

Recipe: Basic Aduki Beans

Ingredients:

- 1 cup Aduki beans
- 2 bay leaves
- 5 inch strip of kombu(sea vegetable found in macrobiotic section of Whole Foods)
- 1 tsp sea salt
- 4 cups of

Directions:

1. If buying bulk dry beans, soak overnight in a pot of water.
2. Wash beans
3. Place legumes and kombu in a pot. Cover with water. Bring to a boil.
4. Add bay leaves.
5. Cover and simmer for 1 hour. After beans have cooked for an hour, add sea salt. Allow beans to cook until soft enough for your taste.

Optional:

A yummy addition to aduki beans is to put them on top of some cooked whole grains (brown rice, barley or quinoa), with steamed spinach, sautéed onions or leeks, tomatoes, and a splash of balsamic vinegar. It's delish, and a very satisfying meal!

Amy Coughlin, a Certified Wellness Coach, educates individuals to make better healthy food and lifestyle choices. By creating awareness and balance, she empowers people to make significant, long-term choices which leads to living an energized and passionate life. Ultimately, her life experiences and education, coupled with her expertise in corporate training and recruitment, has inspired her to coach individuals and corporate groups in wellness education programs.

Amy can be found on fastloop as "ABC815". Contact her today to get a complimentary health history and to sign up for her monthly newsletter.
www.amysinteriorgardens.com