



Where Food Nourishes Body, Mind & Spirit!

September 2015

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“The destiny of Humans cannot be separated from the destiny of the Earth.” Thomas Berry

NEWS YOU CAN USE!



Plant Based Chef Challenge-October

Documentary, "PlantPure Nation" at Cape Cinema Oct. 8th, 7 pm

September Green Nosh

Classes, CCH, Nov.

One Pot Recipes



My little website is up and running again. Whoo Hoo!! Technology is such a part of our lives that when glitches occur, communication seems stymied.

Remember the 1950's rhyme? - There once was a girl who had a curl in the middle of her forehead. When she was good, she was very, very good, and when she was bad, she was horrid.

I can say the same about techno - When it's good, it's very good and helpful, and when it falters, it's horrid.... UNLESS you're a techie who knows which button to hit.



The Plant Based Chef Challenge

For October 2015

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### *Here's the list of Participating Restaurants:*

Alberto's Ristorante, Hyannis  
Bass River Burrito & Fish Co., West Dennis  
Gerardi's, Yarmouth  
Green Lotus Café, Hyannis  
Harbor Point, Cummaquid  
Kabob n Curry, Hyannis (Cape Cod Mall)  
Karoo's, Eastham  
Ocean House, Dennis  
Pickle Jar, Falmouth  
Pizza Barvone, Hyannis  
Royal II, Yarmouth Port  
The Corner Store, Orleans & Chatham stores  
Underground Bakery, Dennis  
Van Renssalaer's, Wellfleet

For ongoing information and details, check us out:

[www.plantbasedchefchallengecapecod.com](http://www.plantbasedchefchallengecapecod.com)

Also on Facebook:

[www.facebook.com/plantbasedchefchallengecapecod2015](http://www.facebook.com/plantbasedchefchallengecapecod2015)

**Kudos and Thanks to Emerald Physicians and Cape Cod Healthcare for their sponsorship, support, and marketing of the Plant Based Chef Challenge!!**



## WHY:

Because consumers WANT and are ASKING FOR more plant based options. **Check out this hopeful news.....** A new study by behavior analytics site, **Datassential**, found "that consumers are interested in more plant based options while the food service industry is not adjusting fast enough to meet those demands. In a survey, 634 operators (a group consisting of the head decisions makers at restaurants and on-site food service companies) and 1,013 consumers were polled regarding key protein issues. Amongst other stats, 83% of consumers are seeking whole grains, while only 47% of operators are offering those ingredients; 82% are seeking nuts, while only 44% are offered in restaurants; 80% are seeking legumes, while only 54% are offering them." Additionally, the study found that customers prefer meat as a "garnish". In keeping with meat-free demands, Washington, DC's fine dining restaurant, Equinox, international chain, Subway, and cafes at Google have added meatless protein to their menus, while food magazine, *Bon Appetit*, named San Francisco based meat-on-the-side eatery, Al's Place, its top new restaurant of 2015. **The times..... they are a changin'!!! (Can you hear me singing with joy??)**

## HOW YOU CAN PARTICIPATE:

When you visit our enthusiastic restaurants during the month of October, ask your server for the plant based option being featured. After indulging and enjoying in some new culinary delights, be sure to ask your server for the short voting slip. Please take a moment to fill out the slip which will be placed in Green Nosh box at each restaurant. At the end of the Challenge we'll tally the results and present awards for the most creative and tasty dishes.

Also, if you'd feel comfortable leaving your contact info on the voting slip, we will have drawings for prizes in early November. (No contact info will be kept after drawing.)



*Be Kind to your Heart, and go Whole Foods, Plant Based!*

# PLANT PURE NATION

From the writer and producer of "Forks Over Knives" with Dr. T. Colin Campbell, author, "The China Study", and Nelson Campbell. A ground breaking documentary revealing the power and impact of the political process on everyone's health and wellness! Brought to you by the Green Nosh Group of Cape Cod and Eric Hart, owner, Cape Cod Cinema.

**Cape Cod Cinema**  
**Thursday, October 8<sup>th</sup>, 2015**  
**7 pm**

Q&A following the film with Dr. Kumara Sidhartha, Emerald Physicians, and Dr. Mona Sigal, ER Physician, Nutritionist, and Food for Life Instructor.

