

*the*POWER TO HEAL DIABETES

Food for Life in Indian Country



Power Plate **Resources & Recipes**



CENTER FOR
LIFELONG
EDUCATION



PhysiciansCommittee
for Responsible Medicine



Neal Barnard, M.D.
President

*The information in this booklet helps to answer the question,
“What foods can I eat to get healthy and to stay healthy?”*

Four food groups make up the Power Plate, a pattern of eating built around whole grains, vegetables, legumes, and fruits. Many scientific studies have shown that these four food groups help people who have diabetes turn the disease around, or avoid it in the first place. Heart disease, kidney disease, arthritis, bowel problems, and certain cancers—the same foods fight these diseases also.

We thank our partners, the Indian Pueblo Cultural Center in Albuquerque, N.M., the Navajo Nation Special Diabetes Project in Window Rock, Ariz., and the Center for Lifelong Education at the Institute for American Indian Arts in Santa Fe, N.M., for hosting multi-week Food for Life classes based on the Power Plate foods to prevent and treat diabetes. We also wish to thank our cooking instructors, chefs Lois Ellen Frank, Ph.D. of Santa Fe, N.M., and Walter Whitewater of Pinon, N.M., for being leaders in introducing this new way of eating, which is actually centuries old.

For most people, it takes a little time for a new way of eating to feel entirely comfortable. But soon this routine falls into place, and that’s when the magic starts. Your energy levels get higher and higher, and aches and pains start to melt away. Your waistline trims down, and people start to ask you what your secret is. If you have other health issues, like high cholesterol or high blood pressure, they are likely getting better day by day.

This pattern of eating has been proven to be healthy for everyone: children, pregnant women, elders, athletes, and everyone in between.

But don’t take any of this on faith. Give the recipes and meal ideas contained in these pages a try. Affordable, safe, effective, delicious, and filling—try them yourself, and share with others who need help boosting their own health and vitality. And please join us at Physicians Committee for Responsible Medicine (pcrm.org or ThePowerPlate.org) for more resources.

Neal Barnard, M.D.

A handwritten signature in black ink that reads "Neal Barnard M.D." in a cursive style.

Physicians Committee for Responsible Medicine
Washington, D.C.

"We are in a time when our younger generation wants to learn our traditional ways and reclaim the history of who they are, including, and especially, the foods that sustained our Ancestors."



Returning to an ancestral plant-based diet is a way to reclaim our health. The foods that many Native communities ate in the past included corn, beans, and squash, known as "The Three Sisters." Wild harvested roots, vegetables, fruits, grains, nuts, beans, and herbs were also enjoyed. These provided a healthy diet, low in fat and high in nutrients. To heal diabetes and other health-related ailments, Native Americans are now rejecting large amounts of highly processed and animal-based foods.

When traditional foods are revitalized, all of the cultural traditions associated with them are also revitalized—the songs that go with the planting, the sustainable agricultural techniques that each tribe uses, traditional knowledge of how to harvest wild foods, the foods that have medicinal qualities, the language, the stories, the baskets...everything. Native Ancestral foods are a tradition worth preserving."

Chef Lois Ellen Frank, Ph.D.

A handwritten signature of Lois Ellen Frank.

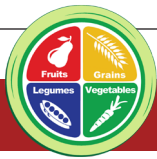
Food Historian, Award-Winning Author, Caterer, Red Mesa Cuisine
Santa Fe, New Mexico

"I tell my patients that pills and shots are like Band-Aids. They don't really get at the underlying problems that cause diabetes and other health problems. The resources, recipes, and meal ideas described here have the power to heal, and to prevent many diseases in the first place. I hope you will give them a try. Work with your health care provider to safely adjust or eliminate medications. And enjoy the power that comes from reclaiming your health."

A handwritten signature of Caroline Trapp.



Caroline Trapp, RN, NP, CDE, FAANP
PCRM Director of Diabetes
Education and Care



EASY POWER PLATE MEAL IDEAS

BREAKFAST

—Make it your can't-miss morning ritual:

- Hot cereals: atole (mush), old-fashioned oatmeal, or steel cut oats with choice of toppings: cinnamon, raisins, banana, a small handful of nuts or seeds, applesauce, etc. Make it different every day!
- Cheerios, Grape-Nuts, All Bran or muesli cereal with non-dairy milk and fruit and nuts.
- Melon or other fruit.
- A fruit smoothie made in a blender.

- Rye or 100 percent whole wheat toast, topped with jam or beans and salsa.
- Oven-roasted sweet potato "home fries" or hash browns, solo or smothered with "sautéed" mushrooms, peppers, and onions.
- Breakfast Burrito filled with vegetarian "refried" beans, lettuce, and tomato.
- Tofu scrambler (sauté firm tofu and spices with cooked onions and peppers).
- Fat-free meat substitutes (e.g., Gimme Lean fat-free "sausage" or "bacon").

LUNCH

—Pack it to go if you'll be out all day:

Slurp a Soup!

- Vegetable-based soups: Carrot-Ginger, Vegetable, Mushroom-Barley, etc.
- Legume-based soups: Black Bean, Vegetarian Chili, Spinach Lentil, Minestrone, Split Pea, etc.

Dig into a Salad!

- Garden salad topped with beans and healthy dressings: lemon juice, flavored vinegar, or fat-free Italian.
- Legume-based salads: Three-bean, chickpea, lentil, or black bean and corn. Grain-based salads: Noodle, couscous, bulgur, or rice.

Fill up on a Sandwich or a Wrap!

