zest or a sprinkle of paprika

PREPARATION

1. Fill a small saucepan with water and bring to a simmer. Gently add the eggs and cook for 6 minutes for soft-boiled or 8 minutes for hard-boiled.
2. While eggs cook, wash the asparagus and snap off the woody ends. Pat dry.
3. In a medium skillet, heat the olive oil over medium-high heat.
4. Add the asparagus and sauté for 4-6 minutes, turning occasionally, until tender-crisp and lightly browned.
5. Transfer the cooked eggs to an ice-bath to cool for 2 minutes, then peel and slice them in half.
6. Arrange the asparagus on a serving plate, top with the sliced eggs, and sprinkle with parsley, salt, pepper, and optional toppings.
7. Serve immediately.

Bon Appétit!

A. M. Boudier

HEALTHY BREAKFAST HEARTY LENTIL SOUP



INGREDIENTS

- 1 cup dry brown or green lentils, rinsed
- 1 tbsp olive oil
- 1 large onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 can (14.5 oz) diced tomatoes
- 6 cups vegetable or chicken broth
- 1 tsp dried thyme
- 1 bay leaf
- 1 cup chopped fresh spinach or kale
- Salt and black pepper to taste
- Fresh parsley and lemon wedges for serving

PREPARATION

1. Sauté onion, carrots, and celery in olive oil until soft. Add garlic and cook for 1 minute.
2. Stir in dried thyme, bay leaf, lentils, and diced tomatoes.
3. Pour in the vegetable broth and bring the mixture to a boil.
4. Reduce heat to low, cover, and simmer for 30-40 minutes until lentils are tender.
5. Stir in the chopped spinach or kale and cook for 2 minutes until wilted.
6. Remove the bay leaf. Season with salt and pepper to taste.
7. Serve hot, garnished with fresh parsley and a squeeze of lemon juice.

Bon Appétit!

A. M. Borden

FRENCH CLASSIC SALAD LYONNAISE



INGREDIENTS

- 1 head of frisée endive, washed and dried
- 4 oz lardons or thick-cut lean bacon, diced
- 2 large, very fresh eggs
- 1 tbsp white vinegar for poaching
- 2 slices of crusty bread, cubed for croutons
- 1 tbsp Dijon mustard
- 1 tbsp red wine vinegar
- 3 tbsp extra-virgin olive oil
- 1 small shallot, finely minced
- Salt and black pepper to taste
- Fresh chives and parsley for garnish

PREPARATION

1. Wash and thoroughly dry the frisée endive. Tear it into bite-sized pieces and place in a large salad bowl.
2. Sauté the lardons (bacon) in a skillet over medium heat until they are crisp. Remove the lardons and place them on a paper towel to drain.
3. In the same skillet with the rendered bacon fat (reserve about 1 tbsp), add the bread cubes and toss over medium heat until they are golden and crispy croutons. Set aside.
4. For the vinaigrette: In a small bowl, whisk together the minced shallot, Dijon mustard, red wine vinegar, and olive oil. Season with salt and pepper.
5. In a saucepan, bring water and white vinegar to a gentle simmer for poaching. Crack one egg into a small cup and gently slip it into the water. Repeat for the second egg. Cook for 3-4 minutes for a soft-boiled yolk.
6. Toss the frisée with the lardons and croutons. Drizzle the warm vinaigrette over the salad and toss well.
7. Divide the salad onto two plates. Top each salad with a warm poached egg. Garnish with fresh chives and parsley. Serve immediately.

Bon Appétit!

