



depression buster foods five family favorites

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Based on the book
[Rebuild from Depression: A Nutrient Guide](#)



Depression buster foods: Five family favorites

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◆ introduction: food & mood

Food nutrients affect depression. If you do not consume adequate levels of magnesium, you are likely to be depressed. If you begin to consume adequate magnesium, you will begin to get relief from your depression.

Any nutrient that you are deficient in may aggravate your depression, but there are some usual suspects.

Fat

Not a nutrient, but a food component nonetheless, is the fatty acid **Omega-3**, specifically EPA and DHA.

- Most of us do not get enough.
- Depression clinical trials use large doses to treat depression successfully.

B-vitamins

- Our consumption of folate is so low that the United States government mandates that it is added to grain-based foods. And our consumption is still too low.
- Folate is used in clinical trials to alleviate depression.
- B-12 is used in clinical trials to alleviate depression.
- As we age, we are more likely to be B-12 deficient.
- B-6 is critical for our body to convert proteins into happy hormones such as serotonin.

Minerals

- Low iron is associated with fatigue and depression
- Clinical trials of postpartum women low in iron find their depression alleviated with iron supplementation.
- Low zinc levels in the brain are associated with depression. Shock therapy increases those levels.
- Low levels of magnesium have been found in the cerebral-spinal fluid of suicide victims.

American eating

But you, surely, are not deficient in these fats and nutrients, right?

The U.S Department of Health and Human Services conducts an on-going food survey called the *National Health and Nutritional Examination Survey* – the NHANES. Thousands of people are interviewed about their food intake. If they report that they eat one cup of broccoli and three scallops a day, the NHANES team determines the nutrient profile of that food intake from a massive food database collected and maintained by the United States Department of Agriculture (USDA). For every survey respondent, the NHANES team determines their nutrient intake. With the survey sampling techniques, we get a pretty fair idea of what people in the United States eat.

It doesn't look good.

The average American woman eats 240 milligrams of magnesium daily while the RDA for women is 320 milligrams. Twenty-five percent of American women do not even consume 200 milligrams of magnesium a day. Men do not do any better.

The average American does not eat enough iron. At least 25% of women do not meet daily requirements for zinc, B-6, and folate (even with folic acid added to our food).

Nutrients will help alleviate our depression and we simply are not getting enough of them.

You have to eat anyway. Make it count.

We can slowly alleviate our mood and increase our energy with good food choices.

Depression buster foods

Depression buster foods are high in depression-fighting nutrients and therefore, are good choice. I identify depression buster foods in the forthcoming book [Rebuild from Depression](#). If we add them to our diets, we will be adding nutrient-dense foods that will help us in the long-term battle with depression.

The five foods in this book are some of our favorites. Nearly all recipes were developed in our own kitchen by my own mother. She's a great cook.

Nature's #1 depression-fighting food

In the analysis of over 5,000 foods from the USDA database, what food topped the list of nutrient-packed foods that fight depression?

One click away: [top depression-fighting food](#)

◆ salmon

Omega-3 fatty acids

If your diet is like most of our diets, you do not consume enough Omega-3 fatty acids. Salmon is a great strategy to increase your dietary Omega-3 intake. One 3 oz. salmon fillet has four or more grams of Omega 3 fatty acids, including over a gram of DHA and about a gram of EPA, both of which are specific Omega-3 fatty acids implicated in depression.



Salmon is also a good source of vitamins B-12 and B-6. A growing movement of former vegetarians have added fatty fish like salmon to their diet. This gives them nutrients that are otherwise impossible to find in plant-based food sources. Both vitamin B-12 and the Omega-3 fatty acids are found only in the world of animal food and fatty fish is a good source of both. Thus, fish could be a good complement for people rebuilding from depression who otherwise consume plant-based foods. (An algae source of the Omega-3 DHA is available as a food supplement.)

Read more about [fish and seafood highest in Omega 3 fatty acids](#).

Omega 3 fatty acids

Ratio of Omega 6 to Omega 3:

Excellent

Goal: 1 to 1 (or at least about 4 to 1)

Wild salmon: ~ 11 g. of Omega 3 to 1 g. Omega 6

Farmed salmon: ~ 6 g. of Omega 3 to 1 g. Omega 6

Omega 3 per serving:

Excellent

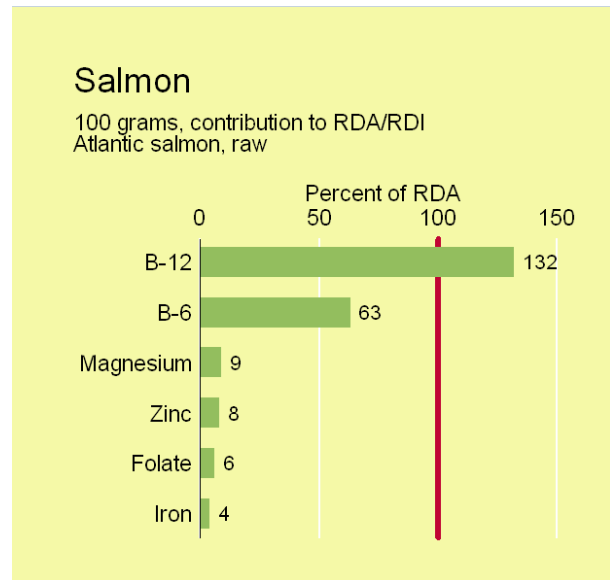
About 100 mg; .45-1.5 grams EPA; 1.5-4 grams DHA

Recommended daily: 1-2 g Omega 3

Therapeutic doses: 4 g EPA

A problem with salmon, however, is the level of pollution in ocean waters that makes its way into the fish meat. The Environmental Protection Agency in the United States recommends that pregnant and breastfeeding women limit their fish consumption to twelve ounces of fish or shellfish each week and to choose fish known to be low in mercury. Salmon is known to be low in mercury, but it does tend to have other contaminants in it, such as dioxin.