- Black bean dip, peppers, tomatoes, and lettuce wrapped in a whole wheat tortilla.
- CLT: cucumber, lettuce, and tomato sandwich with mustard on rye bread. Vary with grilled tempeh or tofu.
- Hummus tucked into whole wheat pita with grated carrots, sprouts, and cucumbers.
- Black bean and sweet potato burrito with corn and tomatoes.
- Sandwich made with fat-free meat alternatives such as barbeque seitan, Lightlife Smart Deli turkey, or Yves veggie pepperoni slices, and your favorite sandwich veggies.

DINNER

—So many options:

Dinner in a Bowl: Start with cooked beans, add cooked rice or another grain, and top with steamed vegetables. Add a sauce: tomato, sriracha, salsa, barbeque, lime juice with a little maple syrup, etc. Make it gourmet with fresh herbs on top.

Legumes (Beans, Peas, and Lentils, Oh my!):

- Have you tried them all? Tepary, Anasazi, pinto, black, white, garbanzos, kidney, adzuki, cranberry, soy, lentils, split peas, edamame (soy beans), etc.; vegetarian refried and baked beans.

Starches/Whole Grains:

- **Grains:** Corn, pasta, brown rice, barley, quinoa, couscous, millet, or others.
- **Potatoes:** Sweet potatoes, yams, fingerlings, red skins, new, Yukon Gold, etc.
- **Breads:** Rye or 100 percent whole-grain breads, high fiber breads are best. Avoid breads that contain oil, eggs, or milk.

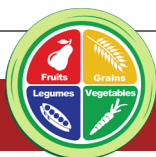
Vegetables:

Enjoy the full rainbow of orange, yellow, green veggies. Did you know that lemon juice on greens or broccoli enhances

the taste? Enjoy vegetables that are: Fresh, roasted with herbs, or steamed!

More Dinner Ideas:

- **Pasta marinara:** Marinara sauce with less than 2 grams fat per serving and free of animal products, over steamed vegetables and noodles. Add "meatless meatballs" from the freezer section.
- **Beans and rice:** Try black beans with salsa, vegetarian baked beans, or fat-free refried bean burritos or soft tacos.
- **Fajitas:** In a non-stick pan, lightly sauté sliced bell peppers, onion, and eggplant with fajita seasonings.
- **Lasagna:** Made with low-fat tofu to replace the ricotta, layered with whole wheat noodles and sliced zucchini, spinach, and mushrooms.
- **Stir-"fry":** Season veggies cooked in water or stock with soy sauce or other low-fat stir-fry sauce. Serve over pasta, beans, or rice.
- **Fat-free vegetarian burgers:** Look for lentil burgers or commercial brands, such as Boca Burgers; pile with veggies on a whole grain bun.



EASY POWER PLATE MEAL IDEAS

DESSERTS and SNACKS

- Fresh fruit
- Fruit smoothie (made with frozen fruit; use pitted dates, agave nectar, or frozen fruit juice concentrate as a sweetener; water, and/or non-dairy milk, and/or juice. Sneak in some fresh or frozen spinach for a nutritious kick!).
- Carrot, celery, or other vegetables with low-fat hummus or bean dip.
- Vegetarian Cup o' Soup brands (split pea, lentil, etc.).
- Baked crackers or tortilla chips with salsa or bean dip.
- Air-popped popcorn topped with cinnamon for sweetness or nutritional yeast for cheesy flavor.
- Toast or rice cakes with jam.

GENERAL TIPS

Trying New Foods and New Tastes:

- Explore new recipes, new books, new products.
- Be strict with yourself. It is easier than teasing yourself with small amounts of the foods you are trying to leave behind.
- Focus on the short term – give it 100 percent for a few weeks.

Convenience Foods:

- Buy canned beans, vegetarian baked beans.
- Use frozen vegetables or canned vegetables instead of fresh.
- Fat-free meat-substitutes are quick and can ease the transition.
- Buy prepared salads that are fat-free or have no added fats.
- Try low-fat (less than 5g fat per meal), vegan, frozen meals (Amy's, Mon Cuisine, Cedarlane Natural Foods, and Dr. McDougall).

On The Go:

Travel Tips:

- All hotels will have oatmeal, pasta with tomato sauce, potatoes, and vegetable plates, even if not on the menu.
- Pack instant soup cups and oatmeal, nuts, fruit, beans, and a can opener. Some Clif, Luna, and Odwalla energy bars are vegan.

Dining Out:

(Call ahead to nicer restaurants—ask about vegan or no dairy-vegetarian options.)

- **Fast food:** Taco Bell or Chipotle bean burrito (no cheese); Subway veggie sandwich; Burger King veggie burger; Wendy's baked potato with broccoli; pizza with no cheese.
- **Chinese:** rice with steamed tofu and vegetables (no oil).

- **Mexican:** bean burrito, without the cheese, sour cream, or guacamole; spanish rice. Ask the waiter to bring out warm corn tortillas to dip in the salsa and tell them to take away the fried chips.
- **Italian:** pasta e fagioli (soup); pasta marinara; ask that your meal be made with little or no oil.
- **Thai:** vegetarian selections with rice; avoid coconut milk.
- **Middle Eastern:** tabouleh; hummus with whole wheat pita; lentil soup.
- **American:** vegetable plate; salad bar; baked beans; spaghetti; fruit plate; veggie burger; vegetable soup; bean, rice, or vegetable salads.

