

Sailors Super Lunch...from the basic kitchen of J. Morris Hicks



No Cooking Skill Required. This is about as basic as it gets. No complicated recipes to follow; just a little planning ahead and you can be ready to have a piping hot, delicious lunch or dinner in less than seven minutes from going into the kitchen.

My Main Meal of the Day. Depending on your portion size, this great meal delivers about 600 calories; with well over 80% of them from whole plants – still in Nature’s package. It’s quick, easy and enables me to easily stay high in the 4Leaf range before going out to dinner each night.

Ingredients:

- ½ cup of brown rice (for 7-serving batch)
- ½ cup of wild rice (see batch below)
- ¾ cup of black beans (7-serving batch)
- ¾ cup of red beans (see batch below)
- 1 small broccoli crown
- 3 ounces of shitake mushrooms
- 1 slice of raw eggplant
- 3 cups of raw spinach
- 1 small slice of lime
- Spray bottle of Braggs Liquid Aminos
- ¼ of an avocado
- 3 medium black olives
- 1 small tomato
- Basil seasoning or Mrs. Dash to taste
- ½ of a Joseph’s whole wheat pita
- 1 teaspoon of hummus
- 10 baby carrots and bite-size celery

Directions (batch of rice and beans)

1. With the quantities above, I make up a batch that yields seven individual servings.
2. After mixing the brown and wild rice in advance, pour about a cup into rice cooker.
3. Do the same for the two black and red beans and put in a saucepan. Cover the beans with plenty of water and let them soak overnight.
4. Drain the beans, then refill with tap water to one inch above the beans. Put seasoning in there and stir it up.
5. Simmer the beans for 75 minutes.

6. Turn on the rice cooker; then both mixtures are ready to be eaten or stored in less than two hours.
7. Put equal amounts of rice, covered by beans in seven small plastic containers. (from hummus)
8. Store in freezer until one day before preparing the meal. This way they will last a long time.



Directions (to prepare the meal)

1. Put the raw spinach in bowl, squeeze lime juice and spray the Braggs on top; then microwave for about 30 seconds (to just blanch).
2. Empty container of rice and beans on a plate; the rice will now be on top (a cylinder shape).
3. Add bite-size pieces of broccoli, eggplant, celery and mushrooms to fill up the plate.
4. Spray with Braggs and season as you wish. Put in microwave on high for two minutes.
5. Put ½ Joseph’s pita on top for 15 seconds to warm it.
6. Spread hummus on the warm ½ pita, then fill it halfway with blanched spinach. Add a few small slices of avocado and olives. Then fill the pita with the rest of the spinach.
7. Add raw baby carrot, sliced tomatoes, and the remainder of the olives and avocado on top.

You’re ready to serve. This is my go-to meal for lunch or dinner and even most of my guests seem to like it a great deal. Most are probably surprised that an aging, single guy like me could make anything in the kitchen.

Let me hear from you at jim@4leafprogram.com

