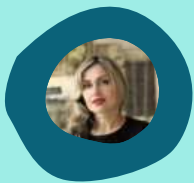


Food as Medicine



Lilia Yermak
@lilia_yermak

15 More Healing Recipes from Around the World

2



**The Best Gift
for Every Table**



Welcome to Author Page

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Lilia Yermak



About the Author

Lilia Yermak is a teacher, poetess, and specialist in Tourism and Hospitality who has spent her life exploring the world — not just through geography, but through culture, cuisine, and connection.

Her passion for travel is matched by her deep care for human health and well-being. With every recipe and reflection in this book, Lilia invites readers to see food as a form of healing, storytelling, and global unity. She writes with the heart of a poet, teaches with the soul of an explorer, and cooks with one simple belief: wellness should be beautiful, meaningful, and shared.

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Table Of Content

Introduction	05
Healing Breakdown	06
Steamed Salmon & Norway	08
Kimchi Stew & South Korea	14
Lobio & Georgia	20
Okra Soup with Spinach & Nigeria	26
Żurek & Poland	32
Tinola & Philippines	38
Ensalada Criolla & Argentina	44
Sayur Asem & Indonesia	50
Ash Reshteh & Iran	56
Chakalaka & South Africa	62
Wild Rice Salad & Canada	68
Gazpacho & Spain	74
Lablabi & Tunisia	80
Pho with Tofu & Vietnam	86
Ratatouille & France	92
Conclusion	99



Introduction

What if your next meal could nourish your body, connect you to another culture, and carry centuries of wisdom — all at once?

This book invites you on a continued journey of healing through heritage, with 15 more traditional recipes from around the world. Each dish was chosen not only for its flavor, but for its proven power to support wellness — from gut-friendly stews to immune-boosting soups to anti-inflammatory herbs used for generations.

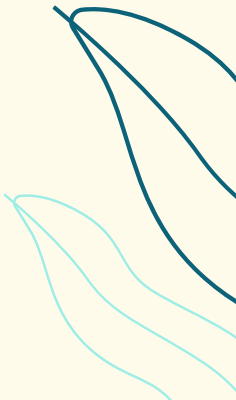
Every chapter highlights:

- One country
- One healing recipe
- Cultural notes and science-backed benefits

You'll discover how real food has always been used as daily medicine — to soothe, energize, balance, and restore. Alongside each recipe, you'll find fun health facts, tradition-rich stories, and beautiful visuals that bring the world into your kitchen.

Whether you're looking to eat more mindfully or add meaning to your meals, this book is your map.

No gimmicks. No trends.
Just real food — from real places — that really works.





Healing Breakdown

Ingredient

Benefits

Okra	<i>Mucilage for gut lining repair</i>
Fermented rye	<i>Natural probiotics</i>
Ginger	<i>Anti-inflammatory, improves digestion</i>
Green papaya	<i>Digestive enzymes, skin health</i>
Tomatoes	<i>Lycopene for skin and heart health</i>
Red onions	<i>Quercetin for inflammation</i>
Tamarind	<i>Natural digestive aid, liver detox</i>
Chickpeas	<i>Fiber, plant protein, hormone balance</i>
Garlic	<i>Antibacterial, immunity boost</i>
Cumin	<i>Anti-bloating, aids nutrient absorption</i>
Tofu	<i>Plant protein, hormone balance</i>
Star anise	<i>Digestive stimulant, antimicrobial</i>
Fresh herbs	<i>Digestive enzymes, antimicrobial, cooling</i>
Wild rice	<i>High fiber, complete amino acids</i>
Apple cider vinegar	<i>Digestive enhancer, regulates pH</i>
Curry spices	<i>Anti-inflammatory, antioxidant</i>
Carrots & bell peppers	<i>Rich in beta-carotene</i>
Eggplant	<i>Nasunin (antioxidant), brain health, fiber</i>
Zucchini	<i>Hydration, low glycemic, gut-soothing</i>
Olive oil	<i>Heart-healthy fats, nutrient absorption</i>
Onions	<i>Prebiotics, blood sugar regulation</i>
Parsley	<i>Detoxification, vitamin C, kidney support</i>



Healing Breakdown

Ingredient

Benefits

Salmon	<i>Omega-3s, brain health, anti-inflammatory</i>
Lemon juice	<i>Alkalizing, digestive stimulation, vitamin C</i>
Harissa	<i>Boosts metabolism, anti-inflammatory</i>
Poached egg	<i>High-quality protein, B12</i>
Reshteh noodles	<i>Sustained energy, carb source</i>
Mint	<i>Calms digestion, relieves bloating, cooling</i>
Spinach	<i>Supports energy, bone health</i>
Chayote	<i>Hydrating, low-calorie, rich in folate</i>
Long beans	<i>Fiber-rich, helps stabilize blood sugar</i>
Cinnamon	<i>Balances blood sugar, antimicrobial</i>
Bay leaves	<i>Supports liver function, digestive soother</i>
Zaatar	<i>Antioxidants, enhances memory</i>
Green onion	<i>Digestive stimulation, sulfur compounds</i>
Moringa	<i>Iron, calcium, supports lactation</i>
Cilantro	<i>Heavy metal detox, cooling, digestive aid</i>
Fresh chili	<i>Boosts metabolism, endorphin release</i>
Red wine vinegar	<i>Aids digestion, antimicrobial</i>
Whole grains	<i>Prebiotics, long-lasting energy</i>
Rice noodles	<i>Easy to digest, gluten-free, quick energy</i>
Fresh basil	<i>Antimicrobial, supports mental clarity</i>
Chili peppers	<i>Capsaicin boosts circulation, metabolism</i>
Coriander seeds	<i>Relieves indigestion, cooling effect</i>





Norway

Health-Focused Fun Facts



- Norwegians eat one of the highest amounts of seafood per capita in the world.
- Cold-water fish like salmon are rich in vitamin D, crucial during Norway's long, dark winters.

- Dill has been used in Nordic herbal medicine for digestion and colic.
- Traditional Norwegian diets are high in fiber from rye, oats, and root vegetables.

- Salmon is often served with boiled potatoes and lemon — no sauces needed.
 - Norway has one of the lowest heart disease rates in Europe, partially credited to their diet.
- 



Steamed Salmon

A classic of coastal Norway, this dish features fresh, wild-caught salmon gently steamed and served with soft-boiled potatoes and fresh dill. It's simple, nourishing, and rich in anti-inflammatory omega-3s — a cornerstone of traditional Nordic diets.

Steamed Salmon with Potatoes & Dill

Core Benefits

Heart and brain support, anti-inflammatory protection

Why It Heals

This Norwegian classic centers on simple, whole foods that promote lasting wellness. Omega-3s in salmon fight inflammation and support heart and brain health, while potatoes provide gut-friendly resistant starch. Dill aids digestion, and gentle cooking preserves nutrients without added fats.

Notes

- Best enjoyed fresh; avoid overcooking the salmon to retain tenderness.
- This meal is often eaten for lunch or a light dinner in coastal Norway.
- You can add lightly steamed carrots or green beans for extra fiber and color.
- Works well for those with sensitive digestion or inflammation-related conditions.
- To boost absorption of omega-3s and fat-soluble vitamins, always serve with a splash of olive oil or healthy fat.





Ingredients

- 2 fillets of wild salmon
- 4 small Yukon gold potatoes
- Fresh dill, chopped (2 tbsp)
- 1 lemon, sliced
- 1 tbsp olive oil
- Sea salt and pepper to taste
- Optional: steamed carrots or peas as a side



Preparing

15 Minutes



Cooking

20 Minutes



Serving

5 Minutes

Instructions

- Boil the potatoes in salted water until fork-tender (about 15–20 minutes).
- While potatoes cook, steam the salmon with lemon slices on top for 10–12 minutes, until it flakes easily.
- Drizzle olive oil over cooked potatoes, sprinkle with salt, and top with chopped dill.
- Plate the salmon with potatoes and serve warm, optionally with steamed veggies.
- Garnish with a lemon wedge and a few fresh dill sprigs.





