

Quick Bite

To Your Health

Lenore Baum teaches serious vegetarianism with a smile



Tucked into a Weaverville hillside, Lenore's Natural Cuisine specializes in vegetarian, vegan, and macrobiotic cooking classes. Owner Lenore Baum, a graduate of the Kushi Institute, previous owner of a vegetarian deli, and the author of two vegetarian cookbooks (*Lenore's Natural Cuisine: Your Guide to Wholesome, Vegetarian Cooking and Sublime Soups: Vegetarian Soups and Quick Breads*), has been holding healthful cooking classes since 1987.

A tiny slip of a thing, Lenore has the bright eyes and clear skin of someone years younger. Her students range from those dealing with serious health issues to people wanting to exercise preventive health care.

Classes include three-hour "theme" sessions, which culminate in a balanced organic meal, and a four-class series that



teaches the fundamentals of vegetarian cooking for maximum health benefits. Up to 14 students can be accommodated in Lenore's kitchen, and the sessions are interactive and informal, often with "hands-on" experiences for the participants. With organic gardens outside and a root cellar below, the home she shares with her husband, Joe, speaks of their clear dedication to all things "green," right down to the natural cork flooring.

Some of the ingredients used in her recipes may be foreign to novices not familiar with this type of cooking, but Lenore answers questions and gives tips to help demystify some of the unfamiliar components and techniques that she uses. Lenore firmly believes in food that is "delicious, tasty and fun...and it can be healthy as well!"

—CATHY HORTON

BAKED APPLES

(from *Lenore's Natural Cuisine* cookbook)

- 4 apples, organic
- 1 Tbs. barley miso
- 2 Tbs. tahini
- 2 Tbs. walnuts, coarsely chopped
- 1 cup water

Preheat oven to 375° F. Wash and core apples. Whisk miso and tahini together in a small bowl. Add walnuts. Mash nuts with fork or leave chunky. Divide filling into four parts, and spoon each into center of each apple. Place filled apples into baking dish. Pour water into dish to steam-bake in oven. Bake, uncovered, about 20 minutes or until tender.

Learn more about *Lenore's Natural Cuisine* at her website www.lenoresnatural.com, or call (828) 645-1412.



Beyond Tofu: Students come to Lenore Baum's (pictured at left) kitchen classroom to learn the art of vegetarian cuisine.

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