Since salmon is such a potentially powerful depression buster food, what we can do is reduce our risk of exposure to pollution by selecting wild salmon and, more specifically, coho, chum, or pink salmon. I discuss salmon and other seafood and freshwater fish in more detail in [Rebuild from Depression](#).





Adrienne's salmon (lessons on preparing salmon in a skillet)

by Jeanie Rose, aka "Mom"

Adrienne grew up in her parents' Italian restaurant. Both parents and restaurant are gone now, but they left a rich deposit of cooking savvy in Adrienne. I love hanging out in her kitchen to see how she handles food. This salmon dish is a slight adaptation of what Adrienne does.

Adrienne's salmon, ingredients

½ pound mushrooms	Dash of:	Salt
2 pounds salmon		Mustard
2 tablespoons olive oil		Dill weed
½ cup dry red wine		2-3 tbsp capers (optional)
		2 cups cream (optional)

Serve with: quinoa and a side salad

Instructions

1. Wash and slice a half-pound of **mushrooms**.
2. **Mince five cloves of garlic**. Use more or less garlic according to your taste. With salmon, it's hard to overdo the garlic.
3. Wash and pat dry **two pounds worth of salmon filets**. The washing is important because often the water content around and on the filet is beginning to smell much stronger than the filet itself. Patting dry is important because water on the fish will dilute the flavor of the sauce you are about to prepare. This is toooo good to dilute.
4. Sauté part of the garlic in **two tablespoons of olive oil**
5. in a large, deep stainless steel skillet that has a fitting lid. Sauté for just a moment or two. The garlic will not be cooked, just warm enough to release flavor into your oil.

6. Now add the sliced mushrooms, tossing well to distribute the oil. Salt lightly. Keep tossing. When the mushrooms begin to release their liquid, remove them to a small bowl.
7. Add just enough olive oil to cover the bottom of the pan and add remaining garlic. Stir it around to spread the minces evenly in the pan.
8. Position the salmon filets, skin side up, over the garlic and allow them to cook for several minutes (5-10).
9. This cook time varies a great deal from one cook ware to another, one stove to another, one altitude to another. What you want is for the garlic to cook down there without turning dark. Dark garlic is bitter!
10. Turn you filets with a large spatula. Work carefully so that most of the garlic will stick to your salmon and be staring at you after the turn is complete. Now you have the absorbent side of the fish available for flavoring. The garlic is a good start.
11. Sprinkle with **salt**, smear with some good **mustard**, sprinkle with some **dill weed**, top with the mushrooms that are sitting in their little bowl waiting for this moment.
12. Pour about a half cup of **dry white wine** around the sides of the pan, not on top of the fish because you will wash the flavorings off.
13. If you like **capers**, sprinkle on 2-3 tablespoons of drained capers.
14. Cook for 15-20 minutes. This time can vary greatly. The fish is done if it flakes easily with a fork.
15. If you want to be festive and calories are not a consideration, add 2 cups of **heavy cream** about 5 minutes before the fish is done. The cream will get bubbly and thick, forming a delectable sauce.

Serve this with quinoa and a green salad for a wonderful company meal.

One time when fixed this I had leftovers. The next day I took them to work with me in a covered plastic container that I could use as a dish. A half hour before lunch I put the container on the dashboard of my car. The salmon heated up so that I had to be careful handling it. Everyone who came through the office wanted to know what I was eating and where I had gotten it. The aroma was irresistible!



Grilled salmon

by Jeanie Rose, a.k.a. "Mom"

Salmon can be just another piece of fish, or it can be the star of a memorable dinner. I figure if you're going to cook at all, make it memorable. The trick is to find the simple and quick ways to prepare memorable food.

This salmon should be called "Salmon a la Jennifer." When Jennifer was part of our family for a time, she made this barbeque for us. We have been fixing it ever since.

Grilled salmon, ingredients

2 pounds salmon	Optional for tartar sauce:
3 cloves garlic	½ onion
½ lemon	1 large dill pickle
Dash of salt and pepper	1 ½ cup mayonnaise

Serve with: Quinoa and a side salad. *Soak the quinoa in advance as per our instructions on [this page](#) to increase the minerals you are absorbing from the mineral-rich quinoa.*

The fish

1. Start with fresh salmon. Frozen salmon is OK, but cannot compare with a good fresh salmon.
2. Wash the salmon in cold water and pat dry.
3. Lay out the salmon pieces on sheets of already torn aluminum foil. If your salmon is in one large piece, cut it into as many pieces as people you will serve. Having smaller pieces also insures that the fish cooks quickly and thoroughly.
4. Sprinkle each piece with some chopped garlic, salt, pepper, lemon juice and freshly chopped dill weed.
5. Wrap each piece tightly in the foil, insuring that the juices will stay in the packages.

The grill

1. Grill for about twenty minutes, turning the packages at the halfway point. Outdoor grilling is a good idea for people who have a disdain for the smell of fish cooking in their kitchen.
2. This is best served hot off the grill, but all of us have eaten the salmon cold and loved it.
3. Serve with homemade tartar sauce.

The sauce

We've laughed about how we use fish as an excuse to eat this tartar sauce. There's hardly a piece of fish around that wouldn't be better with the addition of this little jewel. And, it's cinch to make.

1. Finely chop a half of an onion.
2. Finely chop a large dill pickle.
3. Add the onion and the dill pickle to a cup and a half of good mayonnaise. If the sauce is too thick, add dill pickle juice.
4. Stir well and allow it to sit for fifteen minutes for the flavors to blend.
5. This will keep well for about two weeks in the refrigerator. If you don't have need of it for fish in that period of time, thin it down and use as a dressing over a simple salad of greens garnished with boiled egg quarters.