South Korea

Health-Focused Fun Facts



- Koreans consume more fermented foods per person than almost any other culture.
- Kimchi contains lactobacilli, a beneficial bacteria for gut and immune health.

- Gochujang is rich in capsaicin, which helps reduce inflammation and appetite.
- Traditional Korean meals are naturally portioned and balanced — rice, veg, soup.

- Tofu is a cholesterol-free protein and calcium source common in daily meals.
 - Korean cuisine often includes garlic and ginger, both natural antimicrobials.
- 



Kimchi Stew

In Korea, fermented foods are a daily ritual — not a health trend. Kimchi is served with nearly every meal and comes in hundreds of variations. Sharing hot stew around the table is not just nourishment — it's a sign of closeness and care.

Kimchi Stew

Core Benefits

Metabolism support, digestive balance, rich in probiotics

Why It Heals

Kimchi is a fermented food rich in live probiotics that support gut health and immune function. Gochujang contains capsaicin, which boosts circulation and metabolism. Tofu adds plant protein without cholesterol, while the stew's warm temperature and spices help stimulate digestion.

Notes

- The more aged the kimchi, the stronger the probiotic punch.
- This dish is often used to revive appetite and warm the body during colder months.
- Can be made vegan or adapted with mushrooms, seafood, or meat.
- Serve with plain rice to balance the heat and acidity.
- Works especially well as a gut reset after travel or stress.

Kimchi Stew





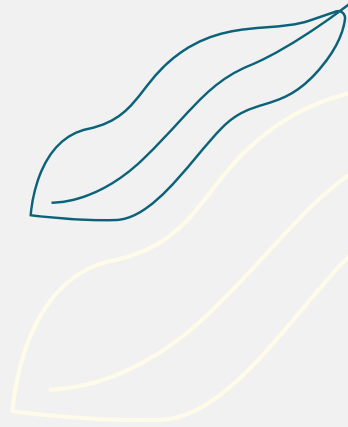
Preparing
15 Minutes



Cooking
20 Minutes



Serving
5 Minutes



Ingredients

- 1 cup aged kimchi, chopped
- 1/2 block firm tofu, cubed
- 1/2 onion, sliced
- 1 green onion, chopped
- 1 tsp sesame oil
- 1 tbsp gochujang (Korean chili paste)
- 1 tsp soy sauce
- 2 cups vegetable broth or water
- Optional: mushrooms or zucchini slices

Instructions

- In a pot, sauté onion and kimchi in sesame oil for 2–3 minutes.
- Stir in gochujang and soy sauce. Add broth and bring to a boil.
- Add tofu and simmer for 15–20 minutes.
- Top with green onions and serve hot with rice or alone as a stew.





Georgia

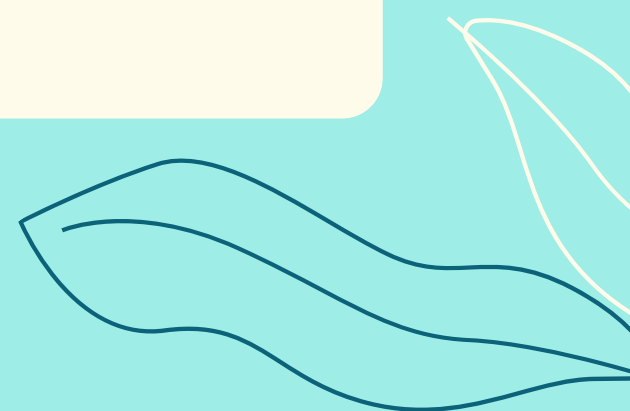


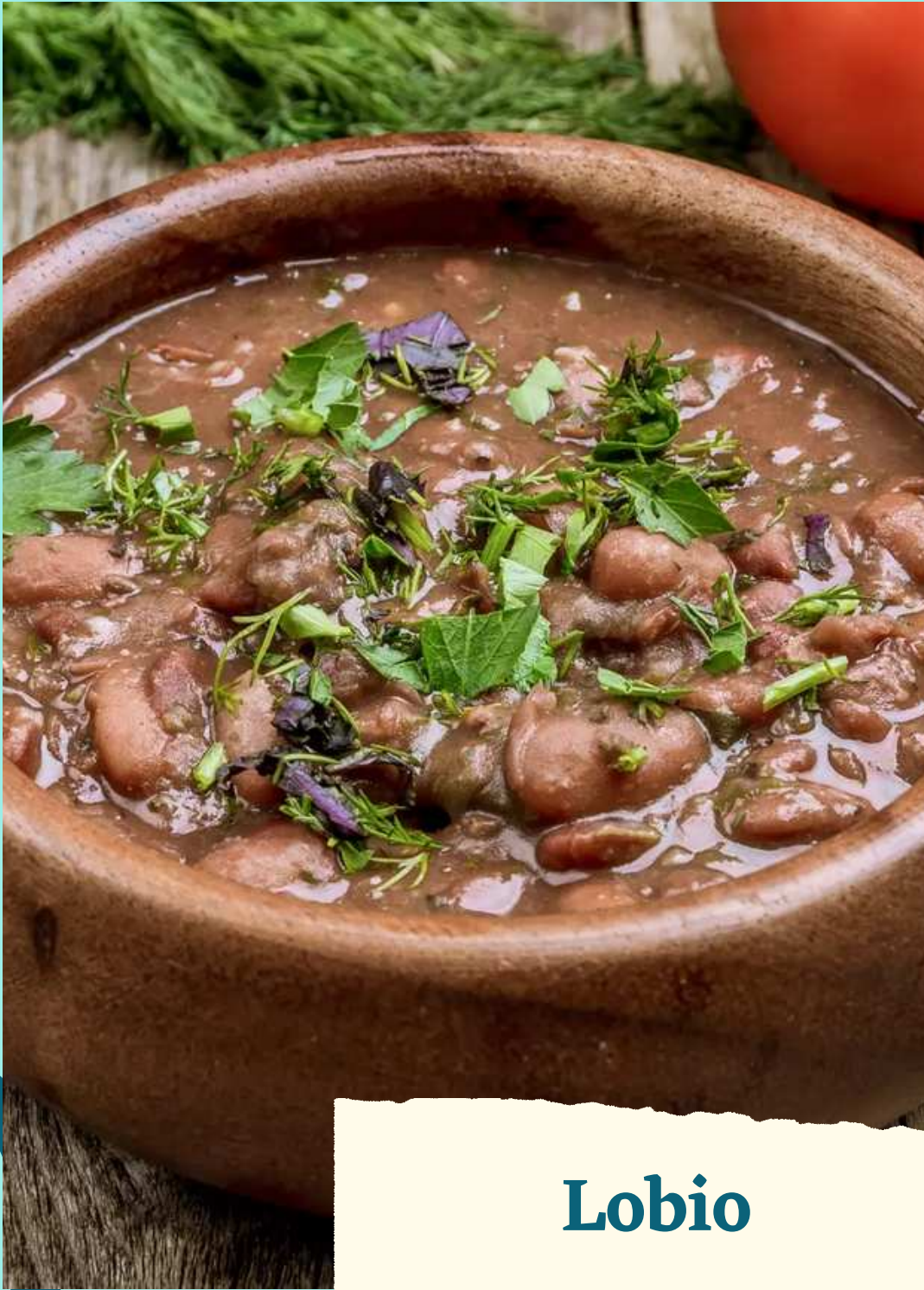
Health-Focused Fun Facts



- Beans are a daily staple in many Georgian households, not just a side dish.
- Fenugreek is believed to help regulate blood sugar and support hormonal balance.