A. M. B. B.

INDIA



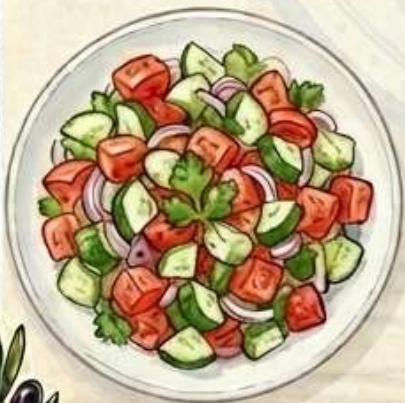
Idli & Sambar



Khichdi



Kachumber Salad



Carrot Halwa
(Reduced Sugar)



At the Garden

INDIAN CLASSIC IDLI & SAMBAR



INGREDIENTS

For Idli Batter:

- 2 cups Idli Rice, soaked
- 1 cup Urad Dal (husked), soaked
- 1/4 tsp Fenugreek Seeds
- Salt to taste

For Sambar:

- 1/2 cup Toor Dal, cooked
- 1 tbsp Tamarind Paste
- 2 tsp Sambar Powder
- Mixed vegetables: drumsticks, carrots, okra, pumpkin
- 1 tbsp Oil

Temper (Tadka):

- 1 tsp Mustard Seeds
- A few Curry Leaves
- A pinch of Asafoetida (Hing)

PREPARATION

1. *For Idlis:* Soak rice, dal, and fenugreek for 6 hours. Grind separately to a smooth batter. Mix, add salt, and ferment overnight in a warm place.
2. Pour the fermented batter into greased idli molds.
3. Steam the idlis for 10-12 minutes until soft and fluffy. Let them cool slightly before removing.
4. *For Sambar:* Heat oil in a pot. Add mustard seeds, curry leaves, and hing.
5. Add vegetables and sauté. Pour in the tamarind paste mixed with a little water.
6. Add sambar powder, salt, and water. Simmer until vegetables are cooked.
7. Add cooked dal and bring to a boil. Simmer for 5 minutes.
8. Garnish with fresh cilantro and serve hot with the steamed idlis and chutneys.

Bon Appétit!

H. M. B. B.

INDIAN CLASSIC MOONG DAL KICHDI



INGREDIENTS

For Kichdi:

- 1/2 cup Basmati Rice
- 1/2 cup Yellow Moong Dal (split)
- 1 tbsp Ghee (clarified butter)
- 1 tsp Cumin Seeds (Jeera)
- 1 tsp Ginger, grated
- 1-inch Ginger, grated
- 1 Green Chili, slit
- 1/4 tsp Turmeric Powder
- Salt to taste
- 3.5 to 4 cups Water
- Fresh Cilantro, chopped for garnish
- Lemon wedges for serving

PREPARATION

1. **Rinse and Soak:** Thoroughly rinse the rice and dal together. Soak in water for 30 minutes. Drain.
2. **Heat Ghee:** In a pressure cooker or heavy-bottomed pot, heat ghee on medium heat. Add cumin seeds and let them splutter.
3. **Sauté Aromatics:** Add grated ginger and slit green chili. Sauté for a few seconds.
4. **Add Rice, Dal & Spices:** Add the soaked rice and dal, turmeric powder, and salt. Mix well.
5. **Add Water & Cook:** Pour in 3.5 cups of water. Stir and close the lid. Pressure cook for 2-3 whistles on medium-high. (If using a pot, cook on low heat for 20-25 minutes, adding more water if needed, until both are soft.)
6. **Finish & Serve:** Let the pressure release naturally. Open and gently mash for a smoother consistency. If too dry, add a splash of warm water and mix.
7. **Garnish:** Garnish generously with chopped cilantro. Serve hot with a dollop of ghee, yogurt, and a side of pickle.

Bon Appétit!