Salmon patties: Super simple

These are so easy they probably shouldn't be in a cookbook. There is almost nothing to write about.

Salmon patties, ingredients

1 can salmon, approx 12 oz., (or two small cans)	¼ cup whole grain flour
1 egg	Ground pepper
	Cooking oil

1. Remove salmon from can. Remove bones and skin (optional). (The bones and skin actually provide good nutritional value, but not everyone is up for the texture they add to the patties.)
2. Add egg and flour.
3. Blend ingredients well. Your hands work best for this part. This is pretty much like preparing a meatloaf. Add more flour if mixture appears too wet.
4. Preheat skillet. Add cooking oil to skillet
5. Form salmon into balls and flatten into patties.
6. Fry patties in heated skillet for two minutes or so on each side. Fish is cooked. Your object is to cook the egg, heat the fish, and get the patties a bit crispy.
7. Serve on a salad bed or as a sandwich.
8. Might you have some tartar sauce in the refrigerator? This is the time to get it out!

◆ clam

Clam is a fantastic source of both vitamin B-12 and iron. You will get fifty times the daily recommended intake of B-12 and one and one-half times the recommended intake of iron.

Clam will contribute no Omega-6 fatty acids to your diet, a positive feature considering we want to decrease our intake. It contains a good amount of Omega-3 fatty acids – about 400 milligrams in 2/3 of a cup.

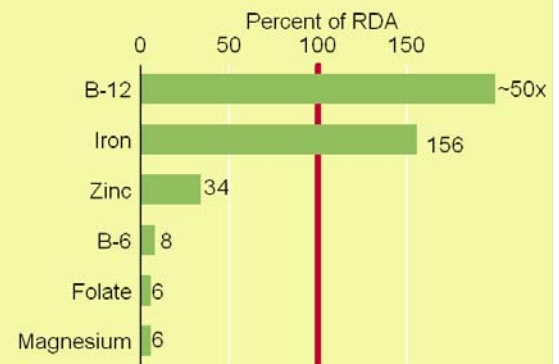
To help with your clam preparation, we provide one very simple sauté and the traditional clam chowder. Both have been hits time and again in this household.

Clam is also easy to add to dips and sauces. The addition of clam to some of your usual recipes could be a good depression-fighting strategy for you and your household.



Clam

100 grams, contribution to RDA/RDI
Canned clam, drained



Omega 3 fatty acids

Ratio of Omega 6 to Omega 3:

Excellent

Goal: 1 to 1 (or at least about 4 to 1)

Clam: no Omega 6 fatty acids

Omega 3 per serving:

Good

About 400 mg; 140 mg EPA; 150 mg DHA

Recommended daily: 1-2 g (1000-2000 mg) Omega 3

Therapeutic doses: 4 g EPA



Clam sauté with quinoa

by Jeanie Rose, aka "Mom"

The two foods highest in iron from the meat and plant worlds come together to make a quick, hearty and mouth-wateringly delicious. Our ingredients start out as a clam sauté and end up as more of a soup to serve in a bowl over quinoa. Your family and friends who eat this tasty dish will not believe that it was an almost instant meal.

Clam sauté with quinoa, ingredients

3 small cans minced clam	Dash of salt
1 ½ lbs mushrooms	½ cup dry white wine
6 cloves garlic	2 small cans water chestnuts
3 tbs melted butter	1 pint heavy cream (optional)

1. Wash and slice 1½ pounds of mushrooms.
2. Mince 6 large cloves of garlic.
3. Sauté the garlic in three tablespoons of melted butter.
4. Add the sliced mushrooms and toss well to coat all the mushroom slices with butter and garlic.
Sprinkle lightly with salt.
5. Continue to toss the mushrooms until they begin to give up their liquid.
6. Add a half-cup of dry white wine.
7. Add three cans of minced clams (the small can that you can usually find at the grocery store). If you are cooking for a large group, get the big cans that Costco carries.
8. Stir in two small cans of sliced water chestnuts. These add a nice crunch to the dish without influencing the flavor too much.
9. Heat to the boiling point.
10. Add a pint of heavy cream.
11. Reheat.

12. Sprinkle with chopped green onion. Don't cook the onion for two reasons. One is that you need some bright green in this dish. The other is that the flavor of fresh green onion sings with the other ingredients. So please don't add the onion until the dish is fully heated.

13. Serve in pasta bowls on a bed of quinoa.

Clam chowder

by Jeanie Rose, aka "Mom"

Nothing could be easier than putting together a satisfying pot of clam chowder. Members of this family consider a trip to the coast a failure if they haven't had their clam chowder by the sea.

But hey, you can do just as good a job of chowder making at home. If the sea ambiance is a big deal, put on one of those wonderful nature DVDs.

Clam chowder, ingredients

2 quarts homemade chicken stock	Either: 1 tbs dill, 2 tbs basil, several sprigs lemon thyme
2 large onions	1 large can clams (~ 2 quarts)
10 large red potatoes	1 cup flour
1 head celery	Optional: 1 pint cream

1. Start with 2 quarts of your homemade chicken stock. Don't use beef stock because the flavor will overrun the delicate flavors of clam.
2. Heat the stock to boiling.
3. Add 2 large onions (small dice), 10 large red potatoes (small cubed), and one head of celery (thinly sliced). Use a fine cut or cube on the vegetables. Small pieces cook more quickly. And, the small dice is traditional with clam chowder.
4. Cook over a medium flame until the vegetables are just done. Use the potatoes as the canary in the mine. Always use red potatoes because they will hold their shape and texture longer than the other varieties. Russets will turn to mush quickly and thicken your broth if you like that sort of thickening.
5. Add a large can of clams, juice and all. Costco carries the right size. It's about 2 quarts worth.
6. Reheat to a simmer and add some seasoning: 1 tbs of dill weed, or 2 tbs of basil, or several springs of lemon thyme. These herbs do well as solo flavorings or in combo with one another. If you combine them, watch the amounts. You don't want to hide the clam flavor, but to underline it.