- Coriander is used in both seed and leaf form, aiding digestion and detox.
- Lobio is naturally gluten-free and protein-rich — ideal for plant-based diets.

- The Georgian diet is rich in herbs, pickles, and fermented dairy for gut support.
 - Georgian cuisine uses lots of garlic, which boosts immunity and circulation.
- 



Lobio

Georgians treat meals as **celebrations**. The “supra” (traditional feast) is central to the culture, emphasizing hospitality, song, and soulful food. Lobio is a staple — rustic, comforting, and deeply tied to rural life. It reflects the Georgian value of **honoring simplicity with care and tradition**.

Spiced Kidney Bean Stew

Core Benefits

Plant-based protein, blood sugar balance, iron boost

Why It Heals

Kidney beans are rich in plant protein, iron, and fiber, which help stabilize blood sugar and support gut health. Coriander and fenugreek are used in Georgian medicine for their **anti-inflammatory and digestive** properties. Lobio is also very filling and supports energy levels without spiking blood sugar.

Notes

- Blue fenugreek has a unique flavor native to Georgia; it's worth sourcing if you can.
- This dish is often eaten as a **main meal** with pickled veggies or cornbread.
- Naturally vegan, high in fiber, and extremely affordable.
- Mashing some beans enhances creaminess without adding fat or dairy.
- Keeps well and tastes even better the next day.



Lobio

Healthy recipe is a dish that uses natural ingredients that are fresh and cooked in the right way to produce healthy dishes for our bodies



@lilia_yermak



Ingredients

- 1 ½ cups cooked kidney beans (or ¾ cup dried)
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tsp ground coriander
- 1 tsp blue fenugreek (or substitute with regular fenugreek)
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh cilantro or parsley for garnish
- Optional: a splash of vinegar or lemon juice for brightness

Instructions

- If using dried beans, soak overnight and boil until soft (about 45 min).
- Sauté onions in olive oil until translucent, then add garlic and spices.
- Stir in cooked beans and a bit of the cooking liquid. Simmer for 15–20 minutes, mashing some beans for a creamy texture.
- Season to taste, add herbs, and serve warm with bread or greens.



Preparing
15 Minutes



Cooking
55 Minutes



Serving
5 Minutes



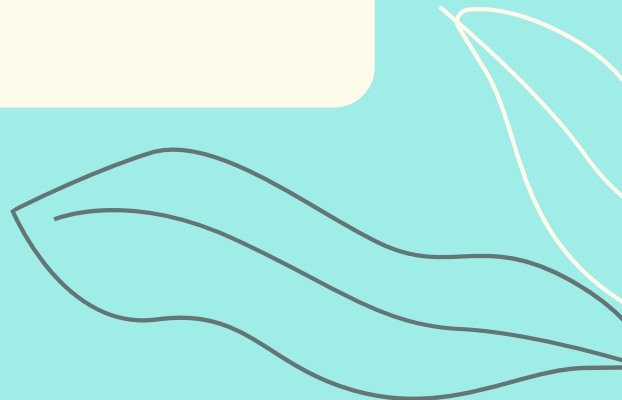
Nigeria

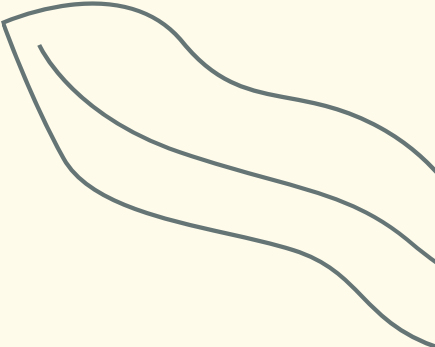
Health-Focused Fun Facts



- Okra's mucilage supports gut lining repair and smooth digestion.
- Nigerian cuisine often uses greens in soups — high in iron and folate.

- Palm oil (when unrefined) contains vitamin E and carotenoids.
- Traditional meals combine fiber, protein, and spice for metabolic balance.

- Garlic and pepper in soups provide natural antibacterial benefits.
 - Soups are typically served hot and fresh, which supports nutrient absorption.
- 



Okra Soup with Spinach



In Nigeria, soups are more than meals — they are daily rituals and cornerstones of hospitality. Okra soup is especially common in the southern regions and is valued for its richness, simplicity, and gut-soothing properties. Meals are shared by hand, reinforcing a deep sense of connection, culture, and care through food.



Okra Soup with Spinach

Core Benefits

Rich in fiber, immune support, mineral-rich greens

Why It Heals

Okra contains **mucilage**, a natural soluble fiber that coats the digestive tract and supports gut healing. It also helps regulate blood sugar and cholesterol. Spinach adds iron, magnesium, and antioxidants. When cooked together, this dish offers a comforting, anti-inflammatory, mineral-rich meal that supports **detox and digestion**.

Notes

- Nigerian okra soup can be made **with or without** meat or fish.
- Use **fresh okra** when possible for maximum mucilage.
- Ugu (fluted pumpkin leaves) is traditional but spinach or kale works well.
- Can be spicy or mild depending on preference.
- Pairs beautifully with fermented fufu or plain brown rice.



Okra Soup

Okra Soup is a beloved Nigerian dish known for its thick, silky texture and vibrant flavor. It's made with okra, leafy greens like spinach or ugu, and traditionally served with fufu or rice.

Ingredients

- 2 cups chopped fresh okra
- 2 cups spinach or fluted pumpkin leaves (ugu)
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 1 tbsp palm oil or olive oil
- 1 cup vegetable broth or water
- 1 tsp ground crayfish (optional)
- Salt and pepper to taste
- Optional: chili or scotch bonnet for heat



Preparing

15 Minutes



Cooking

30 Minutes



Serving

5 Minutes

Instructions

- Heat oil in a pot, add onions and garlic, sauté until fragrant.
- Add chopped okra and stir until it begins to soften and release its mucilage.
- Pour in broth and simmer for 10–15 minutes.
- Add greens, season, and cook another 10 minutes until fully softened.
- Serve with fufu, rice, or as a soup on its own.