INDIAN CLASSIC KUCHUMBER SALAD



INGREDIENTS

For Salad Base:

- 2 cups Cucumber, unpeeled, diced
- 1 cup Red Onion, finely diced
- 1 cup Tomato, seeds removed, diced
- 1-2 Green Chilies, finely minced (to taste)

For Vinaigrette:

- 1/4 cup Fresh Cilantro, chopped
- 2 tbsp Lime Juice
- 1 tbsp Extra-Virgin Olive Oil
- 1 tsp Cumin Powder
- Salt & Black Pepper to taste
- A pinch of Chaat Masala (Optional)

PREPARATION

1. *Prepare Vegetables:* Thoroughly wash the cucumber, tomato, and cilantro. Dice the cucumber and tomato into small, uniform cubes. Finely dice the red onion. Mince the green chilies and chop the cilantro.
2. *Assemble Salad:* In a large salad bowl, combine the diced cucumber, tomato, red onion, and minced green chilies.
3. *Make Vinaigrette:* In a small bowl, whisk together the lime juice, extra-virgin olive oil, cumin powder, salt, black pepper, and chaat masala (if using). Add the chopped cilantro and whisk to combine.
4. *Combine and Serve:* Pour the vinaigrette over the salad in the large bowl. Toss gently but thoroughly to combine, ensuring all ingredients are evenly coated.
5. *Final Touch:* Garnish with a few extra fresh cilantro leaves. Serve immediately.
6. *Chef's Note:* While best served fresh, it can be made up to an hour in advance if stored in an airtight container in the refrigerator.

Bon Appétit!

INDIAN CLASSIC CARROT HALWA



INGREDIENTS

For Halwa:

- 4 cups Carrots, finely grated
- 1 cup Whole Milk
- 1/2 cup Heavy Cream
- 1/2 cup Heavy Cream
- 1/4 cup Ghee (Clarified Butter)
- 1/2 cup Sugar (or to taste)
- 1/2 tsp Cardamom Powder
- A pinch of Saffron Strands

Garnish:

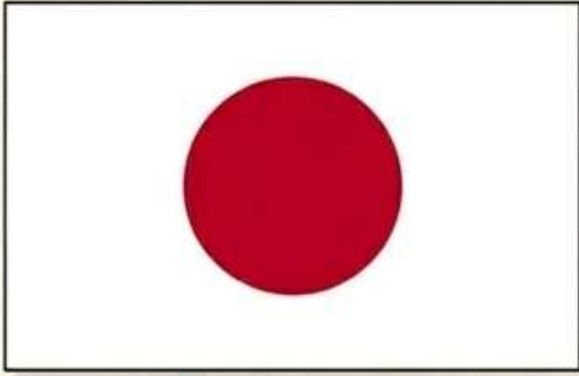
- 1/4 cup Mixed Nuts (Almonds, Cashews, Pistachios), chopped
- Optional: Silver Leaf (Varak)

PREPARATION

1. *Heat Ghee:* In a heavy-bottomed pan, melt the ghee on medium heat.
2. *Sauté Carrots:* Add the grated carrots and sauté for 10-15 minutes until they change color and become soft.
3. *Simmer:* Pour in the milk and cream, bring to a boil, then reduce heat and simmer, stirring occasionally, until the mixture thickens and the milk is absorbed.
4. *Add Sugar and Spices:* Stir in the sugar, cardamom powder, and saffron strands. Mix well.
5. *Garnish and Serve:* Continue to cook until the halwa is rich, deep in color, and the ghee starts to separate from the sides. Garnish generously with chopped mixed nuts. Serve warm.

Bon Appétit!

Japan



Ichiju Sansai:
Balanced Set Meal



Kaisendon
(Assorted Sashimi Rice Bowl)



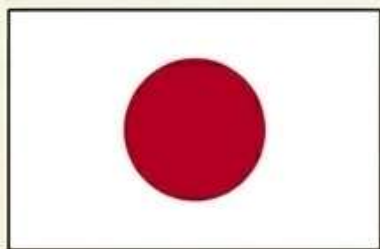
Hijiki & Edamame
Salad

Goma Tofu
(Silken Sesame)



Illustration by [signature]

JAPANESE CLASSIC ICHIJU SANSAI



INGREDIENTS

For Rice:

- Short-grain Japanese rice

For Miso Soup: Dashi broth

- Miso paste, Silken tofu cubes

- Dried wakame, Green onions

For Grilled Saba: Saba Mackerel fillet, Salt

- fillet, Salt (for seasoning)

For Sides: Edamame, Hijiki seaweed, Carrots, Daikon

- Daikon (for pickles)

- Cucumber (for pickles)

For Goma Tofu: Goma Tofu brick

- Grated wasabi, Soy sauce

PREPARATION & RECIPE

1. *Cook Rice:* Wash rice and cook to perfection.