7. To thicken your chowder, ladle some of your broth into a bowl. Add 1 cup of flour to the bowl and blend with a wire whip. (If you find the chowder has not thickened enough to suit you, repeat this step at the end of the cooking process.)
8. Knock out the lumps and add the flour mixture to your soup pot while stirring constantly.
9. Continue to stir over a medium flame while the soup thickens, about 6 or 7 minutes.
10. If calories are not a consideration, add half and half or whipping cream to the chowder along with a dollop of butter.
11. Turn up the volume on your nature sounds CD and serve up bowl of seaside delight!

◆ *Clam dip*

by Jeanie Rose, aka “Mom”

Clam dip is one of those items you can usually pick up out of the deli section of the grocery. It’s easy to find because so many people love it.

Why not make your own with premier ingredients and no preservatives? When you get accustomed to your own dip, you won’t be inclined to reach for the store-bought alternative.

Clam dip, ingredients

8 ounces cream cheese, softened	1/3 cup finely chopped red bell pepper
1/4 cup sour cream	2 tbs minced fresh parsley leaves
Two 6 1/2-ounce cans minced clams, drained, reserving 3 tablespoons liquid	1 shallot, minced 3/4 teaspoon tamari 1/8 teaspoon cayenne

1. Soften the cream cheese at room temperature. Once softened, blend it thoroughly with the sour cream or a good plain yogurt.
2. Add the rest of the ingredients and mix well. A key here is to mince your veggies VERY finely. More flavor is released into the dip and the texture of the dip is consistent with what we are used to.
3. Refrigerate this dip for a few hours to blend the flavors.
4. If you find yourself with more dip that you can use, thin it down with yogurt or milk and use it as a salad dressing. Think about it...this dressing over a nice green salad with smoked salmon!

◆ lamb

I keep my eye on lamb prices in the grocery store. It is a good meat, rich in vitamin B-12 and zinc. It will even contribute to your Omega-3 fatty acid intake.

Lamb from sheep allowed to graze on grass has an ideal ratio of Omega-6 to Omega-3 fatty acids – about 1 to 1. This type of lamb is known as “[grass fed](#)” (as opposed to animals fed grain mixtures).

The meat from grass fed animals is capturing high prices these days in health food stores. But the great thing about lamb is that most lamb in this country is raised and finished on grass. (“Finishing” is just the process of fattening for slaughter.) A good sale on lamb can represent a good depression-fighting value. You are most likely to find deals in the spring, around the Easter season.

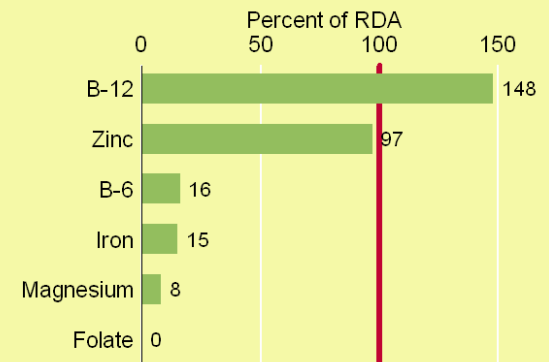
Lamb can be cooked like any roast, but there are some interesting recipes from the Middle East and Italy that you will want to try as you find those great sales.

In a pinch, both the kebab and kufta soup recipes are good bets. But our friend Veronica swears by the Italian shank. Try them all.



Lamb

100 grams, contribution to RDA/RDI
Lamb shoulder, braised



Omega 3 fatty acids

Ratio of Omega 6 to Omega 3:

Excellent

Goal: 1 to 1 (or at least about 4 to 1)

Grass fed lamb: 1 to 1

Omega 3 per serving:

Fair

About 110 mg; 25 mg EPA; 10 mg DHA; 57 mg ALA

Recommended daily: 1-2 g Omega 3

Therapeutic doses: 4 g EPA



Lamb shish kebab

by Jeanie Rose, aka "Mom"

Fresno, the home of William Saroyan, is home to many Armenians and folks of Middle Eastern origins. Fresno is a long trip for us, but one of the pleasures of that trip is to eat at an Armenian restaurant after we finish with business.

Lamb is always on the menu, and one of my favorites. It is so good, I could eat just a big plateful. Only problem with that plan is that there are such delicious sides to go with the lamb!

So, if you are a lamb lover, here is a recipe to get all the lamb your tummy will hold. Even if you are not a lamb lover, try this. You will probably change your mind.

Lamb shish kebab, ingredients

1 leg of lamb (~ 3 lbs)	3 cloves garlic
2 large onions	10-12 mushrooms
$\frac{3}{4}$ cup parsley	1 large bell pepper
$\frac{1}{2}$ cup light olive oil	Salt to taste
1 cup red wine	

Prepare lamb

1. Trim and cube a leg of lamb (about 3 pounds) into 2" cubes. Save the bones for broth making. I have another recipe for kufta (lamb meatball) soup, calling for a nice lamb broth.
2. Mix together the marinade of:
 - 1 large onion, minced finely
 - $\frac{3}{4}$ cup of finely minced fresh parsley (use fresh!)
 - $\frac{1}{2}$ cup of light olive oil
 - 1 cup of dry red wine
 - 3 cloves of finely minced garlic (use fresh!)
3. Combine the meat and marinade in a glass container. Stir well to coat all the lamb pieces. Cover and refrigerate overnight.