**Tickets: \$10.**

**Can be purchased in advance at: [www.capecinema.com](http://www.capecinema.com)**

**[Tickets are now on sale on the Cinema's website.](http://www.capecinema.com)**

**I suggest that tickets be purchased in advance as they may not be available at the door.**

On 11/15/2011, Drs. T. Colin Campbell and Caldwell Esselstyn presented their research on the benefits of plant based nutrition to the Kentucky legislature. Its House members were enthusiastic. Kentucky has one of the highest rates of childhood obesity in the nation, and also suffers from high rates of heart attacks, strokes, and diabetes. Soon after Campbell's presentation, Rep. Tom Riner, member of the Kentucky legislature, introduced a bill to establish a pilot program that would document the health benefits of a plant based diet. But once the bill went into committee, industry lobbyists launched one of the most intensive lobby efforts ever in Kentucky. Rep. Riner, the bill's sponsor, noted that the bill was watered down to "a shadow of its former self", turned "from steel to Reynolds Wrap."

A top-down approach that recognized the powerful healing effects of plant based nutrition had failed again. But Nelson Campbell suspected there was another way to prove the merits of this idea. After the setback in Kentucky, he resolved to put his hunch to the test in his own North Carolina hometown of Mebane (population 11,562.) He also took a documentary film crew with him. Beyond Mebane, PlantPure Nation explores the topical issues of the small family farmer, food deserts, modern medicine, and the challenges of getting plant-based nutrition included in the political process.



The November Food for Life series at Cape Cod Hospital for Cancer Prevention/Survival and Overall Health & Wellness has filled. I'm taking a wait list for future classes.

**What I'm looking for is someone to assist me during the classes.....help with set-up, clean-up and packing car.**

I'm able to pay \$25 per class. Classes will be held on Wednesdays: Nov. 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and Dec. 2<sup>nd</sup> from 1 - 3 pm. Helper needs to arrive 12 pm. (We skip Thanksgiving week!)

Thanks!!

## *September Green Nosh Event*



*Let's enjoy some Italian plant based cuisine!*

*Wednesday, September 23<sup>rd</sup>*

*5 pm at Joanne's home*

**Our theme will be an Italian Plant Based Pot Luck! Bring a favorite Italiano treat for all to enjoy.**

**Following our meal, I'll have a showing of Dr. Michael Greger's newest DVD, "Food as Medicine" (For comfort and ease, I'll show the DVD on both televisions. Good thing I have 2 of his DVD's!!!)**

**We'll also briefly discuss the Plant Based Chef Challenge and showing of movie, "PlantPure Nation" on Oct. 8<sup>th</sup> at the Cinema.**

**Please RSVP by September 11<sup>th</sup>. Either call Joanne or email.**

**Buon Appetito!**

# One Pot Happy Meals



It's 5 pm. You're thinking of dinner, but tired after a long day of work and day to day activities. Your vision of a kitchen counter filled with cutting boards, dirty dishes, and pots and pans has you running to the nearest local restaurant. **STOP!!** There's a better and healthier alternative. They're called "One Pot Happy Meals". What's different about these "Happy Meals" from the so-called 'Happy Meal' served at a popular fast food toxic site is that these 'Happy Meals' are filled with all important nutrients, fiber, and free radical fighting antioxidants and phytochemicals.

Preparing healthy food is especially easy if you keep some ingredients on hand: organic frozen green leaf veggies, canned organic beans or even frozen cooked beans, spices, and if you don't have time to prepare the quick cooking quinoa in this recipe, keep some quick cooking brown rice on hand. In a matter of minutes, you'll pull this recipe together, put your feet up while it simmers over 20 minutes, and, at the end of the night, your cells will be smiling and thanking you for loving yourself!

## **KALE AND CANNELLINI BEAN SOUP**

Serves 4-6

2 T water or veggie broth  
1 garlic clove, minced  
1 10 oz bag, chopped kale  
1 32 oz container of organic veggie broth  
3 cups water  
1 15 oz can organic cannellini beans  
 $\frac{1}{2}$  - 1 tsp salt (to taste)  
 $\frac{1}{2}$  tsp chili powder  
 $\frac{1}{4}$  tsp ground black pepper  
 $\frac{1}{4}$  tsp allspice  
Pinch of cayenne (optional)  
 $\frac{1}{2}$  cp raw quinoa

Easy to have these ingredients on hand!