Poland

Health-Focused Fun Facts

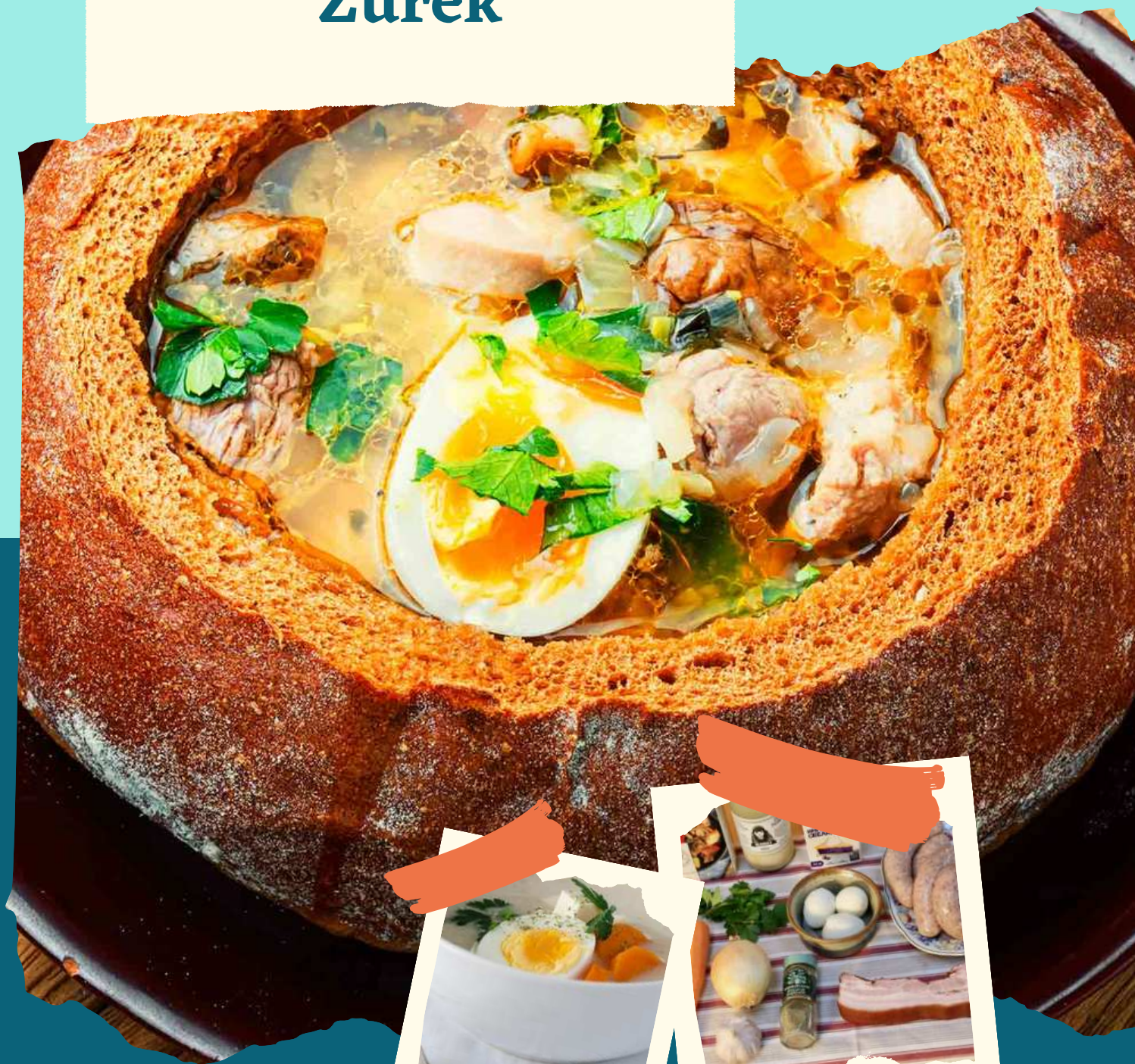


- Fermentation has been used in Polish cuisine for centuries for preserving and healing.
- Zakwas delivers live cultures similar to sourdough starter or kefir.

- Marjoram supports digestion and respiratory health.
- Żurek is rich in resistant starch if cooled and reheated.

- Garlic in the soup has natural antimicrobial properties.
 - Polish soups often begin meals — warming the gut for better nutrient absorption.
- 

Žurek



Żurek

Core Benefits

Natural probiotics, mineral-rich broth, immune strength

Why It Heals

Fermented rye flour is full of **natural probiotics** that nourish gut flora and improve digestion. The warm broth with garlic, potato, and marjoram offers comfort while delivering minerals and immune-supporting compounds. Żurek is especially helpful **after illness**, antibiotics, or digestive imbalance.

Notes

- You can make **zakwas in advance** and store it refrigerated for up to 2 weeks.
- Traditionally served during Easter but eaten year-round in Poland.
- **Rye-based fermentation** is slower but richer than vinegar-based souring.
- Can be made **vegan** or with a boiled egg or white sausage.
- Pairs well with fermented vegetables or whole grain bread.



Żurek

Żurek is a symbol of resilience and comfort in Polish food culture. Its sour, hearty flavor reflects both the resourcefulness and respect for slow food that define Polish rural traditions.

Ingredients

For Zakwas (starter):

- 4 tbsp rye flour
- 1 cup lukewarm water
- 2 garlic cloves, crushed
- 2 bay leaves
- 3–4 peppercorns
- Let sit in a jar, loosely covered, at room temp for 3–5 days, stirring daily.

For Soup:

- 2 cups vegetable broth
- 1 cup fermented zakwas
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 medium potato, diced
- 1 tsp marjoram
- Salt and pepper to taste
- Optional: 1 boiled egg, halved



Preparing

15 Minutes



Cooking

30 Minutes



Serving

5 Minutes

Fermentation

(for zakwas):

3–5 days (can be prepared in advance)

Instructions

- In a pot, sauté onions and garlic until soft.
- Add potatoes and broth, simmer until potatoes are tender.
- Stir in the fermented zakwas slowly, stirring continuously.
- Season with salt, pepper, and marjoram. Simmer another 10 minutes.
- Serve with a halved boiled egg or rye bread.





Philippines

Health-Focused Fun Facts



- Moringa (malunggay) is considered a superfood in traditional medicine.
- Ginger and garlic are used daily in Filipino cooking for flavor and immunity.

- Green papaya supports enzyme production and gut function.
- Fish sauce provides natural umami and essential trace minerals.

- Tinola is commonly eaten after childbirth to boost recovery.
 - The warm broth is hydrating, calming, and aids in detox.
- 



Tinola

In Filipino culture, hospitality and care are shown through food — and Tinola is a dish often served to guests, elders, and those in need of healing. It reflects the Filipino way of nurturing through warm, simple meals that bring people together.

Ginger Chicken Soup

Core Benefits

Immune support, hydration & recovery, digestive ease

Why It Heals

Tinola combines **anti-inflammatory** ginger, immune-boosting garlic, and easy-to-digest protein in a clear, warming broth. Green papaya supports digestion and skin health. Malunggay (moringa) leaves — traditionally used in the Philippines — are loaded with **iron, calcium, and antioxidants**, making this soup both comforting and restorative.

Notes

- Malunggay (moringa) can be subbed with spinach or kale if unavailable.
- Bone-in chicken adds **collagen** and flavor to the broth.
- Traditionally served to **nursing mothers or recovering patients**.
- Can be spiced up with fresh chili or kept mild.
- A classic example of **food as gentle medicine** in Filipino homes.



Tinola

Food here isn't just nourishment — it's a form of love, strength, and comfort.

**Preparing**

15 Minutes

**Cooking**

30 Minutes

**Serving**

5 Minutes



Ingredients

- 2 chicken thighs (bone-in preferred)
- 1 thumb-sized piece of ginger, sliced
- 2 cloves garlic, crushed
- 1/2 onion, sliced
- 2 cups water or chicken broth
- 1 cup green papaya or chayote, peeled and sliced
- 2 cups leafy greens (malunggay or spinach)
- 1 tbsp fish sauce or soy sauce
- Salt and pepper to taste
- Optional: sliced chili for heat

Instructions

- In a pot, sauté garlic, onion, and ginger until aromatic.
- Add chicken and brown lightly on all sides.
- Pour in water or broth and bring to a boil. Simmer for 20 minutes.
- Add green papaya and cook until tender (10–15 minutes).
- Add greens last, season with fish sauce, salt, and pepper.
- Serve hot with rice or on its own as a healing broth.



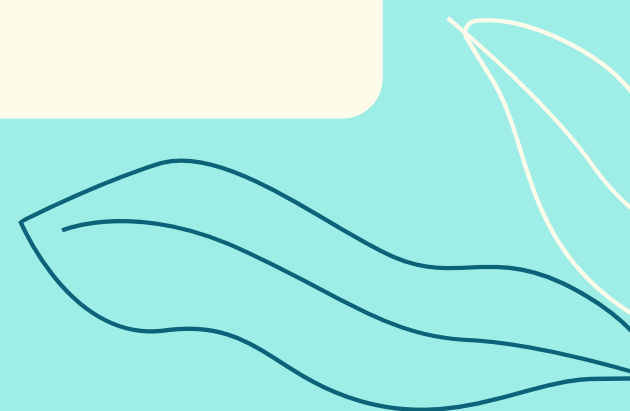
Argentina

Health-Focused Fun Facts



- Red onions contain quercetin, a natural antihistamine and anti-inflammatory.
- Tomatoes are rich in lycopene, a heart-protective antioxidant.