Prepare kebabs

4. Clean 10-12 large mushrooms.
5. Cut 1 large onion and 1 large bell pepper into 10-12 pieces each.
6. Drain the lamb pieces.
7. Set out the onion and pepper, mushrooms, and meat on a large platter or cutting board. This is your work surface for stringing together the shish kebabs.
8. Alternate the lamb on the skewer with a pepper, onion, or mushroom so that your skewer order will be lamb, veggie, lamb, veggie, lamb veggie, etc. I recommend beginning and ending with the meat simply because it is more cooperative about staying on the skewer.

Cook

9. Grill on your barbecue or broil in your oven to desired doneness. I prefer this one on the barbecue.
10. Salt immediately.

Serve

11. Serve with quinoa and grand green salad, preferably one with homegrown tomatoes in it! This will serve 7-8 people very generously.



Kufta soup

by Jeanie Rose, aka “Mom”

If you don't know what kufta is, you won't be at all inclined to order it off a menu. I only regret that it took me so long to figure this one out! Kufta is a meatball made of ground lamb, usually very small by our Italian meatball comparison.

This is a simple soup to be served as a first course or one to serve along side a salad.

Kufta soup, ingredients

2 quarts lamb broth	1 onion
2 lbs ground lamb	½ cup parsley
1 ½ cup cooked quinoa	Salt and pepper to taste
3 eggs	

Heat broth

1. Heat 2 quarts of lamb broth to boiling.

Make kufta

2. While the broth heats, mix up the kufta ingredients:
 - 2 lbs ground lamb
 - 1 ½ cup cooked quinoa
 - 3 eggs
 - 1 finely chopped onion
 - ½ cup finely chopped fresh parsley (preferable Italian flat leaf)
 - Salt and pepper to taste
3. Mix kufta well with your hands until the whole business seems gooey and is sticking together. Form balls with a heaping teaspoon amount of meat mix.

Cook

4. Lower the little balls into the broth with a slotted spoon. If you just drop them in, you could burn yourself with the splashes.
5. Cook for about 30 minutes.

Mmm, mmmm, good!



Italian lamb shank

Lamb shank, ingredients

3.5-4 lbs. lamb shanks	1 t. freshly ground pepper
¼ cup all purpose flour	¾ c. dry white wine
2 T. olive oil	2 T. grated or minced carrot
¼ c. butter, melted	½ celery stalk w/leaves, minced
½ lb. Onions, peeled & diced	8-10 fresh parsley sprigs, leaves only, chopped fine
1 lg. Garlic clove, mashed	2 large ripe tomatoes (skinned) or 1 c. canned peeled plum tomatoes, chopped
2 bay leaves	1 heaping tbs. tomato paste
1 t. salt	½ c. warm water
1 t. crumbled dried rosemary (more if fresh but leave sprigs intact)	

1. Sprinkle the lamb shanks lightly with flour and shake off any excess.
2. Heat the olive oil and butter in a heavy-bottomed skillet.
3. Add the onions and garlic. Cook until brown.
4. Remove the onions, add the lamb shanks, brown on all sides for about 8 minutes.
5. Return the onion-garlic mixture to the pan.
6. Add bay leaves, rosemary, salt, and pepper.
7. Cook for about 10 minutes longer, turning the shanks often.
8. Watch for burning with the onions and garlic. If they start to burn, remove the pot from the fire to cook it a bit. Turn the fire down and then return the pot for continued cooking.
9. Add the wine, cover, and simmer for 5 minutes.
10. Add carrot, celery, parsley, and tomatoes. (Carrot adds thickening and color to the sauce.)

11. Stir tomato paste with the water until well blended and then add that to the mix.

12. Stir and cook for about 40 minutes or until done to your taste.

(Instead of the 40 minutes of stove-top cooking, you could opt for a low setting in a **slow cooker** for about 4 hours. The meat will be falling off the bones, but the flavor will be incredible.)

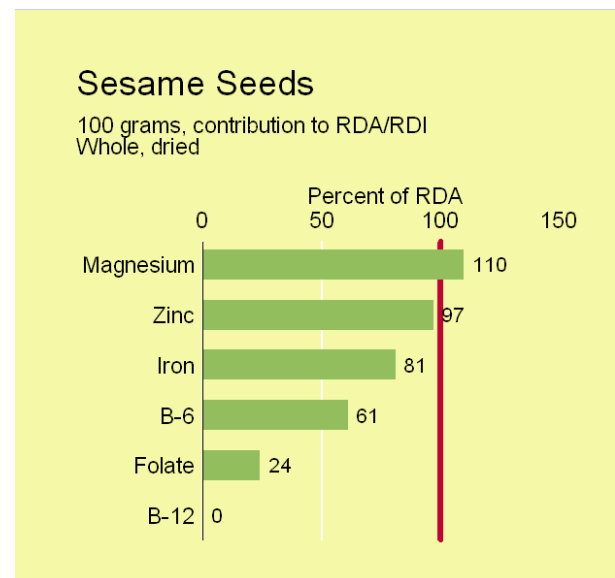
◆ sesame seeds

Sesame seeds are a great mineral-rich food. They are high in magnesium, zinc, and iron. They will contribute well to your B-6 and folate requirements as well.

In the figure below I provide the nutrient profile of sesame seeds, but keep in mind that the profiles are based on 100 grams of each food. In the case of sesame seeds, that is about 2/3 of a cup. Most of us do not eat that many sesame seeds, but there are many tricks to adding sesame seeds to foods you are already eating. The recipes below provide some strategies.

