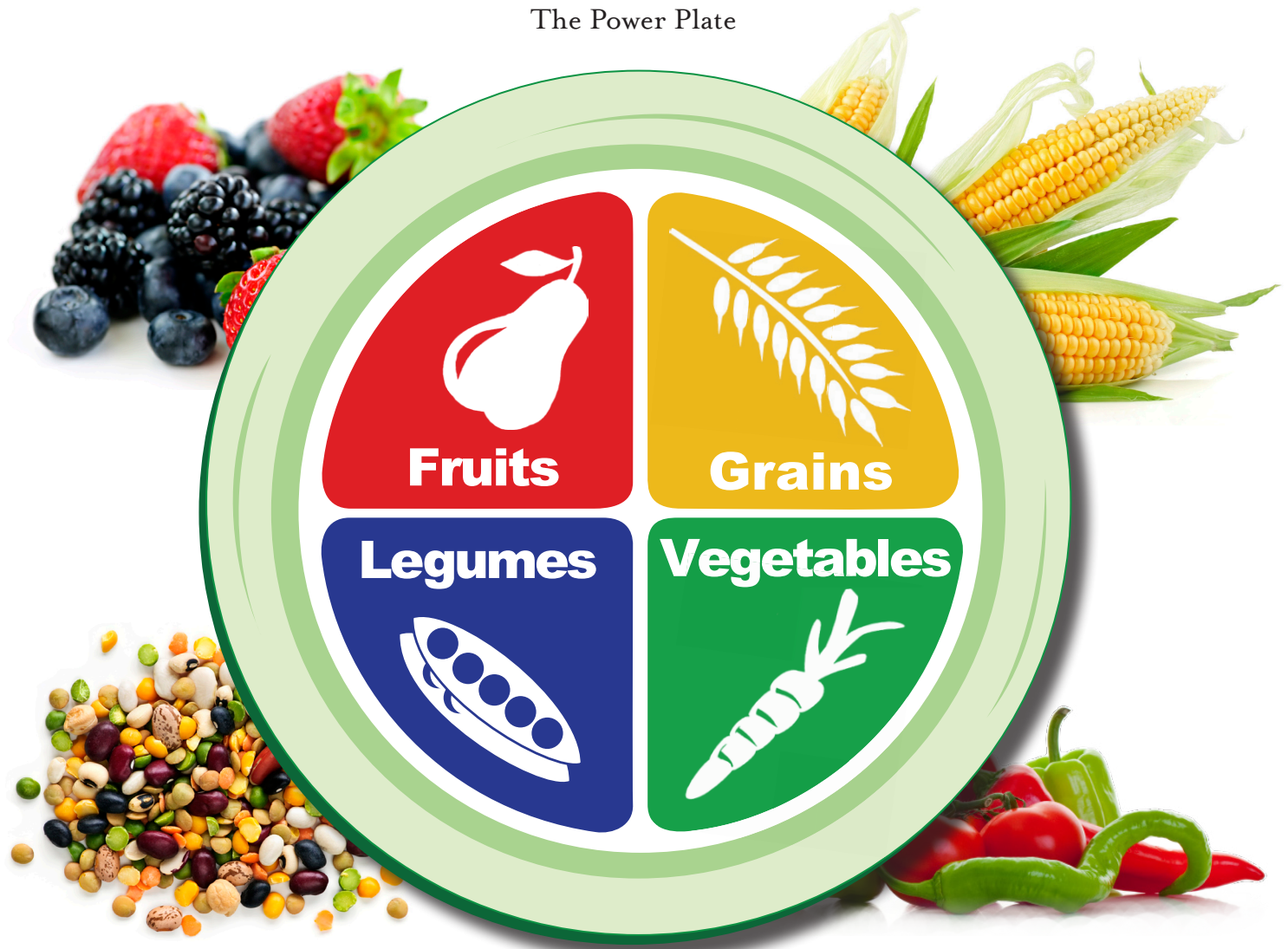


FOOD for LIFE

Power Plate Resources and Recipes

The Power Plate



www.ThePowerPlate.org



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, that has been shown in many scientific studies to help people who have diabetes to turn it around, or avoid it in the first place. Heart disease, kidney disease, arthritis, bowel problems and certain cancers – these same foods fight these diseases, too.

We thank our partners, the Indian Pueblo Cultural Center in Albuquerque, NM, the Navajo Nation Special Diabetes Project in Window Rock, AZ, and the Center for Lifelong Education at the Institute for American Indian Arts in Santa Fe, NM, for hosting multi-week classes based on the Food for Life Power Plate foods to prevent and treat diabetes, as well as our cooking instructors, chefs Lois Ellen Frank of Santa Fe, NM and Walter Whitewater of Pinon, NM, for being leaders in introducing a new way of eating, one 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, things fall 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 it 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, MD
President, Physicians Committee for Responsible Medicine

“Pills and shots are like Band-Aids; they don’t really get at the underlying problems that cause diabetes and other chronic diseases. The 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.”