- Raw bell peppers are high in vitamin C, more than oranges.
- Olive oil improves absorption of fat-soluble vitamins like A and E.

- Red wine vinegar helps stabilize blood sugar and improve digestion.
 - Argentine salads are often used to balance heavier foods like beef or empanadas.
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Ensalada Criolla



Fresh Vegetable Salad

Core Benefits

Rich in antioxidants, raw enzyme boost, light and cleansing

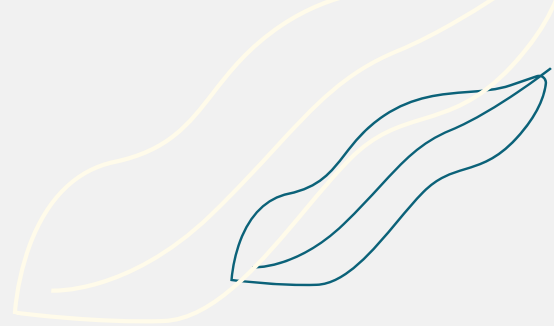
Why It Heals

This salad is a **raw food powerhouse** — packed with water-rich vegetables and fresh herbs that support digestion and cellular health. Onions and bell peppers contain **antioxidants** like quercetin and vitamin C. Parsley supports kidney function and detox. Vinegar helps regulate **blood sugar** and enhances **digestion**.

Notes

- Can be adjusted to taste with avocado, cucumber, or chili.
- Best made fresh and eaten immediately.
- Often served with asado (grilled meats) to cut through fat and aid digestion.
- Great option for hot days or light meals.
- Naturally **vegan, gluten-free, and low-calorie**.





Ingredients

- 2 medium tomatoes, chopped
- 1/2 red onion, thinly sliced
- 1/2 red or green bell pepper, diced
- 2 tbsp fresh parsley, chopped
- 2 tbsp olive oil
- 1 tbsp red wine vinegar or lemon juice
- Salt and pepper to taste

 **Preparing**
10 Minutes

 **Cooking**
0 Minutes

 **Serving**
5 Minutes

Instructions

- In a bowl, combine chopped tomato, onion, and bell pepper.
- Add parsley, then drizzle with olive oil and vinegar.
- Season with salt and pepper.
- Toss gently and let sit for 5 minutes before serving.
- Serve as a fresh side dish or light starter.



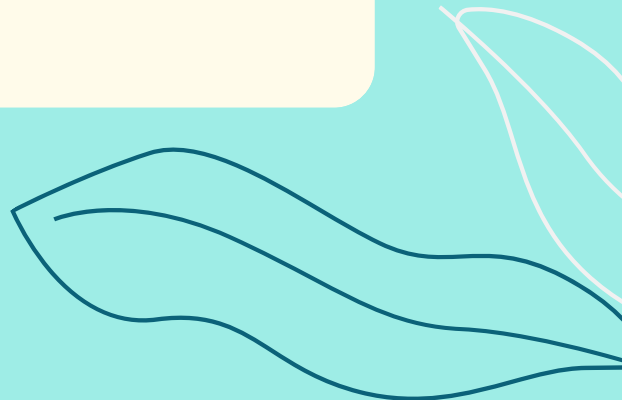
Indonesia

Health-Focused Fun Facts



- Tamarind is used in traditional Indonesian remedies to cool the body and cleanse the gut.
- Sayur Asem is naturally vegan and oil-free — great for light detoxing.

- Corn and chayote add fiber and minerals with very few calories.
- Garlic and shallots offer antimicrobial protection and flavor depth.

- Soups like this are served in hot climates to rehydrate and stimulate digestion.
 - Tamarind is rich in polyphenols that fight oxidative stress.
- 



Sayur Asem

In Indonesian culture, balance of flavors is sacred — sour, sweet, salty, and spicy come together to form harmony on the plate. Sayur Asem is a staple in Javanese households, served at everyday meals and community feasts. It reflects the philosophy of healing through natural balance, both in food and life.

Sour Tamarind Vegetable Soup

Core Benefits

Digestive stimulation, natural detox support, hydrating

Why It Heals

Tamarind contains natural acids and antioxidants that **stimulate digestion, reduce inflammation, and support liver function**. The fresh vegetables provide hydration and fiber, helping to cleanse the body and regulate blood sugar. Light and warming, Sayur Asem is a **natural appetite awakener** and gut-friendly dish.

Notes

- Tamarind is both a **fruit and medicinal ingredient** in Indonesia.
- This soup is often served as a starter or alongside rice and tempeh.
- Easily adapted with local vegetables or tofu.
- No oil is used, making it light and easy to digest.
- Can be made spicier with chili, though traditionally mild.

Sayur Asem

Sayur Asem is a tangy, tamarind-based vegetable soup that's light, flavorful, and deeply rooted in Javanese home cooking.



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Preparing

15 Minutes



Cooking

30 Minutes



Serving

5 Minutes

Instructions

- Dissolve tamarind paste in warm water and strain out solids.
- In a pot, bring tamarind water to a boil with shallots, garlic, and tomato.
- Add corn, cook for 5–10 minutes, then add chayote and beans.
- Simmer until all vegetables are tender (15–20 minutes).
- Stir in sugar and salt to balance the sourness.
- Serve hot as a soup or with rice.

Ingredients

- 1/4 cup tamarind pulp or paste
- 4 cups water
- 1/2 cup long beans, chopped
- 1/2 cup diced chayote or green squash
- 1/2 ear of corn, cut into chunks
- 1 small tomato, chopped
- 2 shallots, sliced
- 2 cloves garlic, minced
- 1 tsp palm sugar or coconut sugar
- Salt to taste
- Optional: bay leaves or galangal slice for depth



Iran



Health-Focused Fun Facts



- Ash Reshteh combines three types of legumes — a complete plant protein.
- Fresh herbs are used generously in Persian cooking for their healing powers.

- Turmeric in the base supports joint and immune health.
- The soup's balance of fiber and protein keeps blood sugar steady.

- Kashk (fermented whey) is rich in probiotics and calcium.
 - Traditionally served with vinegar or lemon to aid digestion and balance.
- 