Shopping List Getting Started with the Basics

Grains:

Rolled oats
Loaf of bread
(high-fiber or
pumpkinnickel)
Brown rice
Quinoa
Whole wheat pasta

Beans:

Black beans –
canned or dried
Garbanzo beans –
canned or dried
Dried red lentils
Frozen edamame

Fruits:

Bananas
Apples
Berries
(fresh or frozen)
Raisins

Vegetables:

Broccoli
(fresh or frozen)
Spinach
(fresh or frozen)
Sweet potatoes
Kale
Lettuce
Carrots
Cucumbers
Canned tomatoes

Other:

Soy-, rice, almond, or
plant-milk of choice
Apple butter
Balsamic vinegar
Cinnamon
Marinara sauce
Mustard
Soy sauce



RECIPES



© Photo Lois Ellen Frank

Pinon Chile Beans

Makes 8 to 12 servings

Originally made for the Begay family in Pinon, Arizona, for their family gatherings and ceremonies, this recipe is one of my favorite chile bean recipes. I usually cook it in a large cast iron pot that was passed down to me by my mother. The taste from the cast iron makes this chile bean stew even more delicious. This recipe is so great because you can make it to feed 8 to 12 people or 80 to 800 people. This recipe goes well with tortillas or homemade no-fry bread. It makes a hearty meal by itself or a side to any feast.

- 2 cups bean juice or water (plus ½ cup for sautéing onions)
- 1 large yellow onion, chopped
- 2 cloves garlic, minced
- 1 green bell pepper, seeded and chopped
- 2 cups chopped fresh plum tomatoes or 1 28-ounce can unsalted whole peeled tomatoes with basil
- 2 ½ cups cooked dark red kidney beans
- 2 ½ cups cooked pinto beans
- 2 cups corn kernels (fresh or frozen)
- 3 tablespoons dried mild red chile powder
- ½ teaspoon salt

Heat ½ cup water or bean juice in a cast iron soup pot over medium-high heat. Add onion, sauté for 2 minutes until translucent, then add garlic and bell pepper and sauté another 2 minutes. If using canned tomatoes, cut each of the whole tomatoes into 8 pieces (a large dice), or dice fresh tomatoes, and add them to the onion and bell pepper. Cook another 2 minutes, stirring constantly. Add kidney beans, pinto beans, and corn, and stir well. Bring to a boil, then reduce heat to low. Stir in chile powder and salt. Add the bean juice to desired consistency. Let simmer for 20 minutes, stirring occasionally to prevent burning. Serve hot with No-Fry Bread or homemade corn or flour tortillas.

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Indian No-Fry Bread or Tortilla Bread

Makes 12 no-fry or grilled tortilla breads

This recipe makes Indian tortilla breads that can be cooked on an open flame grill, the open flame of a gas stove, or in a dry cast iron skillet, instead of fried in oil or lard.

- 4 cups unbleached white or whole-wheat flour
- 2 tablespoons baking powder
- 1 teaspoon kosher salt
- 1 ½ cups warm water

In a medium mixing bowl combine flour, baking powder, and salt. Gradually stir in water until the dough becomes soft and pliable without sticking to the bowl. Knead the dough on a lightly floured cutting board or surface for 4 minutes, folding the outer edges of the dough towards the center. Return the dough to the bowl, cover with a clean damp towel or plastic wrap, and let rest for at least 30 minutes to allow it to rise.

Shape the dough into small balls (the size of a ping pong ball, about 1 to 1½ inches in diameter) and roll out to ¼ inch thickness on a lightly floured surface, using a rolling pin or your hands. Stretch or roll the dough out so that it is approximately 8 to 10 inches in diameter. I always use my hands, which makes for slightly uneven round breads but everyone will know they were handmade and I think it gives each bread a little more character.

Heat a cast iron skillet or open flame grill until very hot. Place your shaped dough circle onto the hot pan or open flame grill and let it cook on one side for approximately 1 minute until it puffs up and browns. Using tongs or a spatula, turn the bread over and cook about another minute, or until the bread puffs. Watch closely so it does not burn.

Repeat this process with each piece of dough. Keep bread warm between two clean kitchen towels.

To make a No-Fry Bread Indian Taco, top with Pinon Chile Beans, shredded lettuce, and chopped tomatoes.

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Southwest Green Chile Enchilada Lasagna

Makes 6 to 8 servings as a main course

Green Chile and Tomato Sauce:

- olive oil cooking spray
- 1 medium white sweet onion, diced
- 1 13-ounce container frozen green chiles (mild)
- 5 garlic cloves, finely chopped
- 1 16-ounce jar green chile sauce (Rancho de Los Garcias, Cervantes, or other brand)
- 1 28-ounce can organic whole tomatoes with basil, (no salt added, if available), tomatoes chopped and juice reserved

Enchilada:

- olive oil cooking spray
- 4 cups sliced white mushrooms
- 3 zucchini, thinly sliced
- 1 red bell pepper, seeded and diced
- 8 cups baby spinach, washed and cleaned
- 12 corn tortillas

Green Chile and Tomato Sauce: Heat a medium saucepan or 3-quart micaceous clay cooking pot over medium to high heat until hot but not smoking. Spray with olive oil and sauté onion until clear, stirring to prevent burning, for about two minutes. Add garlic, cook for an additional minute, and then add green chile sauce. Stirring to prevent burning, add canned tomatoes with juice and cook for approximately 3 minutes. Lower heat and simmer for 10 to 15 minutes, until the sauce has reduced. Remove from heat and set aside.

Enchilada: Coat a large skillet with olive oil spray and heat over medium to high heat until hot. Add mushrooms and sauté for 3 minutes, stirring to ensure that the mushrooms cook evenly. Add zucchini and cook for another two minutes, then add the diced red bell pepper and cook for one more minute. Add the spinach in stages and cook until it shrinks down, stirring to prevent burning. Remove from heat and set aside.

In a casserole dish measuring approximately 10 inches x 11 inches, place about 5 ounces (a little more than ½ cup) of sauce to cover the bottom of the dish. Divide the sauce into four batches to make sure there is enough for each layer. Cover with four corn tortillas. Place another 5 ounces of sauce on top of the corn tortillas, then cover with half of the sautéed vegetables. Make another layer with four more corn tortillas, approximately 5 ounces of sauce, and the remaining half of the sautéed vegetables. Place another four corn tortillas on top. Cover with the remaining sauce.