2. *Grill Saba:* Salt the fish, then grill until crispy-skinned and flaky.

3. *Prepare Dashi:* Rehydrate wakame and make dashi with kombu and bonito flakes.

4. *Make Miso Soup:* Add tofu to dashi, heat, then whisk in miso paste and green onions.

5. *Prepare Sides:* Steam edamame, simmer hijiki and carrots, and cut pickles.

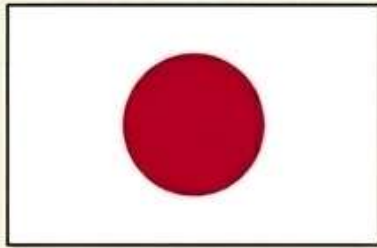
6. *Assemble:* Arrange the dishes on a tray with rice (left), soup (right).

7. *Serve:* Present with Goma Tofu, garnishes, and pickling sauce.

Bon Appétit!

JAPANESE CLASSIC

KAISENDON (Assorted Sashimi Rice Bowl)

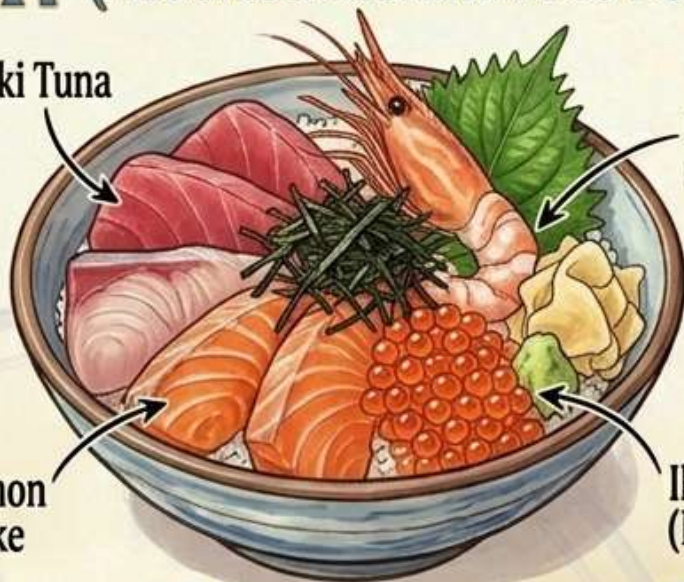


Aki Tuna

Pickled
Ginger

Salmon
Sake

Ikura
(Roe)



INGREDIENTS

For Bowl:

- Assorted Sashimi-grade Fish (Tuna, Salmon, Yellowtail),
- Ikura (Salmon Roe), Pickled Ginger (Gari), Wasabi,
- Shiso Leaf, Nori Strips, Sesame Seeds

For Rice:

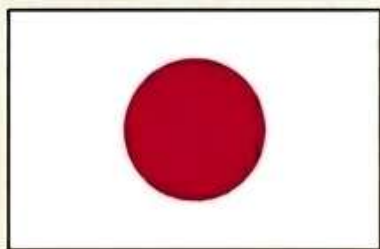
- Premium Short-grain Japanese Rice, Rice Vinegar,
- Sugar, Salt
- Salt

PREPARATION & RECIPE

1. *Wash Rice:* Thoroughly rinse rice until water runs clear.
2. *Cook Rice:* Add water to the rice and cook in a rice cooker to a fluffy texture.
3. *Season Rice:* Combine rice vinegar, sugar, and salt. While the rice is hot, gently mix in the seasoning using a folding motion to make sushi rice.
4. *Cool Rice:* Allow the seasoned sushi rice to cool to room temperature.
5. *Prepare Fish:* Thinly and evenly slice your selected fresh fish and other seafood.
6. *Assemble Bowl:* In a serving bowl, layer the sushi rice. Arrange the fish slices, shrimp, and ikura beautifully on top.
7. *Garnish:* Add shiso leaf, gari, a small dollop of wasabi, nori, and sesame seeds. Serve with soy sauce on the side.