Ash Reshteh

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Herb & Noodle Soup

Core Benefits

Rich in fiber, detoxifying herbs, plant-based protein

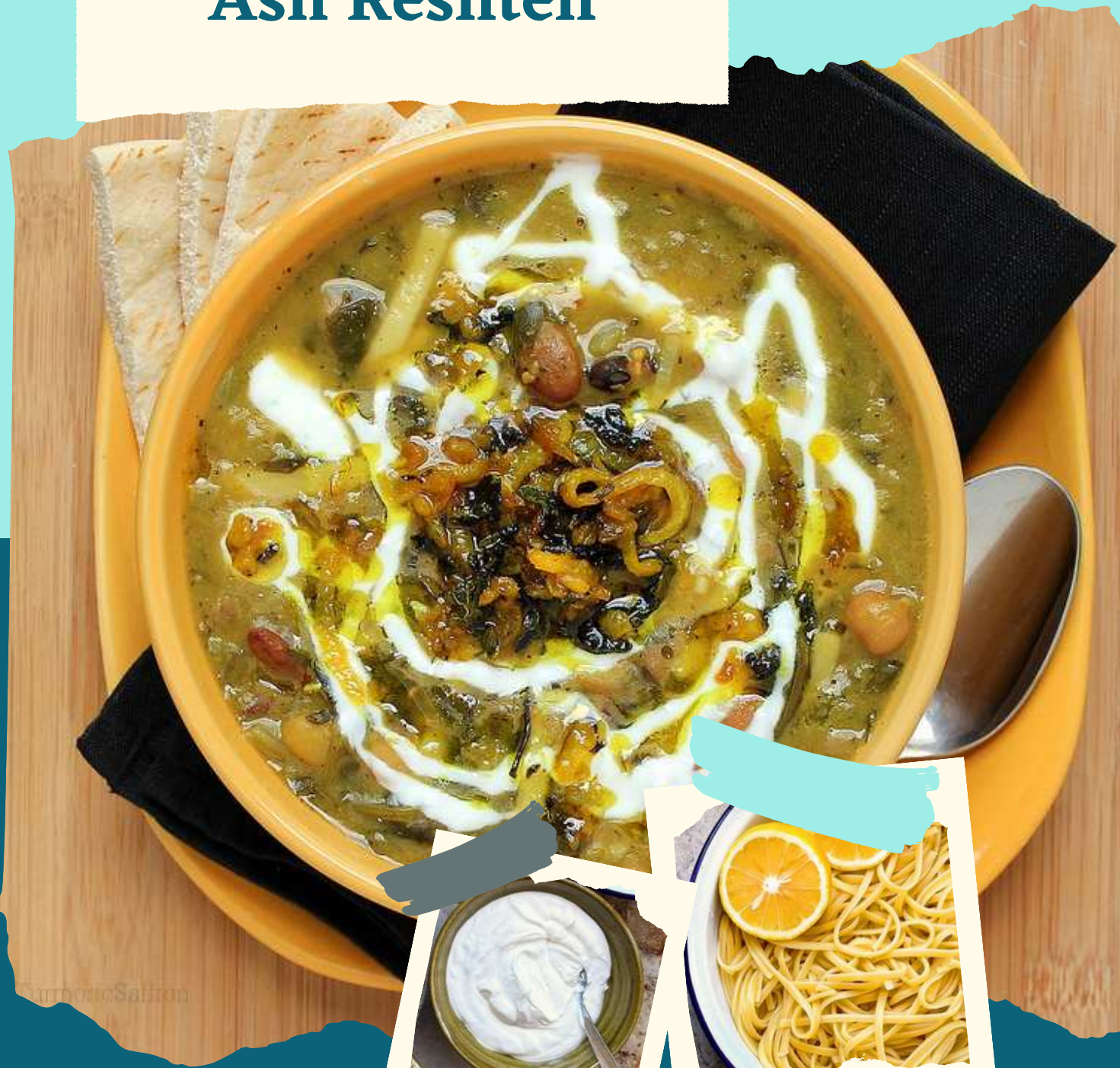
Why It Heals

Ash Reshteh delivers **fiber, plant protein, and minerals** through beans and lentils, supporting digestion and energy. The variety of herbs — parsley, cilantro, green onion — provide **detoxification, anti-inflammatory, and immune-supporting** compounds. It's also incredibly filling without heaviness.

Notes

- Traditional **reshteh noodles** can be replaced with whole wheat pasta.
- Often topped with **fried mint, yogurt, or kashk** for gut-friendly fermentation.
- Naturally vegetarian and high in folate, iron, and magnesium.
- Keeps well for several days and flavors deepen with time.
- Served during **Nowruz** for health and good fortune.

Ash Reshteh



Instructions

- Cook the beans in advance or use pre-cooked versions.
- In a large pot, sauté onion, garlic, and turmeric until soft.
- Add beans, lentils, and broth. Simmer for 30 minutes.
- Add herbs and noodles. Cook until noodles are soft and soup thickens.
- Season with salt and pepper. Top with caramelized onions or yogurt if desired.



Preparing

20 Minutes



Cooking

60 Minutes



Serving

5 Minutes

Ingredients

- 1/2 cup chickpeas
- 1/2 cup lentils
- 1/2 cup red kidney beans
- 1 onion, chopped
- 2 cloves garlic, minced
- 1/2 tsp turmeric
- 4 cups water or veggie broth
- 1/2 cup reshteh (or whole wheat linguine as substitute)
- 2 cups mixed herbs: parsley, cilantro, spinach, green onions
- Salt and pepper to taste
- Optional: kashk (fermented whey) or yogurt drizzle



South Africa

Health-Focused Fun Facts



- Curry spices like turmeric and ginger reduce inflammation and pain.
- Carrots and bell peppers are rich in beta-carotene and vitamin C.

- Garlic boosts immune function and circulation.
- Tomato-based dishes provide lycopene, a powerful antioxidant.

- Chakalaka is naturally low in calories, high in fiber — great for digestion.
 - Often used to add nutrition and flavor to simple staples like rice or maize.
- 



Chakalaka

Chakalaka is a vibrant, spicy vegetable relish from South Africa, traditionally served as a side dish but full of healing ingredients. Made with carrots, bell peppers, onions, tomatoes, and warming spices like curry powder, it's a flavor-packed gut-supportive dish that brings brightness and depth to any plate.

Spiced Vegetable Relish

Core Benefits

Immune boosting, rich in antioxidants, fiber-rich, energizing

Why It Heals

Chakalaka is full of **anti-inflammatory ingredients** like garlic, ginger, and turmeric (in curry). The fiber-rich veggies support **gut movement, blood sugar balance, and natural detox**. It's low in fat, high in flavor, and brings heat and warmth that stimulate digestion and circulation.

Notes

- Can be made in big batches and stored for several days.
- Great as a side dish, topping for grain bowls, or healthy dip.
- Traditionally served with **pap (maize porridge)** for balance.
- Easy to make mild or spicy depending on preference.
- Naturally vegan, gluten-free, and budget-friendly.



Chakalaka



Chakalaka was born in the mining communities of Johannesburg — a humble, flavorful dish made with whatever vegetables and spices were available. Over time, it became a national staple, found at braais (barbecues), family tables, and celebrations across the country. It reflects South Africa's resilience, creativity, and love of bold, nourishing food.





Preparing
15 Minutes



Cooking
25 Minutes



Serving
5 Minutes

Ingredients

- 1 onion, chopped
- 2 cloves garlic, minced
- 1-inch piece of ginger, grated
- 2 carrots, grated
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 2 tomatoes, chopped
- 1 tbsp curry powder
- 1 tsp paprika
- Salt and pepper to taste
- 1 tbsp olive oil

Instructions

- In a pan, heat olive oil and sauté onions, garlic, and ginger until soft.
- Add curry powder and paprika, stir for 1 minute to release aroma.
- Add tomatoes, cook until soft, then stir in carrots and bell peppers.
- Cook on low heat for 15–20 minutes until vegetables are tender and flavors meld.
- Season and serve hot or cold with rice, grains, or roasted root vegetables.





Canada

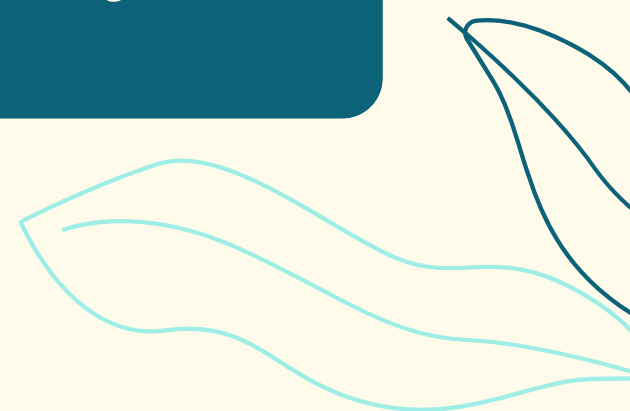


Health-Focused Fun Facts



- Wild rice has more protein and antioxidants than white or brown rice.
- Naturally gluten-free and low on the glycemic index.

- High in magnesium, which supports stress and sleep.
- Apple cider vinegar helps regulate digestion and blood sugar.