Heat oven to 350° F. Place in oven and bake for 25 minutes covered, then remove the cover and cook for an additional 20 minutes, or until the casserole is bubbling. Remove from oven, let cool slightly, then slice and serve.

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Healthy 3-Color Coleslaw

Makes 6 servings

This dish disappears quickly at potluck dinners! The kale gives a wonderful flavor and additional color as well as a nutritional boost. It is great as a side or salad, or used with beans to make a delicious burrito or taco.

- 2 cups thinly shredded red cabbage
- 2 cups thinly shredded white cabbage
- 2 cups thinly shredded kale
- ⅔ cup grated carrots
- ¼ cup pumpkin seeds, shells removed and toasted in dry pan
- 2 tablespoons raspberry jam (low sugar if available)
- 1 teaspoon Dijon mustard
- 3 tablespoons balsamic vinegar
- 1–2 tablespoons lemon juice, to taste
- salt, to taste
- black pepper, to taste

Combine shredded red cabbage, green cabbage, kale, and carrots. Mix all remaining ingredients in a small bowl and pour over vegetables. Serve immediately or refrigerate until needed.

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RECIPES

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Blue Corn Mush Pudding

Makes 6 to 8 servings (depending on the size of your dishes)

- 2 cups boiling water
- 1 ½ cups cold water
- 1 cup finely ground blue corn meal (toasted or untoasted)

In a small saucepan heat 2 cups of water until boiling. In a separate bowl mix together 1 ½ cups cold water and corn meal, stirring constantly with a whisk until there are no lumps. Slowly add the ground blue corn meal mixture into the saucepan of boiling water, mixing the corn meal with the boiling water to prevent any lumps from forming. Reduce heat to low and continue to cook for approximately 3 to 5 minutes, until the mixture has a thick consistency. Using a whisk, mix the mush together completely. Cook, slowly, continuing to stir, until it turns smooth and thickens.

Remove from heat. Spoon into dishes and serve warm or chilled.

Blue Corn Mush Pudding with Berry Compote (Native American Parfait)

Mixed Berry Compote

Makes 6 to 8 servings

May be combined with Blue Corn Mush Pudding to make a Native American Parfait.

- 2 cups peeled, cored, and chopped apples
- ½ cup frozen apple juice concentrate
- 2 cups mixed berries (strawberries, blueberries, blackberries, raspberries, and/or cherries), fresh or frozen, unsweetened
- 1 cup unsweetened applesauce
- ½ teaspoon ground cinnamon, or to taste

In a medium saucepan combine chopped apples and apple juice concentrate. Bring to a boil, stir, then add berries. Bring to a boil again, then reduce heat to low and simmer, covered, for about 25 minutes, or until fruit is tender when pierced with a fork. Mash lightly. Add applesauce and heat until compote is hot. Sprinkle with cinnamon and serve immediately.

Recipe adapted from *Foods That Fight Pain* by Neal Barnard, M.D.; recipe by Jennifer Raymond.

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Native American Parfait (Combines Blue Corn Mush Pudding and Mixed Berry Compote)

Place several tablespoons of warm corn mush pudding in small glasses or plastic cups for the first layer. Next, add the same amount of the mixed berry fruit compote. Add another layer of the blue corn pudding, followed by another layer of the mixed berry compote. Top with a few chopped nuts or berries, if desired. Serve warm or chilled.

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RECIPES

Bean Basics

(or, Where Will I Get My Protein?)

Why eat beans? They are full of protein, low in fat, free of cholesterol, filling, and inexpensive! They can be made ahead, so you always have them ready for quick burritos or to add to soups and salads. Cooked dried beans are even less expensive than canned beans. Once you've done it a few times, it is easy!

One cup dry beans will make about three cups cooked.

1. Sort dry beans to make sure there are no pebbles or other debris.

Sort by pouring a handful at a time onto a plate.

2. Rinse beans in cold water.

3. Soaking beans (not required for split peas or lentils):

a. Soaking reduces the cooking time and reduces the "gassiness" that can occur in people who don't eat beans often.

b. Overnight soak: Cover beans with three times their volume of cold water in a large pot for at least 6 hours, longer for larger beans.

OR

c. Quick soak method: Cover beans in plenty of water in a large pot, bring to a boil, turn off heat, cover the pan, and soak for 1-2 hours.

d. Discard the soaking water (good for watering plants!).

4. Cooking beans: Use the chart below to cook beans on the stove.

Bring to a boil, then simmer uncovered for the amount of time listed below. Or, cover soaked beans with fresh water and cook for 8-9 hours on low in a crock pot. Beans are recipe ready when you can easily smash them between two fingers.

5. Save the liquid from cooking beans (Bean Juice!) to use in place of oil for sautéing vegetables or to use in soup stocks. Freeze in an ice cube tray in order to always have small quantities available.

6. When cooking beans, do not add salt or acidic ingredients, like vinegar, tomatoes, or tomato juice, as this will slow the cooking process. Instead, add these ingredients when the beans are just tender.

7. Storing cooked beans: Store cooked beans, covered, for up to four days in your refrigerator or up to 6 months in the freezer.

8. Replacing home-cooked beans with canned beans: To replace 1 and ½ cups of home-cooked beans in any recipe, use one 15 oz. can of canned beans. To get rid of the salt in the canned beans, drain the beans, rinse them well, and drain again before using.