Caroline Trapp, MSN, APRN, BC-ADM, CDE
PCRM Director of Diabetes Education and Care





© Lois Ellen Frank

“ 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 highly processed foods and large amounts of 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 on 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.”

Lois Ellen Frank

Native American chef and food historian, award-winning author, and photographer, Lois Ellen Frank has spent over 20 years documenting the foods and life ways of Native American communities throughout the Southwest. She is now completing her PhD dissertation in Culinary Anthropology entitled, “The Discourse and Practice of Native American Cuisine, Native Chefs and Native Cooks in Contemporary Southwest Kitchens,” which she will publish in an upcoming book, tentatively entitled, “The Turquoise Plate.”

Frank partnered with PCRM to teach “Food for Life Healthy Native American Cooking,” a series of cooking classes for people with diabetes, offered at the Institute for American Indian Arts in Santa Fe, and at the Indian Pueblo Cultural Center in Albuquerque, NM. She is a featured cooking instructor at the Santa Fe School of Cooking, an adjunct professor at the Institute of American Indian Arts, and the chef/owner of Red Mesa Cuisine with Diné chef Walter Whitewater. Frank is an avid gardener of local cultivated and wild plants.



EASY POWER PLATE MEAL IDEAS

BREAKFAST

- Blue cornmeal atole, hominy, or oatmeal topped with cinnamon, raisins, banana, spoonful of nuts or seeds and/or applesauce
- All Bran or muesli with non-fat soy or rice milk and/or berries, peach or banana
- Apples, strawberries, bananas, oranges or other fruit
- Pumpernickel or rye toast, topped with jam (no butter or margarine) or beans and salsa
- Oven-roasted sweet potato “home fries” solo or smothered with “sautéed” mushrooms, peppers and onions
- Burrito filled with vegetarian “refried” beans, lettuce, and tomato (no egg or cheese)
- Tofu scrambler (sauté firm tofu and spices with cooked onions and peppers)

LUNCH

Soups

- Vegetable-based soups: carrot-ginger, mixed vegetable, mushroom-barley, etc.
- Legume-based soups: black bean, vegetarian chili, spinach lentil, minestrone, split pea, etc.
- Instant or prepared soups as long as they are low-fat and free of animal products.

Salads

- Garden salad with lemon juice, fat-free dressing, or soy or teriyaki sauce
- Legume-based salads: Three-bean, chickpea, lentil, or black bean and corn salads
- Grain-based salads: Noodle, couscous, bulgur or rice salads
- Commercial bagged salad brands are fine, but look for the fat-free or no-added fat versions. Top with cooked beans.

Sandwiches/Wraps

- Black bean dip, peppers, tomatoes and lettuce wrapped in a whole wheat tortilla
- CLT: cucumber, lettuce and tomato sandwich with mustard on pumpernickel or rye bread
- Hummus sandwich 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 style or Yves veggie pepperoni slices and your favorite sandwich veggies

DINNER

Give legumes and grains the starring role in all your meals. Start with a bean, add a rice or other grain or potato dish, and add a couple of vegetables.

Legumes: Use generous amounts of legumes, such as:

- Pintos, vegetarian refried and baked beans, black beans, garbanzos, kidney beans, lentils, split peas

Starches:

- Grains: pasta, brown rice, barley, quinoa, couscous, millet, or others
- Potatoes: Favor sweet potatoes and yams, instead of white potatoes.
- Breads: Pumpernickel, rye or whole-grain breads are preferred. Avoid breads that contain oil, eggs or milk.

Vegetables:

Try any vegetables you like. Lemon juice on greens or broccoli enhances the taste. Enjoy vegetables that are:

**Steamed *Roasted with herbs *Fresh*

Main Dishes:

- Pasta marinara: Some commercial sauces are fine (any brand that has less than 2 grams fat per serving and free of animal products).
- Beans and rice: Try black beans with salsa, vegetarian baked beans, or fat-free refried beans.

- Indian Taco: Corn or flour tortilla or No-fry bread, beans, lettuce, tomato and salsa.
- Fajitas: Lightly sauté sliced bell peppers, onion, and eggplant in a non-stick pan, with fajita seasonings.
- Chili: Vegetarian boxed or canned versions are fine.
- Veggie lasagna: Made with low-fat tofu to replace the ricotta, layered with grilled veggies.
- Vegetable stir-fry: Season with soy sauce or other low-fat stir-fry sauce. Be sure to use a non-stick pan. Serve over pasta, beans, or rice.
- Fat-free vegetarian burgers: Look for lentil burgers or other commercial brands, such as Boca Burgers.