Keep in mind as you plan your diet that sesame seeds have no Omega-3 fatty acids and are high in Omega-6 fatty acids. Increasing the Omega-3s and reducing the Omega-6s in your diet is one depression-fighting strategy. In light of this, you do not want to live on sesame seeds and their products. Your Omega-6 intake would be far too high. However, sesame seeds are a great addition to a diet.

In preparing sesame seeds, use the [soaking methods we describe on the website](#) (though for seeds you will want to dehydrate them after soaking unless making a paste). Seeds contain a substance called phytic acid which inhibits your absorption of minerals. Soaking reduces the phytic acid in the seed and will increase the minerals available to your body.



Omega 3 fatty acids

Ratio of Omega 6 to Omega 3:

Very poor

Goal: 1 to 1 (or at least about 4 to 1)

Sesame seeds: 30 to 1

Omega 3 per serving:

Very poor

Trace amounts if any

Recommended daily: 1-2 g Omega 3

Therapeutic doses: 4 g EPA

Hummus

by Jeanie Rose, aka "Mom"

I was introduced to hummus and several other Middle Eastern dishes by a Jewish friend who had spent some time living in a kibbutz in Israel. If our paths had not crossed, I would be missing out on some of my favorite treats. Hummus is one of them.

A basic hummus recipe follows with instructions. Aside from the basic mixture, you can add a number of different items that affect the flavor and color.

Whether you go with the basic mix or an amended one, you can enjoy hummus as a dip or as a sandwich filling, especially in a fresh pita bread. This mixture also makes a great base for a composed salad where you can show off your garden-fresh veggies.

This recipe makes an abundance of hummus so you can try it in a number of different configurations (or cut the recipe in half!) This mixture will keep for about a week in the refrigerator. We just keep digging into it all week long.

Hummus, ingredients

3 cups chickpeas, dry

1 tbs salt

¼ cup olive oil

1 tsp granulated garlic

juice of four lemons

6 cloves of minced garlic

½ cup of finely minced Italian flat leafed parsley

sprinkle of cayenne pepper

1 ½ cups of tahini (sesame butter)

Cook the beans

1. Use your soaking method to ready 3 cups of dried chickpeas. Soaking the beans in advance of cooking will increase the minerals you absorb from those beans. [Read more here.](#)
2. Rinse them well and add enough water to cover the peas.
3. Cook over a low-medium flame for about 1 1/2 hours. The cook time can vary depending on altitude. You want the beans cooked to a very soft state for this recipe.

4. After the cooking water comes to a simmering point, add about a tablespoon of salt, $\frac{1}{4}$ cup of olive oil, and 1 teaspoon of granulated garlic. If you add these ingredients on the front end, it could extend your cooking time. The seasonings you add here cook up a really tasty bean. I often reserve some of these after they have cooked to top a salad...flavorful and satisfying!

The hummus

5. After the chickpeas have cooked to a soft state, you have two choices. One choice is to mash them by hand or with a food mill. This produces a chunky hummus. If you want a smooth, creamy hummus, use a food processor. The flavor is the same.

6. Add:

Juice from four lemons
6 cloves of minced garlic
 $\frac{1}{2}$ cup of finely minced Italian flat leafed parsley
a sprinkle of cayenne pepper
1 $\frac{1}{2}$ cups of tahini

7. Mix by hand or in a food processor. The reaction of the lemon juice and tahini work magic with the texture.
8. Pile your hummus into a splendid bowl that can showcase your creation.
9. Pour olive oil over the hummus to keep it from drying out.
10. Sprinkle with a bit of paprika and minced parsley for garnish.

For a bit of variety:

1. Roast 2 or 3 sweet red peppers and whip them up into the humus using the food processor. The color is lovely and the flavor memorable. This is especially good as a dip with fresh vegetables or as a base for a composed salad with grilled eggplant, tomato wedges, olives and feta cheese.
2. To the basic mix add $\frac{1}{2}$ cup of chives and a few mint leaves, all finely chopped.



Toasted sesame seeds

by Jeanie Rose, aka "Mom"

Sesame seeds are a simple and inexpensive way to get lots of nutrition and flavor into your meals. In the first thirty years of my life the only use I saw for these little seeds was as topping for some dinner rolls. What a shame!

Toasted sesame seeds are wonderful additions over

- Salads
- Soups
- Open-faced sandwiches
- Casseroles

They are splendid additions to

- Salad dressings (recipes to follow)
- Sandwich fillings
- Almost any baked-good

A condiment of Korea consists of 1 cup of toasted sesame seeds whirled around in a blender to a course texture with a teaspoon of salt added to the mixture. It is a fine addition sprinkled on almost anything but ice cream.

Why toast the seeds?

...because the flavor is unequalled.

How to toast:

Method 1: Skillet

Place in a skillet over medium heat and stir constantly until the sesame seeds just begin to change color and are giving off a most wonderful aroma.

Method 2: Toaster oven

Place the sesame seeds in the little pan that comes with your toaster oven. Set the heat at 300 degrees. Stir occasionally. This could take up to ½ hour depending on how much of the seed you are toasting.

I prefer this method because it is less labor intensive and I am usually in the kitchen for 30 minutes at a time anyway. Just be careful that you don't walk out of the kitchen and forget your precious seed.

Storing sesame seed:

Any seed can go rancid. Sesame seed is no exception. Whether the seed is roasted or not, store it in a cool place. If your summers are like ours, store it in the refrigerator.

However, do keep a fresh supply within arm's reach to add to most of your cooking. This is a simple nutritional boost you don't want to miss.