LEGUMES (1 cup dried)	WATER: BEAN RATIO	COOKING TIME	YIELD (after soaking and cooking)
adzuki (aduki) beans	4:1	45 min.	3 cups
black (turtle) beans	3:1	1 - 1 ½ hr.	3 cups
black-eyed peas	3:1	30 min.	2 ½ cups
chickpeas (garbanzo beans)	4:1	1 - 1 ½ hr.	3 cups
great northern beans	3:1	1-1 ½ hr.	2 ⅔ cups
kidney or red beans	3:1	1-1 ½ hr.	2 ¾ cups
lentils, brown	2:1	30 min.	3 cups
lentils, green	2:1	30-45 min.	2 cups
lentils, red	2:1	15-20 min.	3 cups
lima beans	3:1	1 hr.	3 cups
mung beans	3:1	45 min.	3 cups
navy (pea) or small white beans	3:1	45-60 min.	2 ¾ cups
pinto or pink beans	3:1	45-60 min.	2 ¾ cups
soybeans	4:1	2-3 hr.	2 ¾ cups
split peas, green or yellow	4:1	45-60 min.	2 cups



RECIPES

Peach & Dried Fruit Bread Pudding

Makes approximately 9 servings

I was inspired by concerns about health to make a no-added sugar, no dairy, and no cheese bread pudding for Southwest Native American communities. I've adapted this recipe to be more like a Southwest Pueblo style bread pudding that I've had at various Feast Day events. Fresh grated ginger adds a little zesty, tangy flavor to the sweet dried fruit that is baked together.

1 pound frozen peaches, cut into small chunks to equal almost 3 cups
(or use fresh – see Note)
2 cups water
1 tablespoon cornstarch
¾ cup organic almond milk (with no or less sugar)
2 tablespoons organic low sugar apricot preserves
2 tablespoons agave syrup
½ teaspoon powdered cinnamon
¼ teaspoon powdered nutmeg
¼ teaspoon kosher salt
1 teaspoon vanilla bean paste or extract
cup apple juice concentrate
1 ⅓ cup apple juice
1 teaspoon freshly grated ginger
¾ cup golden raisins
¾ cup dark raisins
6 cups whole-wheat bread cubes (8 slices)
olive oil spray

Place frozen peaches into a bowl and add 2 cups water and let sit for at least 15 minutes, or until the peaches are completely defrosted. Strain the liquid (and reserve) and chop the peaches into small chunks. Set aside.

Preheat the oven to 350° F.

In a separate mixing bowl, combine the cornstarch with the almond milk. Whisk together until the cornstarch is completely mixed and there are no apparent lumps. Add the juice from the peaches, apricot preserves, agave syrup, cinnamon, nutmeg, salt, vanilla, apple juice, apple juice concentrate, and ginger. Mix well. Add the raisins, peach chunks, and bread. Gently mix together with a spoon or your hands. Place mixture in an olive oil-sprayed 9 x 9 - inch glass baking pan. Bake for 30 minutes, covered with aluminum foil. Remove the foil, then cook for another 30 minutes, or until done. Serve warm with Peach Sauce.

NOTE: You can use fresh peaches during the summer season when they are juicy and ripe. Freeze your own peaches for use throughout the winter.

Peach Sauce

Makes 1 cup, or enough for about 9 servings of Bread Pudding

Peach Sauce can accompany a variety of dishes. I use it with bread pudding and tamales.

Fresh peaches, peeled, pitted, and sliced, or frozen peach slices, or soaked dried peaches, to equal about 3 cups (see Note)
2 tablespoons agave syrup
1 teaspoon freshly squeezed lemon juice or to taste

Blend all ingredients together in a food processor for 3 minutes to make a smooth puree. Pour into a squeeze bottle. Peach Sauce can be kept in the refrigerator for 1 to 2 weeks.

NOTE: Depending on the time of year, if fresh peaches are ripe and sweet, especially those from our local farmer's markets, you may just want to blend them and serve. However, if using dried peaches, soak them in warm water to cover for 1 ½ hours, until soft and pliable. Remove the skins with your fingers, then proceed with the recipe, adding an extra tablespoon of agave syrup, if necessary, to compensate for the tartness of the dried fruit. If using frozen peaches, follow the recipe above.

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RECIPES



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Hominy Corn Harvest Stew

Makes 6 to 8 servings (as a main course)

Posole when eaten alone is a simple, rustic stew common throughout the many Native communities. Made from dried hominy corn, vegetables, spices, and dried red chile, this stew is usually cooked in large quantities. Posole can be found in three colors, white, blue, and red, with white being the most common. It is usually sold dried in the Latin food section of your grocery store, but can also be found in the frozen food section of supermarkets throughout New Mexico. Posole is customarily eaten throughout the year, especially in cold weather, when a hearty meal is welcome.

- 2 cups dried hominy corn
- 6 quarts water
- 3 tablespoons vegetable broth or water
- 1 onion, chopped
- 2 garlic cloves, finely chopped
- 2 zucchini, cut into half moon wedges
- 2 yellow squash, cut into half moon wedges
- 4 tomatoes, diced
- 4 dried New Mexico red chile pods, seeded, stemmed, and torn into 12 pieces
- 2 bay leaves
- 4 cups vegetable broth
- 4 cups water from cooked hominy
- 1 teaspoon azafran (Native American saffron, also known as Mexican saffron)
- 2 teaspoons finely chopped fresh oregano leaves (or 1 teaspoon dried Mexican oregano)
- 1 teaspoon finely chopped fresh thyme leaves
- 1 ½ teaspoons salt

Soak the dried hominy overnight in 1 quart of water.

The following day, drain and discard the water. Place the hominy corn in a large pot filled with the remaining 5 quarts of water. The water should cover the hominy by at least 3 inches, if it does not, add a little more water.