In large soup pot, saute garlic and kale at medium heat for about 5 minutes. Add the veggie broth, water, beans, salt and spices. Bring to a boil, add quinoa, reduce heat, and simmer for 20 minutes. **(How easy is this?? And how healthy? - a 10 plus!)**

## **BUTTERNUT SQUASH RAMEN BOWL WITH RICE NOODLES, TOFU & FRESH PEA SHOOTS**

**Serves 1, but double for two**

**1 cup veggie stock**

**1  $\frac{1}{2}$  cups butternut squash soup, without a nut or dairy base**

**$\frac{1}{4}$  tsp salt**

**$\frac{1}{4}$  tsp soy sauce**

**1 strand of thick rice noodles**

**$\frac{1}{4}$  cup medium soft tofu, rinsed and cubed (or use already cubed tofu)**

**1 scallion, diagonally sliced, green parts only**

**$\frac{1}{4}$  tsp Sambal Oelek (good substitutes would Sriracha sauce or any chili paste)**

**1 handful of fresh pea shoots (or sliced fresh spinach)**

**Black sesame seeds for garnish (or regular sesame seeds if you don't have black)**

Combine the soup and broth in medium pot, and stir well. Add the salt and soy sauce and heat gently until bubbling and hot, about 3-4 minutes.

While that's heating, cube the tofu, slice the green onion, wash and trim the pea shoots, and take the strand of dry rice noodles, and with your hands, snap them in half to shorten the noodle strands, and place them in a generously sized serving bowl of your choice.

When the broth has reached a boil, remove from the heat and pour all of it over the rice noodles directly into the serving bowl. Using a fork and a quick, firm hand, push any errant noodle strands under the broth to submerge any loose pieces. (Rice noodles will quickly soften with the hot broth.) Cover the bowl immediately with a small plate, and set your timer for 6 minutes.

Then remove the plate from the bowl, and stir the noodles to break them up a little. To serve, push the noodles over to the side a little, making room for the tofu, scallions, and pea shoots which can be arranged directly into the broth. Place a little Sambal Oelek in the center of the bowl, and finish by dotting with the sesame seeds to garnish.

**Note:** The original recipe called for a splash of sesame oil on the top of the bowl right before serving. I don't recommend using oils especially if someone is dealing with heart disease and/or any other chronic condition, or having a weigh problem.



## ONE POT SESAME NOODLES AND VEGGIES

(I prepared this dish the first week of September.....tasty and healthy! Hubby and I enjoyed it for dinner, then for lunch the next day, and lunch the day after. You can add other veggies of your liking, or add additional spices to suit your taste. I adjusted the original recipe with additional spices reflected in the recipe.)

4-6 servings

8 oz linguine, Uncooked (

3  $\frac{1}{2}$  cups water

1 medium bok choy or 3 baby bok choy (about 3 cups sliced)

1 red or orange bell pepper, thinly sliced (I like red for the color!)

1 small yellow onion, halved and thinly sliced

2 medium carrots, (cut into 1-inch slices)

3 medium garlic cloves, minced (about 1  $\frac{1}{2}$  T)

2 T minced fresh ginger (I always keep ginger in the freezer. Very easy to grate on microplane. See note below.)

$\frac{1}{2}$  cp low sodium tamari

2 T brown sugar

1/8 tsp crushed red pepper flakes

$\frac{1}{2}$  tsp sea salt (optional)

$\frac{1}{2}$  medium Napa cabbage, thinly sliced (about 4 cups, loosely packed)

1 T rice vinegar

In a large and heavy pot over high heat, add the uncooked linguine, water, bok choy, carrots, onion, pepper, ginger, soy sauce, brown sugar, red pepper flakes, and salt. Bring ingredients to a boil.

Then set the timer for 9 minutes and cook, tossing constantly with tongs to make sure that the pasta doesn't stick to the bottom of the pot. (It doesn't!) Once the 9 minutes are up, the veggies should be tender, the pasta cooked, and much of the liquid evaporated. Your mouth should be watering at this point, as well!

Remove the pot from the heat, add the sliced cabbage and vinegar, and toss the cabbage till it wilts. That only takes a matter of seconds.

Pour into a nice deep bowl and top this bowl with either scallions, toasted sesame seeds, cilantro or parsley, or some chopped peanuts. I omitted the peanuts as they're much higher in fat and really not needed. Using sesame seeds helps to absorb nutrients in the veggies.

Note: I always have frozen ginger in my freezer. Love it in stir fries, miso soup, many other dishes, and for making comforting ginger tea in the afternoon. Peel the skin from fresh ginger, cut into 1-2 inch pieces, and store bagged in freezer. It lasts for months, but in my house, never that long. For the tea, just grate ginger over hot water and enjoy!

*We sincerely hope you support our Plant Based Chef Challenge, go to the website and comment on your experiences, take photos of you meals and download pics for us. The Challenge is on Facebook, too. Let's help to make Cape Cod a Whole Foods, Plant Based Community!*

**Together we can foster health and wellness throughout the Cape!  
Blessings and good health to you all!**