Creamy sesame seed dressing

by Jeanie Rose, aka "Mom"

This unusual and memorable dressing makes a real deal out of a simple green salad. It is also good spread on a sandwich. Be creative with this one; it is really versatile in what ingredients it will complement. Try mixing up a tuna salad with creamy sesame dressing as the second key ingredient. The dressing will hold nicely in the refrigerator for about 5 days.

Creamy sesame seed dressing, ingredients

½ cup light olive oil	½ cup toasted sesame seeds
Two cups sour cream or yogurt	2 tsp mild curry powder
2 tbs honey	Sprinkle of salt
2 tbs fresh lemon juice	

Directions:

1. In a container mix olive oil with sour cream (or yogurt). Mix well.
2. Add honey and lemon juice. Mix well.
3. Add sesame seeds, curry powder, and salt. Mix well.
4. Make this dressing at least an hour in advance for the flavors to blend and mellow.

However you serve this dressing, use additional toasted sesame seeds for garnish and additional nutrients.

◆ yard-long beans

We are a vegetable-loving family. My mom spent years priding herself on cooking ten cent meals. The meals were so inexpensive because she grew all of the food herself. One of the family favorites is green beans.

When I sent my mom her assignment to provide recipes for “yard-long beans”, she provided the recipes here that we love to eat during the summer.



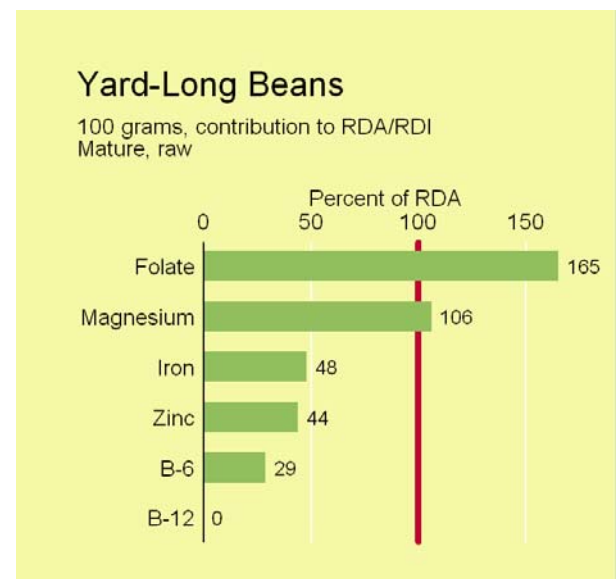
I said, “You know, Mom, technically the USDA database provides information on the mature bean only, not the immature seed pod.”

The whole pod and immature beans are what you eat when you eat green beans. The nutrient profiles differ.

“Uh oh.”

I looked for the nutrient profile of the immature pod but could not find one. I decided to include these recipes anyway. The yard-long bean is very nutritious even in its immature form (and we all need more vegetables). It just doesn't seem like a cookbook would be complete without featuring some.

So here we provide you with recipes for yard-long beans (any green bean can be substituted). Add some salmon, lamb, or other depression buster food to the meal to pack a punch.



About yard-long beans

Yard-long beans are not really a yard long. But, compared to a regular green bean, their length is quite impressive. Twelve to eighteen inches is the usual length.

If you grow your own, support the vines well and be ready for them to grow up to ten feet and maybe more, depending on your soil and climate. These plants will reward you handsomely with baskets and baskets of beans.

Pick them when they are still tender: before the little seed beans begin to form inside the pod. There are several varieties of this bean. So if I tell you to pick them when they are still the circumference of your little finger, they may have already overgrown.

You want your bean to be long and smooth, lacking the bumps that indicate the seeds are growing. It's a simple test!

Pick every two days at the height of the season. Refrigerate your bounty if you're not ready to use the beans immediately after harvest. They dry out easily after harvest. So, cook or refrigerate in the day you pick your beans.

If you don't have a garden, look for an Asian grocery. We are fortunate enough to be able to get yard-long beans all year round at an Asian grocery in Porterville. These beans are usually included in stir fries and soups in our local Thai restaurants.

In the summer check for these beans at farmer's markets – not many mainstream groceries carry this item.

If your local market-garden folks are not carrying yard-long beans, suggest they try them next season. The farmers will appreciate your feedback.



Salad niciose and yard-long beans

by Jeanie Rose, aka "Mom"

This salad takes a little effort and creates a bit of a mess in the process. But...it is so worth it!

I'll give you proportions for a main course salad for four. Double it or triple it and have meals for later. This salad will not only keep for several days, but even improves in the saving. The flavors blend into a mellow richness.

Salad niciose, ingredients

¾ cup olive oil (or part flax)	1 lb yard-long beans
4 tbs white wine vinegar	1 tbs capers
2 tsp Dijon mustard	4 tomatoes, cubed
4 cloves garlic, minced	4 green onions, finely sliced
1 tsp dried tarragon, crumbled	12 lg. pitted black olives, halved
12 new red potatoes	Pine nuts for garnish
	Boiled egg, quartered (1 per serving)

Make dressing

1. Mix up the salad dressing in the bottom of a large bowl:
 - Olive oil (add half flax seed oil for added Omega-3s)
 - White wine vinegar
 - Dijon mustard
 - Minced garlic
 - Tarragon

Prepare vegetables

2. Wash potatoes. Cut in half.
3. Wash beans. Trim off the ends. Cut into 3 inch long pieces.

Cook vegetables

4. Cook the potatoes in a large pot with plenty of water and a sprinkle of salt.
5. When the potatoes are close to done, add the green beans.
6. Bring the water back to a boil and allow the beans to cook for about five minutes. Aim for the beans to still have a bright green color.

