



**Strength in Plants** *By Kate Murray*

# Let savory spices warm your soul



SPECIAL TO THE READING EAGLE: KATE MURRAY

**W**HEN PEOPLE begin their journey toward a healthier diet of more plant-based foods, they often have a lot of questions about what to use as substitutes for the ingredients they've been using for years. One example is salt.

In American society we use an abundance of salt, which contributes to many preventable and controllable health

problems. By switching up your daily routine, you can work toward prevention of disease in a small, albeit grandiose way.

Spices can turn a boring dish into an explosion of flavor; in fact, many spices are thought to provide health benefits. In America, cinnamon is commonly used in desserts, but this aromatic, sweet-tasting dried inner bark of a tree is one of humanity's oldest spices.

Adding spices to your food is one of the best ways to enhance the flavor without adding calories, sodium or fat. Not only that, in many cultures, it is believed that medicinal benefits of spices can help with ailments from boosting immunity to controlling blood sugar.

Lately turmeric is the media rock star, a bright yellow spice that contains curcumin, a potent antioxidant with anti-inflammatory properties believed to help in the natural healing of a variety of autoimmune diseases such as arthritis. In this remarkably nutritious recipe, I'm combining the turmeric and cinnamon with cumin, raisins and chickpeas to create a savory dish that will warm your soul and introduce you to a combination of flavors that are popular in Indian and North African cuisine.

I love hearing about people trying new recipes and seeking out these new and maybe different combinations of ingredients. It shows there really are people in Berks County who have a passion for better health. Have you spiced things up in your kitchen lately? Write to me and share your plant-based recipe. You could win a box of farm fresh, USDA certified organic vegetables. For details, visit: [asilentcure.org/recipe-contest](http://asilentcure.org/recipe-contest).

## Flavorful Summer Spice Stew

### Ingredients

1 small vidalia onion, chopped  
3 cloves garlic, minced  
2 cans of chickpeas, rinsed and drained  
4 medium carrots (peeled and sliced into rounds)  
3-4 springs of fresh kale, chopped  
½ cup golden raisins  
1 teaspoon ground cinnamon  
1 teaspoon ground cumin  
1 teaspoon ground turmeric  
½ teaspoon ground cayenne  
2 tablespoons honey  
2 cups of water

**PREP:** Sauté onions in water on medium heat until translucent, add carrots, honey, and spices, then add garlic last and turn down the heat.

Add two cups of water, chickpeas, and raisins and simmer for about 30 minutes. Add kale during the last five minutes and serve with a dollop of sour cream or Greek yogurt. ☺

*Kate Murray is certified in plant-based nutrition and the author of "A Silent Cure in My Back Yard." Find more recipes at: [asilentcure.org](http://asilentcure.org).*

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