- Traditional diets emphasize balance with nature and food seasonality.
 - Salads like this are popular in modern Indigenous and eco-conscious kitchens.
- 

Wild Rice Salad



Wild Rice Salad

Core Benefits

Blood sugar control, mineral-rich, sustained energy, gut health, antioxidant protection, whole grain nutrition

Why It Heals

Wild rice is rich in **fiber, manganese, and plant protein**, supporting **digestion, metabolism, and blood sugar regulation**. The raw vegetables add hydration and antioxidants, while the vinegar boosts digestive enzymes. This salad is filling without heaviness, making it ideal for detox, energy, or weight balance.

Notes

- Wild rice is technically a **semi-aquatic grass seed**, not true rice.
- Indigenous peoples of Canada have harvested it for centuries by canoe.
- Best made in advance to let flavors meld.
- Can be adapted with seasonal vegetables or nuts.
- Stores well in the fridge for up to 3 days.





Ingredients

- 1 cup cooked wild rice
- 1/2 red bell pepper, diced
- 1 small carrot, grated
- 2 green onions, sliced
- 2 tbsp chopped parsley
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar or lemon juice
- Salt and black pepper to taste
- Optional: dried cranberries or sunflower seeds for crunch

Instructions

- Cook wild rice in water until tender but chewy (30–40 minutes). Drain and cool.
- In a bowl, combine vegetables, herbs, and cooled rice.
- Drizzle with olive oil and vinegar. Toss gently.
- Season to taste and serve chilled or room temperature.



Preparing

15 Minutes



Cooking

40 Minutes



Serving

5 Minutes



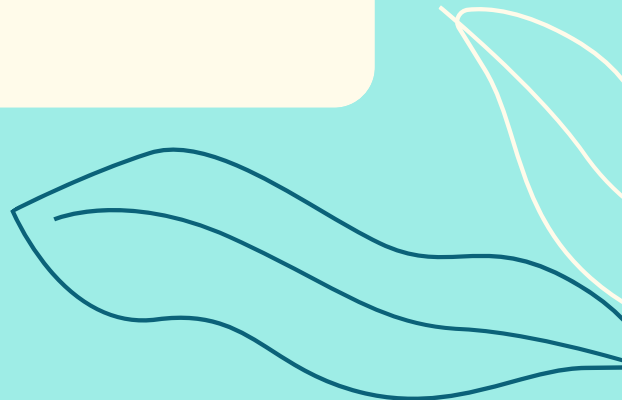
Spain

Health-Focused Fun Facts



- Tomatoes are high in lycopene, a heart-healthy antioxidant.
- Cucumbers aid hydration and kidney function.

- Olive oil is key to the Mediterranean diet, linked to longevity.
- Raw garlic boosts immune function and circulation.

- Vinegar in gazpacho helps balance blood sugar and digestion.
 - Cold soups support cooling and detox during summer months.
- 



Gazpacho

Gazpacho is deeply rooted in Andalusian culinary tradition, reflecting Spain's hot climate and love of fresh, seasonal produce. It's a symbol of simplicity, health, and sustainability — turning humble ingredients into vibrant nourishment.

Chilled Vegetable Soup

Core Benefits

Cooling and hydrating, anti-inflammatory, rich in antioxidants, gut-friendly raw enzymes, natural detox aid

Why It Heals

Gazpacho delivers raw enzymes, **hydration**, and powerful antioxidants like **lycopene** from tomatoes and **vitamin C** from peppers. Olive oil enhances absorption of fat-soluble nutrients. This dish cools the body, supports **detox**, and helps reduce inflammation naturally.

Notes

- Best made with very ripe, juicy tomatoes.
- Traditionally served as a **first course or light meal** during summer.
- Keeps in the fridge for 2–3 days.
- Can be made chunkier or smoother depending on texture preference.
- Naturally vegan and gluten-free (unless croutons are added).



Gazpacho

Gazpacho is a refreshing cold soup from southern Spain, made from blended raw vegetables like tomatoes, cucumbers, and peppers.

Ingredients

- 3 ripe tomatoes
- 1/2 cucumber, peeled
- 1/2 red bell pepper
- 1 small garlic clove
- 2 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar
- Salt to taste
- Cold water as needed (optional, for thinner texture)
- Optional toppings: diced vegetables, croutons, fresh basil



Preparing

15 Minutes



Cooking

0 Minutes



Chilling

30 Minutes



Serving

5 Minutes

Instructions

- Roughly chop all vegetables and place in a blender.
- Add olive oil, vinegar, salt, and a splash of cold water.
- Blend until smooth. Chill for at least 30 minutes.
- Serve cold with your favorite toppings.



Tunisia

Health-Focused Fun Facts



- Cumin aids digestion and is used in traditional gut remedies.
- Chickpeas are rich in iron, magnesium, and fiber.

- Olive oil is a staple in North African diets, linked to heart health.
- Lemon juice boosts vitamin C and alkalizes the body.

- Garlic has strong antibacterial and immune-boosting properties.
 - Lablabi is often eaten for breakfast to start the day with protein and heat.
- 



Lablabi



Lablabi is more than food in Tunisia — it's comfort, street wisdom, and working-class resilience in a bowl. Found in small shops and homes across the country, it represents Tunisia's love for bold flavors, humble ingredients, and deep respect for nourishment through simplicity.



Chickpea Garlic Soup

Core Benefits

High in plant protein, supports gut health, rich in fiber

Why It Heals

Chickpeas offer **plant-based protein, fiber, and slow-digesting carbs** that stabilize energy and blood sugar. Garlic and cumin support digestion and **reduce inflammation**, while olive oil adds healthy fats that aid nutrient absorption. Lablabi is light but deeply satisfying — perfect for gut support and **sustainable energy**.

Notes

- Can be made ahead and reheated — flavors deepen over time.
- To make it more traditional, serve over **torn whole grain bread**.
- Harissa adds heat and antioxidants — use moderately.
- Easily adaptable with herbs, greens, or egg for extra protein.
- Naturally **vegan**, filling, and budget-friendly.

Chickpea Garlic Soup

Ilablabi is a humble, nourishing chickpea soup from Tunisia, flavored with garlic, cumin, and olive oil. Often eaten for breakfast or as a street food, it's traditionally served over torn bread and topped with lemon, harissa, and sometimes a poached egg. This version keeps it simple, plant-based, and deeply healing.



@lilia_yermak



Ingredients

- 1 ½ cups cooked chickpeas (or ¾ cup dried)
- 3 cups water or vegetable broth
- 3 garlic cloves, minced
- 1 tsp ground cumin
- 2 tbsp olive oil
- Juice of ½ lemon
- Salt and black pepper to taste
- Optional: harissa, crusty whole grain bread, poached egg, fresh parsley

Instructions

- In a pot, heat olive oil and sauté garlic and cumin until fragrant.
- Add chickpeas and broth. Simmer for 20–30 minutes until tender.
- Mash some chickpeas to thicken the soup slightly.
- Stir in lemon juice, season with salt and pepper.
- Serve hot with optional toppings: harissa, parsley, or a poached egg.



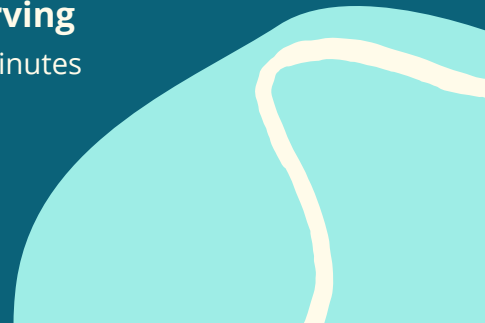
Preparing
10 Minutes



Cooking
35 Minutes



Serving
5 Minutes





Vietnam

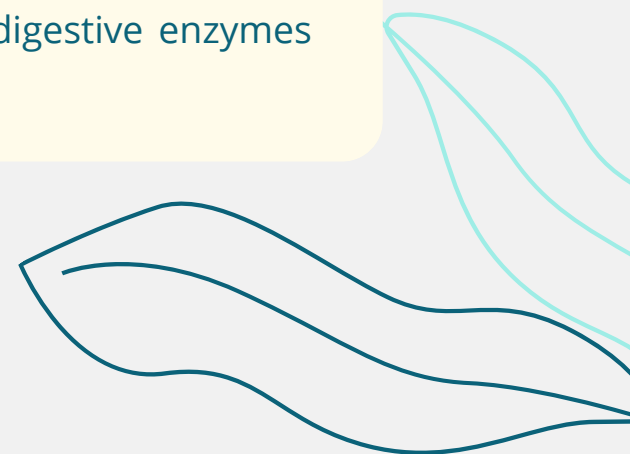


Health-Focused Fun Facts



- Star anise aids digestion and relieves bloating.
- Basil and mint have antiviral and antibacterial effects.

