



www.AHAtucson.com 7130 North Omar Drive Tucson AZ 85741 520-544-6603

Traditional Chinese Medicine is color coded! Meaning the food colors correspond to the corresponding body systems. White foods nourish the Lungs; black & dark blue foods nourish the Kidneys; green foods nourish the Liver; yellow & orange foods nourish the Spleen & Stomach; red foods nourish the Heart. So if you have heart problems- eat foods with more red, a weak digestion- eat more yellow or orange, and so on. Isn't this natural medicine amazing? Our bodies already come color coded!

Seasoned Roasted Vegts. -3 different Versions

Butternut Squash & Beets

1 Large beet & 1 large butternut squash seeded and peeled.

Mushroom Eggplant Peppers Onions & Celery Medley

1 Portobello Mushroom, 1 eggplant, 1 Green & Red Bell Pepper seeded, 1 Lg. Onion, 2 stalks celery

Multi -Potatoes

Scrub clean 3 of each red & russet potatoes

All of these benefit your body's much needed nutritional needs- and are a perfect food for Fall/Winter.

Ingredients: Use organic produce whenever possible.

Extra virgin olive oil

No salt seasoning

Directions: Wash & Cut up vegts. From one of the 3 versions listed above. And place all inside a large ziplock bag. Pour ½ cup of Extra virgin olive oil into bag, seal, and shake. Pour onto large baking pan lined with parchment paper. Sprinkle No salt seasoning over all. Bake at 325 degrees in oven for about 15-20 minutes until fork tender. Serve hot.