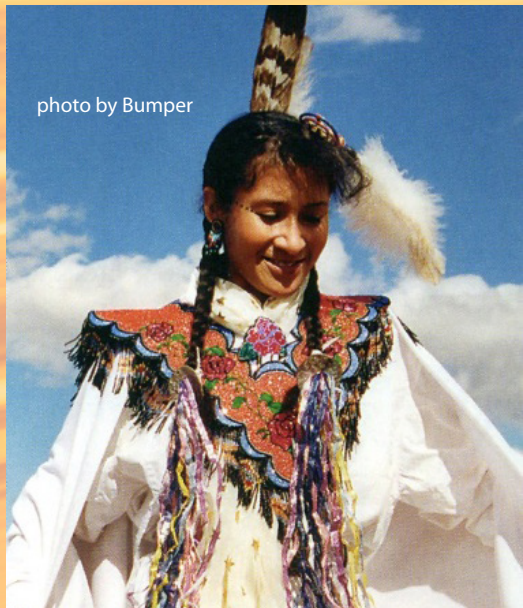
Bring to a boil over high heat, then reduce heat and simmer, uncovered, for about 1 ½ hours, until the kernels burst and are puffy and tender when tasted. Add water during cooking, if needed. Drain the hominy corn, keeping the water, and set aside. You should have approximately 4 cups of water left after draining the hominy corn. White corn tends to puff the most.

In a separate 6-quart pot, heat the vegetable broth or water over medium to high heat and sauté the onion until clear, approximately 2 to 3 minutes. Add the garlic, zucchini, yellow squash, and tomatoes, and sauté for another 3 minutes. Add the cooked hominy, 4 cups reserved hominy cooking water, red chile pods, bay leaves, vegetable broth, and azafran. Stir. Bring to a boil, then reduce heat and simmer for 30 minutes. Add the oregano, thyme, and salt, and continue cooking for an additional 30 minutes. Serve hot in large soup bowls as a main course with warm bread.

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photo by Bumper



“Part of the training to be a champion dancer begins with eating like a champion.”

Melonie Mathews

Camp Fire Kabobs with Marinade

(Reprinted with permission from *Cooking Vegetarian with Melonie Mathews*)

- 2 medium zucchini (cut into 1-inch rounds then cut in half)
- 1 medium yellow squash (cut into 1-inch rounds then cut in half)
- 9 cherry tomatoes (cut in half)
- 1 medium onion (cut into large pieces)
- 1 large red bell pepper (seeded and cut into squares)
- 1 large green bell pepper (seeded and cut into squares)
- Salt and pepper
- 6 kabob sticks

Pre-heat grill or camp fire, approximately 20 to 30 minutes. Slide the bell peppers, zucchini, squash, onion, and tomato onto the kabob sticks. Marinate kabobs in sauce. **See marinade recipe, to the right.** Place kabobs on grill that has been sprayed with cooking oil and turn frequently to keep from burning. Cook 15 to 20 minutes, or until all the vegetables are soft and lightly brown.

Marinade Sauce

- ¼ cup Worcestershire sauce
 - ¼ cup soy sauce
 - 2 tablespoons lemon juice
 - 3 tablespoons lemon pepper seasoning salt
 - 1 tablespoon chile powder
- Mix all ingredients in a large glass bowl. Then pour over kabobs or vegetables.



RECIPES

Tailgate Tomato Soup

(Adapted from *Quick-n-Easy Natural Recipes* by Lorrie Knutsen)

Serves 8

2 quarts V-8 juice (or substitute tomato juice plus 1 teaspoon dried parsley or dill and ½ teaspoon salt)
2 cups cooked garbanzo beans
3 cups macaroni
2 cups chopped spinach

Bring V-8 juice (or tomato juice and seasonings) to a boil. Add macaroni and simmer slowly for 6 minutes. Stir in garbanzo beans and spinach and cook another 2-4 minutes, until noodles are cooked.

Quick Vegetable Ramen

(Reprinted with permission from *Eat Right, Live Longer* by Neal Barnard, M.D., and Jennifer Raymond)

Serves 1

1 package ramen soup (select a brand made without animal products or oil)
1 cup chopped broccoli (fresh or frozen)
1 green onion, sliced

Follow the package instructions for cooking ramen. Add the broccoli to the boiling water, along with the noodles. Stir in the sliced green onion just before serving. Discard the seasoning packet.

Bean Butter

Who needs lunch meat? Beans make a perfect sandwich spread: high in protein and low in fat.

1-2 cups cooked beans (black, pinto, kidney, northern, etc.)
Salsa or tomato sauce
Minced onion or onion powder, to taste
Additional seasonings, as desired: basil, oregano, celery, lemon, or lime juice

Mash the beans. Add salsa or tomato sauce to desired consistency. Season to taste. Use as a sandwich spread or wrap in a tortilla with lettuce, onion, and tomato.

Slow-Cooked Pizza Potatoes

(Reprinted with permission from *The Starch Solution* by John McDougall, M.D., and Mary McDougall)

With just a little prep earlier in the day, these potatoes will be ready and waiting at dinner time.

Serves 6 to 8.

4 cups of jarred or homemade marinara or pizza sauce
¼ cup water
4 cups of thinly sliced potatoes (rinse well and leave the skins on)
2-3 cups toppings (any combination of sliced onions, mushrooms, bell peppers, tomatoes, frozen or water-packed artichoke hearts, black olives, spinach, or your own favorites)

Put the sauce in a bowl and stir in ¼ cup water. Set aside. Layer half of the potatoes in the bottom of a slow cooker. Layer toppings over the potatoes. Pour half the sauce over the toppings. Top with the remaining potatoes and then the remaining sauce. Cook on the lowest setting for at least 6 or up to 8 hours. Serve hot.



Growing Your Own Sprouts

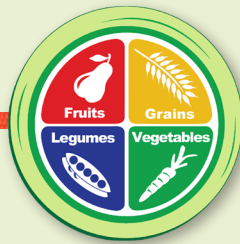
Growing your own sprouts indoors is an easy way to enjoy inexpensive greens all year round, and a great activity with children.