- Rice noodles are easy to digest and gluten-free.
- Pho broth is warming and ideal for cold or flu recovery.

- Tofu provides low-fat protein and supports muscle repair.
 - The herbs and lime in pho activate digestive enzymes just before eating.
- 

Pho with Tofu



Pho with Tofu

Core Benefits

Gut-soothing warmth, anti-inflammatory herbs, hydration, gentle plant protein, digestive balance, immune support

Why It Heals

Pho's **aromatic spices and fresh herbs** support circulation, digestion, and immunity. Ginger and cinnamon reduce inflammation, while star anise helps calm the gut. Tofu provides light, complete protein. The hot broth hydrates and soothes the body — perfect during recovery, cold weather, or stress.

Notes

- Pho is traditionally eaten for breakfast in Vietnam — light but energizing.
- Can be made spicier with chili paste or sriracha.
- The broth can be made ahead and stored for 2–3 days.
- **Fresh herbs are key** — don't skip them.
- Gluten-free and dairy-free.



Pho with Tofu

Pho is Vietnam's most iconic noodle soup — fragrant, comforting, and deeply nourishing. This plant-based version uses tofu instead of meat, keeping it light and healing while retaining the dish's signature flavors: star anise, cinnamon, ginger, and fresh herbs.

Ingredients

For the broth:

- 1 small onion, halved
- 1 thumb-sized piece of ginger, sliced
- 1 star anise pod
- 1 small cinnamon stick
- 4 cups vegetable broth
- 1 tbsp soy sauce
- Salt to taste

For the bowl:

- 1/2 pack firm tofu, cubed and pan-fried
- 150g rice noodles
- Fresh herbs: Thai basil, cilantro, mint
- Bean sprouts
- Lime wedges
- Sliced chili (optional)



Preparing

20 Minutes



Cooking

30 Minutes



Serving

5 Minutes

Instructions

- Char onion and ginger directly on a pan or open flame until slightly blackened.
- Add to a pot with broth, star anise, and cinnamon. Simmer for 30 minutes.
- In a separate pan, fry tofu cubes until golden.
- Cook rice noodles according to package instructions.
- Strain broth and adjust seasoning.
- Assemble: place noodles, tofu, and herbs in a bowl, then pour hot broth over. Garnish and serve immediately.



France

Health-Focused Fun Facts



- The Mediterranean diet, which includes ratatouille, is linked to longevity and reduced disease.
- Tomatoes and peppers provide vitamin C and lycopene.

- Olive oil is rich in monounsaturated fats that support heart health.
- Eggplant contains nasunin, an antioxidant that supports brain health.

- Garlic in the dish helps reduce blood pressure and support immunity.
 - Ratatouille is often eaten slowly, with good company — promoting relaxed digestion.
- 



Ratatouille

Ratatouille comes from rural southern France, where the Mediterranean diet thrives. It's not a luxury meal — it's a peasant dish rooted in gratitude for the harvest. In Provence, people still cook slowly and seasonally, believing food should heal, not just fill.

Herbed Vegetable Stew

Core Benefits

Gut-friendly fiber, detox support, low glycemic load

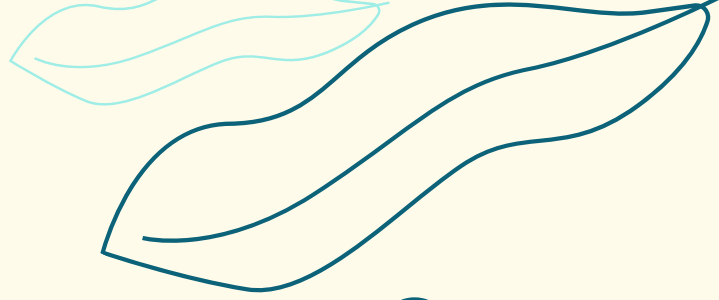
Why It Heals

Ratatouille is **loaded with vegetables rich in antioxidants** like lycopene, quercetin, and beta-carotene — all known to fight inflammation and support heart health. The fiber aids digestion, and olive oil enhances **nutrient absorption**. It's light, cleansing, and ideal for supporting overall wellness.

Notes

- Can be served hot, room temp, or cold — it's versatile.
- Make a large batch — it tastes even better the next day.
- Pairs well with brown rice, lentils, or crusty whole grain bread.
- Naturally vegan, gluten-free, and low-calorie.
- A beautiful example of **simple food done with care**.





Ingredients

- 1 zucchini, diced
- 1 eggplant, diced
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 2 tomatoes, chopped
- 1 small onion, sliced
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried thyme or Herbes de Provence
- Salt and pepper to taste
- Fresh basil (optional)



Preparing

20 Minutes



Cooking

40 Minutes



Serving

5 Minutes

Instructions

- In a large pan, heat olive oil and sauté onion and garlic until fragrant.
- Add eggplant and bell peppers, cook for 5 minutes.
- Stir in zucchini and tomatoes. Season with herbs, salt, and pepper.
- Simmer on low heat for 30–40 minutes until vegetables are soft and flavors meld.
- Serve warm or chilled, topped with fresh basil if desired.



Conclusion

Your Roots. Your Rhythm. Your Healing.

In this second volume, you've taken another step across the world — not with a passport, but with a spoon. Each of the 15 dishes you've met is a doorway into a culture, a wellness practice, and a way of living that honors the body through food.

What we've discovered — again — is simple but powerful:

Health isn't a trend. It's tradition.

Food isn't a fix. It's a foundation.

Across continents and generations, people have healed with soups, grains, herbs, and plants — not products. These recipes weren't created in labs. They were handed down in kitchens. Shared at family tables. Celebrated during festivals. Adjusted for seasons, moods, and needs.

You don't need perfection. You need presence.

You don't need the “latest.” You need what's lasting.

So what's next? **Keep it simple. Keep it seasonal.**

Honor where your ingredients come from — and where your own roots lie.

Let these recipes inspire you, not limit you. Add your twist. Use what's local.

Listen to your own rhythm.

Let healing be **flexible, flavorful, and full of life.**

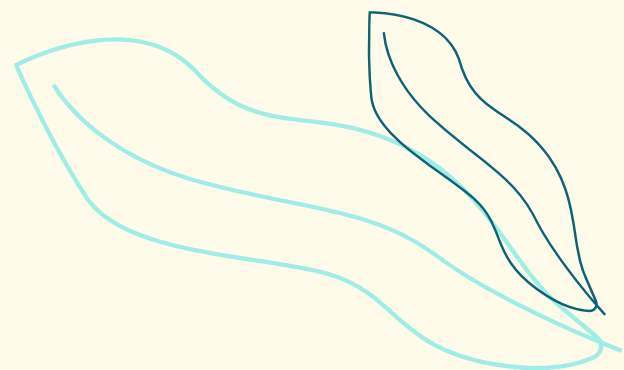
Because in the end, food isn't just what fills you.

It's what connects you — to your health, your heritage, and to the world.

Thank you for continuing this journey.

Now go nourish yourself like it matters.

— Lilia Yermak



Notes

Notes