

Sweet Vegetables

Almost everyone craves sweets. Rather than depending on processed sugar to satisfy cravings, add naturally sweet foods to your daily diet to satisfy your sweet tooth.

Sweet vegetables soothe the internal organs of the body and energize the mind. And because many of these vegetables are root vegetables, they are energetically grounding, which helps to balance out the spaciness people often feel after eating other kinds of sweet foods. Adding in sweet vegetables helps to crowd out less healthy foods in the diet.

Sweet vegetables:

- deep, sweet flavor when cooked

Try: corn, carrots, onions, beets, winter squash, such as butternut, buttercup, delicata, hubbard and kabocha, and sweet potatoes and yams.

Semi-sweet vegetables:

- subtly sweet

Try: turnips, parsnips and rutabagas.

Other vegetables:

- don't taste sweet, but their effect on the body is similar to sweet vegetables in that they maintain blood sugar levels, reduce cravings for sweets, and break down old animal foods in the body

Try: red radishes, daikon radish, green cabbage, red cabbage and burdock.

A simple way to cook these vegetables is to follow the recipe below that we call Sweet Sensation. It has few ingredients and preparation time is minimal.

Sweet Sensation Recipe

Ingredients:

Use a few different vegetables mentioned above from each section; sweet, semi-sweet, and other vegetables list.

Salt to taste

Spices of your choice

Soy sauce (optional)

Seaweed (optional)

Toasted sesame oil (optional)

Directions:

1. Chop the hardest vegetables, like carrots and beets, into smaller pieces. Softer vegetables, like onions and cabbage, can be cut into larger chunks.
2. Use a medium-sized pot and add enough water to barely cover the vegetables. You might want to check the water level while cooking and add more water if needed.
3. Add your spice if using, herbs, seaweed, salt.
4. Cook until desired softness. The softer the vegetables get, the sweeter they become.
5. When cooked to your satisfaction, empty the ingredients into a large bowl.
6. Flavor and desired and eat. Now you can add soy sauce and/or toasted sesame oil if using.
7. The leftover cooking water makes a delicious, sweet sauce and is a healing and soothing tonic to drink by itself.

