

# RAW Food - The Ultimate Fast Food

Raw food is gaining a wide audience these days and thousands of people lives have changed dramatically merely by incorporating more raw foods into their diet. Many incurable diseases have ‘miraculously’ disappeared and left the individual with health and vitality they never thought possible. Says Rod Rotondi, chef and founder of Leaf Organics, “To all people who have suffered or are suffering from health challenges due to the food they eat, the good news is that the human body has an amazing ability, even after years of neglect and maltreatment, to rebound and renew itself when properly fed”.

“Why eat more raw food? One reason is simplicity. When you prepare food without cooking, you spend less time in the kitchen - in fact you don’t even need to be in your kitchen! Whether you are a single person or a couple wanting quick, tasty meals at home, a professional needing a healthy bite right at the office, a student in a dorm without a stove, or a traveller in a hotel, raw is the ultimate fast food”. *Jennifer Cornbleet*

Here is a tasty treat for you to try:

## Zucchini Noodles Marinara .....Yield: 1 serving

You won’t miss wheat pasta in this flavorful Italian entrée.

For an elegant presentation, serve it in a shallow bowl.

1 zucchini, peeled      2 tablespoons Marinara (see below)

Cut the zucchini into thin noodles using a vegetable spiral slicer.

Alternatively, use a vegetable peeler to create long ribbons, or “fettuccini”, by drawing the peeler down all sides of the zucchini until you reach the core.

Place in a medium bowl and toss with the marinara. Serve immediately.

**Note:** To serve warm, heat the sauce gently on the stove for a minute, taking care not to overheat it. Toss with the pasta and serve immediately.

## Marinara Sauce .....Yield: 1 cup, 2 servings

This tastes like the best slow-simmered tomato sauce you’ve ever had.

1/2 cup sun-dried tomatoes, soaked or oil-packed	1 ripe tomato
1/2 red bell pepper, chopped (about 1/2 cup)	2 tablespoons extra-virgin olive oil
1 tablespoon minced fresh basil, or 1 teaspoon dried	1 teaspoon dried oregano
1/2 teaspoon crushed garlic (1 clove)	1/4 teaspoon plus 1/8 teaspoon salt
Dash black pepper (optional)	Dash cayenne

Place all the ingredients in a food processor fitted with the S blade and process until smooth.

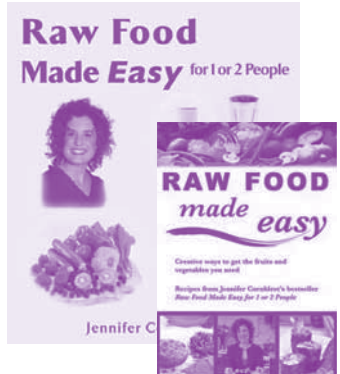
Stop occasionally to scrape down the sides of the bowl with a rubber spatula.

Stored in a sealed container in the refrigerator, Marinara Sauce will keep for three days.

## Raw Food Made Easy For 1 or 2 People

- Jennifer Cornbleet Yet another great addition to understanding and preparing raw

foods, Jennifer has put together both a book and DVD that contains a wealth of information for budding raw food chefs. Using 100 fool-proof recipes, she converts traditional favorite recipes into nutritious treats made from all-natural ingredients. Her DVD shows step-by-step how to set up your kitchen with basic equipment and staple ingredients, then shows how incredibly simple it is to make delicious dishes such as: soups, pates, dressings, elegant entrees and scrumptious desserts. Her DVD is a great companion to her book *Raw Food Made Easy*. [www.learnrawfood.com](http://www.learnrawfood.com) ISBN 978-1-57067-175-3 and DVD 978-1-57067-203-3



## Raw Food for Real People

- Rod Rotondi For those looking to change their diet and incorporate more raw foods into their diet, this book is just the ticket. Rod demonstrates that going raw isn’t hard - in fact, it’s fun, easy and more delicious than you ever imagined. There’s a wealth of

recipes for smoothies, breakfasts, appetizers, soups, salads, dressings and yummy desserts. Rod is the chef and founder of Leaf Organics restaurants and his name is synonymous with raw food and the green movement. [www.leaforganics.com](http://www.leaforganics.com) ISBN 978-1-57731-673-2

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