Toss

7. Drain the potatoes and beans; add to the bowl and toss in the dressing. The veggies are still quite warm and will actually cook a bit in this dressing. That way they absorb a lot of flavor. A good thing!
8. Add capers, tomatoes, green onions, and pitted black olives.
9. Toss all the happy ingredients of the bowl. You want a salad dressing coating on everything.
10. (Optional) If you want to add protein, consider albacore or smoked salmon. Both are excellent. Toss in the protein.
11. Build the plates, beginning with a bed of crispy romaine lettuce. Pile on the veggie mixture.
12. Garnish with hard boiled eggs and pine nuts

If you have made enough salad for more than one meal, set that portion aside before you garnish. The garnish is best applied freshly. You may also want to add more freshly cubed tomatoes when you do the re-run...keeps the red nice and bright!

Try taking leftovers to work for lunch, your co-workers will want to follow you home!



Garlic green beans

by Jeanie Rose, aka "Mom"

This is a simple cooking procedure you can use with a wide variety of vegetables: broccoli, cauliflower, turnips, etc. This method works well with the drier vegetables, as opposed to Italian squash, for instance.

Garlic green beans, ingredients

Yard long beans, about 1 lb.	Olive oil
3 cloves garlic, minced	Salt to taste

1. Wash and trim your yard-long beans. Cut them in whatever lengths you choose. How about 6 inch long pieces that resemble asparagus spears?
2. Mince several cloves of garlic. You cannot overdo garlic with vegetables.
3. In a large skillet sauté the garlic in olive oil for a moment. Don't let it brown! You are just flavoring the oil with garlic.
4. Add the green beans to the skillet and toss them well. Make certain that the beans get coated with the oil. Sauté for several minute, stirring often.
5. Add a small amount of water to the skillet: ½ to 1 cup of water depending on how many beans you are cooking.
6. Salt lightly and top with a tight-fitting lid. The beans will finish cooking with steam, but have that wonderful garlic oil seasoning them...much more flavor than beans that have simply been steamed.
7. Serve hot or cold. Serve as a side dish or used them in a composed salad.
8. If you just cook these beans lightly, you could serve them at room temperature with some nice dip. The possibilities are endless.



Green beans and mushrooms in alfredo sauce

by Jeanie Rose, aka "Mom"

I came up with this dish one time when I was hungry for home cooking, but pressed for time. I enjoyed it so much, I served it for the next birthday diner. The final results seem like they must have taken much more time to achieve...my kind of cooking!

Any green bean can be used in this dish (except those canned things!). But, what we are emphasizing here are ways to cook yard-long beans. One of the side benefits of the yard-longs is that you spend about half the time cleaning and trimming these little guys.

Green beans and mushrooms, ingredients

2 lbs. yard-long beans

1 lb. mushrooms

5 cloves garlic

Salt to taste

6 tbs butter

Dash of white wine

Chicken or meatballs (optional)

Alfredo sauce (one jar prepared or see below)

1. Clean and slice mushrooms.
2. Finely mince garlic.
3. Wash, trim and cut beans into 3 inch pieces.
4. Melt butter in a large skillet
5. When the butter gets bubbly, add the garlic and cook for a minute, stirring.
6. Add the mushrooms and toss well. Get those slices coated with that garlic-flavored butter. Lightly salt.
7. Cook the mushrooms until they begin to give up their liquid.
8. Add the green beans, toss, and cover with a good fitting lid.
9. Aim at adding no liquid the beans as they cook, but don't let them burn. A bit of water is preferable to the charred taste of burned beans.

10. When the beans are cooked to your preference, add a jar of Alfred sauce and a slosh of white wine. (See the recipe below for a homemade variety of Alfredo.)
11. If you would like to add protein, try cooked chicken chunks or small meatballs. I like to keep both of those in the freezer for quick meals. Add the protein before the Alfredo sauce and get the whole mixture hot before adding the sauce.
12. You can serve this in soup bowls or ladled over quinoa or rice.
13. The scent and flavor of this dish is memorable.

Do-it-yourself alfredo sauce

This simplicity of this sauce stands in contrast to its elegance.
There are as many versions of Alfredo as there are cooks who make it.

Here is one version:

1. Melt 1/2 cup of butter in a skillet.
2. Lightly saute 2 cloves of finely mince garlic.
3. Add 2 cups of heavy cream and let it cook down for about 8 minutes. Keep the heat low and stir often. An option at this point is to add a couple tablespoon of white wine or sherry.
4. Add 1/2 cup grated parmesan or Romano cheese and sitr for a moment or two.
5. Add
 - 3/4 cup of grated mozzarella cheese
 - 3 tbs of finely minced fresh parsley (or 1 tbs dried)
 - 1/2 teaspoon each of salt and white pepper
6. Stir well to melt the cheese.

Voila! Easy...you just need to have the ingredients on hand.

◆ epilogue

Depression-fighting is a long game but choices we make every day can improve our cause. Ultimately we have to care for ourselves by getting good sleep, staying out of stressful situations, exercising, breathing deeply, and eating well. The book *Rebuild from Depression* helps you uncover nutrient deficiencies that may be aggravating their depression and helps you choose supplements and foods for the long game. Read the [Rebuild philosophy on foods and depression](#).

Cooking is not easy and it takes time. On the Rebuild website you will find resources that will help you with the basics:

Salad basics

[Make your own salad dressings](#)

[Selecting salad greens](#)

[Handling salad greens](#)

Soup basics

[Bone broth](#)

[Vegetable broth](#)

[Super simple soups](#)

You will also find a good bit of information about the link between nutrient deficiencies and depression.

Depression and nutrient basics

[B Vitamins for Depression](#)

[Omega 3s: How much for how long?](#)

[Omega 3 and depression: The supplements and foods we need](#)

[Magnesium and depression: Keeping your head above water](#)

[Zinc and depression: Shocking discoveries](#)

Best of luck!

Amanda