Begin with seeds. Some good choices are alfalfa, radish, lentil, mung bean, adzuki bean, or broccoli. You will need pint or quart size canning jars and cheesecloth. These jars work well because you can remove the inner lid piece and use the outer screw top over the cheesecloth.

Place enough seeds to cover the bottom of the jar—a few spoonfuls. Cut a piece of cheesecloth a little larger than the size of the jar opening and place on top of the jar. Screw the outer lid over the cheesecloth and you are ready to go.

Fill the jar with water and soak the seeds overnight, then pour out the liquid the following morning. Place the jar(s) in a warm dark place (a cabinet or closet) and rinse them with fresh water once a day. In 5 to 7 days, depending on the seeds you are growing, you will have fantastic and delicious sprouts. Keep them in the refrigerator for up to a week. Add to sandwiches, salads, soups, stews, stir-fries.





Power Plate Foods to Reverse Diabetes

Enjoy:

Unlimited vegetables, especially all varieties of dark leafy greens
Unlimited fresh, frozen, dried, or unsweetened canned fruits
Unlimited beans, peas, and lentils
Unlimited grains: corn, brown or white rice, wild rice, barley, quinoa, millet, amaranth, old-fashioned oatmeal, muesli cereal, bran and other high fiber cereals, pasta noodles (egg-free), corn tortillas
Sweet potatoes, yams, new potatoes, redskin potatoes
Non-dairy milks on cereals and in recipes (soymilk, almond, or rice milk)
Agave nectar or pureed dates instead of sugar or honey
Rye or 100 percent whole wheat breads
Small amounts of nuts and seeds (about a handful a day)
Cooking spray or small amount of oil to grease pans
Water or vegetable broth to sauté onions and other vegetables
Water, tea (all varieties), coffee

Avoid:

All animal products (all meats, pork, fowl, fish; dairy such as milk and cheese; eggs)
Added fats: lard, shortening, butter, margarine, and oils (limited use)
Carbohydrates that raise blood sugar: honey, sugar, cold cereals made with sugar or white flour
White and most wheat breads
Sweets and other items made with white flour

Nutrition Know-How:

Protein? You'll get plenty from beans, grains, and vegetables.

Calcium and iron? Beans and green leafy vegetables are good sources of these important minerals.

Vitamin B12? Important for red blood cells and nerve function, this supplement is recommended for everyone over the age of 50. **We recommend it for everyone following a plant-based diet.**

Grains Cooking Chart



GRAIN (1 cup dry)	GRAIN: WATER RATIO	COOKING TIME	YIELD (after soaking and cooking)
amaranth	1:2 ½	20-25 min.	2 ½ cups
barley , flakes	1:2	30-40 min.	2 ½ cups
barley, hulled	1:3	1 ¼ hr.	3 ½ cups
barley, pearl	1:3	50-60 min.	3 ½ cups
buckwheat groats	1:2	15 min.	2 ½ cups
cornmeal (fine)	1:4-4 ½	8-10 min.	2 ½ cups
cornmeal (polenta, coarse)	1:4-4 ½	20-25 min.	2 ½ cups
millet, hulled	1:3-4	20-25 min.	3 ½ cups
oat bran or quick oats	1:2 ½	5 min.	2 cups
oat groats	1:3	30-40 min.	3 ½ cups
oats, rolled	1:1 ¾	15 min.	3 cups
oats, steel-cut, Scotch or Irish	1:2 ½	30-45 min.	3 cups
quinoa	1:2	15-20 min.	2 ¾ cups
rice, brown basmati	1:2 ½	35-40 min.	3 cups
rice, brown, long-grain	1:2 ½	45-55 min.	3 cups
rice, brown, short-grain	1:2	45-55 min.	3 cups
rice, wild	1:3	50-60 min.	4 cups
rye, berries	1:3	60 min.	3 cups
rye, flakes	1:2	10-15 min.	3 cups
spelt	1:3 ½	40-50 min.	2 ½ cups
teff	1:3	5-20 min.	3 ½ cups
triticale	1:3	1 ¾ hr.	2 ½ cups
wheat, bulgur	1:2	15 min.	2 ½ cups
wheat, couscous	1:1	5 min.	2 cups
wheat, cracked	1:2	20-25 min.	2 ½ cups
wheat, whole berries	1:3	2 hr.	2 ½ cups



MEAT SUBSTITUTES

Textured vegetable protein (TVP), made of defatted soybeans, provides a substitute for ground meat.

Vegetarian burgers, made of defatted soybeans, provides a meat-like taste and texture and can substitute for ground meat.

Tempeh, made from fermented soybeans, has a distinct flavor and meaty texture that can be used in place of ground meat and works well in curries, chilis, and stir-fries.

Seitan, made from wheat gluten, is well-suited for shaping into roasts or for replacing strips or chunks of meat in recipes such as fajitas, stews, or stir-fries.

Portobello mushrooms have a savory flavor for filling a meat layer in a dish or as “burgers” at your next barbecue, especially after being marinated in low-fat dressing and then grilled or heated in a frying pan.

Tofu, a curd made from soybeans, is mild in taste and easily absorbs the flavor of any recipe. Soft tofu works well in soups, sauces, and desserts, and firmer varieties work well in stir-fries and other recipes requiring tofu to hold its shape. For a denser texture, freeze tofu, thaw, and squeeze out excess water before using it in your recipe.