JAPANESE CLASSIC

HIJIKI & EDAMAME SALAD



Rehydrated
Hijiki

Edamame
(Pods &
Shelled)

Carrots

Renkon
(Lotus Root)

Fried Tofu
Strips

INGREDIENTS

For Salad Base:

- Dried Hijiki Seaweed, Shelled Edamame Beans, Carrots, Fried Fried Tofu (Aburaage), Lotus Root (Renkon), Nori Sheets

For Dressing:

- Soy Sauce, Mirin, Sugar, Rice Vinegar, Dashi, Sesame Oil, Toasted Sesame Seeds

PREPARATION & RECIPE

1. *Rehydrate Hijiki:* Soak dried hijiki in water for 20 minutes; drain and rinse.
2. *Cook Edamame:* Blanch pods and shell to get fresh beans.
3. *Sauté Base:* In a pan with sesame oil, cook sliced aburaage, renkon, carrots, and hijiki until tender.
4. *Make Dressing:* Whisk all dressing ingredients together.
5. *Combine:* Place sautéed mix and edamame in a bowl; add dressing and mix gently.
6. *Assemble:* Place in serving bowl; garnish with nori strips and extra sesame seeds.
7. *Serve:* Allow flavors to meld before serving chilled or warm.
Bon Appétit!



JAPANESE CLASSIC GOMA TOFU (SILKEN SESAME TOFU)



INGREDIENTS

For Tofu Base:

- 1/2 cup Toasted White Sesame Sesame Paste (Nerigoma)
- 1/4 cup Kudzu Starch (Kuzuko, finely powdered)
- 2 cups Water (or use Konbu Dashi for depth)
- A pinch of Salt

For Garnish & Sauce:

- 2 tbsp Soy Sauce
- 2 tbsp Mirin
- 1/2 cup Konbu Dashi
- Wasabi (for serving)

PREPARATION & RECIPE

1. *Make Paste:* Whisk sesame paste, kudzu powder, and salt with water in a pan until smooth.
2. *Cook:* Bring to a simmer over medium heat, stirring constantly to prevent lumps.
3. *Thicken:* Reduce heat and stir rigorously for 10-15 minutes until very thick and glossy.
4. *Set:* Pour into a wet square mold. Smooth surface and cool until firm, then cut.
5. *Make Sauce:* Heat soy sauce, mirin, and dashi until mirin cooks off, then cool.
6. *Serve:* Place a Goma Tofu cube in a bowl, add sauce, and garnish with wasabi.

Bon Appétit!

UNIVERSAL WELLNESS

WHY EAT HEALTHY

Probiotic
Miso

Omega-3
Saba



Plant-Protein
Goma Tofu

REASONS TO CHOOSE HEALTHY



ENHANCED
ENERGY & FOCUS



LONGER,
STRONGER LIFE



INNER VITALITY
& BALANCE



IMMUNE SYSTEM
SUPPORT

UNIVERSAL WISDOM

1. **SHOKUIKU (FOOD EDUCATION):** Learn which foods nourish body and mind.
2. **SEASONAL ABUNDANCE:** Eat fresh, local ingredients at their peak (Shun).
3. **HARAH ACHI BUN ME:** Stop eating when you are 80% full.
4. **BALANCED PLATE:** Ensure a variety of proteins, grains, and vegetables.
5. **FERMENTED FOODS:** Improve gut health with miso and pickles.
6. **MINDFUL EATING:** Savor each bite; appreciate nature's bounty.

*Nourish Your Body. Embrace Wellness.
A Healthy You, Every Day!*