EGG SUBSTITUTES

One egg is equal to:

1/4 cup silken tofu blended

1/2 mashed banana

1/4 cup applesauce or pureed fruit

1/2 cup soy or rice yogurt

1 1/2 tsp. of Ener-G Foods Egg Replacer +
2 tbsp. lukewarm water

1 tbsp. ground flaxseed meal + 3 tbsp. water

1/4 cup mashed white potatoes or sweet potatoes

2 tbsp. potato starch, cornstarch, or arrowroot

2-3 tbsp. tomato paste

1/4 cup cooked oats

2-3 tbsp. bread crumbs

2-3 tbsp. flour

1 tsp. baking powder



DAIRY ALTERNATIVES

Milk: Equal portion of almond, oat, soy-, hazelnut, or rice milk.

Creams: Almond milk (or any nut milk), soymilk, coconut milk, mashed potato, pureed garbanzo beans, pureed tofu, soy sour cream, soy whipping cream, or soy creamer.

Parmesan cheese: Nutritional yeast, garlic powder, and/or chopped walnuts or almonds.

Cheese: Soy-, rice-, almond-based cheese or nutritional yeast.

Butter: Dairy-free non-hydrogenated margarine for cooking, baking, or spreading. Some good brands include Earth Balance and Spectrum.

Ricotta cheese: Firm tofu, drained and crumbled.

What's In A Name? Pick One You Like!

We don't like to call this way of eating a "diet." It's a way of eating, a way of life that promotes health for humans, all living beings, and our planet. You can call it whatever you like! Sometimes this way of eating is called "dairy-free vegetarian," or "strict vegetarian," especially in places like hospitals or airlines. Here are some ideas and some websites for more information, where the dietary recommendations are supported by high-quality studies:

***The Power Plate (ThePowerPlate.org)**

***Plant-Strong (Engine2diet.com)**

***Starch-Based (DrMcDougall.com)**

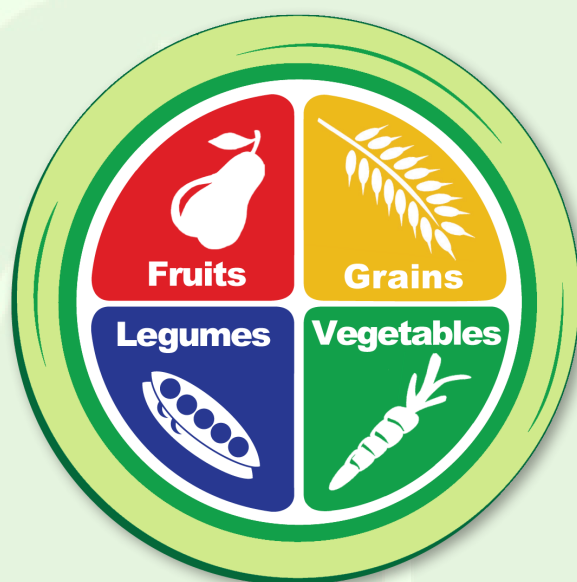
***Heart-Attack-Proof (heartattackproof.com)**

***Portfolio Eating Plan (portfoliodiet.com.au)**

***Dietary Excellence (WellnessForum.com)**

***Optimal Diet (CHIPhealth.com)**

***Low-Fat Vegan (PCRM.org)**



The Three Sisters

*Three plants grow in the same soil,
In the same sunlight,
Sharing the same air.*

*Corn pushes skyward, carrying her sister,
The entwined bean plant, with her as she grows.
In turn, beans nourish the soil and strengthen the corn.
The third sister, squash,
Uses her broad leaves and spiny vines to protect them all.*

*When we live together as well as these three sisters,
In harmony and enduring peace with our neighbors,
With the animals, and with the Earth
The world will be a better place.
In the short time we have on Earth,
We dedicate ourselves to this ideal.*

—Author unknown

This booklet is a companion to the DVD,
The Power of Food to Heal Diabetes:
Food for Life in Indian Country.

Part 1: Food for Life in Indian Country (24 minutes)

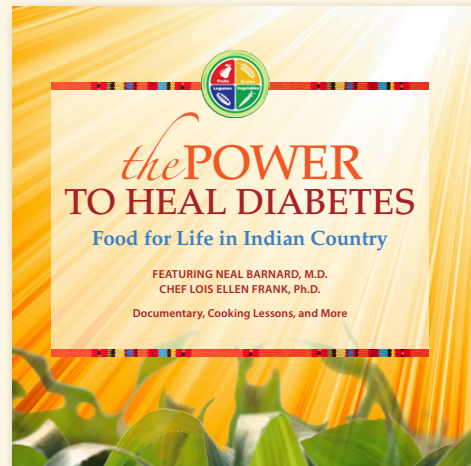
A documentary that explores how health has been lost as diets changed. Meet three people, and their families, who have learned how to eat their way back to good health and vitality.

Part 2: How to Use the Power of Your Plate (22 minutes)

Diabetes was rare in the past among Native Americans. Modern research supports what Native ancestors knew: foods that grow in the ground promote wellness and can prevent and treat disease. Learn how to create simple and filling meals.

Part 3: Cooking Lessons by Chef Lois Ellen Frank, Ph.D. (times vary 8 - 20 minutes)

Southwest Green Chile Enchilada Lasagna
3-Color Coleslaw
Indian No-Fry Bread
Bean Basics (Or, Where Do You Get Your Protein?)
Pinon Chile Beans
Blue Corn Mush Pudding with Mixed Berry Compote (Native American Parfait)



Download free from
ThePowerPlate.org.

The DVD is available at literature@pcrm.org or 202-686-2210 .

Available for group viewing and distribution at no cost. Supplies are limited.

Edited by Caroline Trapp, RN, NP, CDE, FAANP

Director of Diabetes Education
and Care

ctrapp@pcrm.org

www.ThePowerPlate.org

*the***POWER**
TO HEAL DIABETES

PhysiciansCommittee
for Responsible Medicine