DESSERTS and SNACKS

- Fresh or cooked fruit
- Fruit smoothie (made with frozen fruit, pitted dates or agave nectar or frozen fruit juice concentrate as a sweetener, water and/or non-dairy milk and/or juice. Sneak in some frozen spinach for a nutritious kick!)
- Carrot, celery, or other vegetables with low-fat hummus or bean dip
- Ginger Peachy Bread Pudding (Recipe at ThePowerPlate.org)
- Baked tortilla chips with salsa or bean dip
- Air-popped popcorn topped with nutritional yeast for cheesy flavor
- Toast with jam (no butter or margarine)

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% for a few weeks.

CONVENIENCE FOODS:

- Canned 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).
- Cheeseless pizza, topped with vegetables

ON THE GO:

Travel Tips:

- Request non-dairy vegetarian meals for flights
- All hotels will have oatmeal, pasta with tomato sauce, potatoes, and vegetable plates, even if not on the menu.
- Bring along instant soup cups or instant oatmeal, nuts, fruit.

Dining Out:

Look for ethnic restaurants, especially Japanese, Chinese, Mexican, and Italian, as they normally have many vegetarian dishes.

- Japanese: Edamame (soy beans in pod); vegetable sushi; miso soup
- Chinese: rice with steamed tofu and vegetables (no oil)
- Mexican: bean burrito, without the cheese, sour cream, and 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 is made with little or no oil.
- Thai: vegetarian selections with rice; avoid coconut milk
- Indian: rice dishes or breads (beware of curries—very oily)
- Middle-Eastern: tabouleh; hummus with whole wheat pita; lentil soup
- American: vegetable plate; salad bar; baked beans; spaghetti; fruit plate; veggie burger; vegetable soup; for salads, ask for no dressing, or try lemon or lime juice, ask that fatty toppings, such as cheese, bacon, eggs, olives, and avocados, be left off.

Recipes

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 a open flame grill or open flame instead of fried.

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

In a medium-size mixing bowl combine flour, baking powder and kosher salt.

Gradually stir in the 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 plastic wrap, and let rest for at least 30 minutes to allow it to rise.

Shape the dough into small-sized balls and roll out using a rolling pin or with your hands to ¼-inch in width on a lightly floured surface. I always use my hands, which makes for slightly uneven round breads but everyone will know they were hand made and I think it gives each bread a little more character. Stretch or roll the dough out so that it is approximately 8 to 10 inches in diameter.

Heat a 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 for approximately 2 to 3 minutes on each side until it browns then turn the bread over and cook another 2 to 3 minutes until bread is completely done.

If you are cooking these breads over an open flame or on a grill, cook until the dough starts to turn golden brown and puffs a little. Turn over and cook until both sides have brown spots and the dough is completely cooked.

Repeat this process with each piece of dough. Keep warm between two clean kitchen towels. Serve immediately with your favorite taco topping. These breads can be used with any taco recipes or served as bread with any meal.

Nutrition Information Available at www.ThePowerPlate.org • Recipe By © Lois Ellen Frank

Three Sisters' Sauté

Serves 6 or 8 as a side dish.

- Olive oil cooking spray
- ½ white onion, diced
- 2 cloves garlic, finely chopped
- 2 cups organic zucchini, cut into ¼ inch cubes
- 1-½ cups cooked organic cranberry or pinto beans or (1) 15oz can organic pinto beans
- 1 cup corn kernels, cut from the cobs of 2 ears oven roasted corn
- ½ teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper



© Lois Ellen Frank

Spray olive oil onto skillet to prevent sticking. Heat skillet over medium to high heat until hot but not smoking. Sauté onions for 2 minutes until clear. Add garlic and zucchini and sauté for another 2 minutes. Add the cooked beans and corn kernels, stir. Cook for another 2 minutes, stirring constantly. Remove from heat. Serve.

NOTE: For the roasted sweet corn, wet each ear of corn and place on a sheet tray. Add enough water to cover the bottom of the tray, about ½ inch of water. Place in a 350 degree oven and roast for approximately 10 minutes, remove from oven, turn over the ears of corn and cook for an additional 10 minutes. Remove from the oven, peel the husks and cut the kernels from the cob. Discard the husks and cob. Use as instructed from the recipe.

Nutrition Information Available at www.ThePowerPlate.org • Recipe By © Lois Ellen Frank

Tortillas de Maíz, Corn Tortillas, from the Taco Table Cookbook

Makes 16 corn tortillas.

Corn tortillas are available in all supermarkets today and are certainly an option when making taco dishes, but I would really encourage all of you to make your own homemade corn tortillas, even if only once.

I can almost guarantee, however, that once you've held the dough in your hands, and placed it onto a cooking comal or skillet and made into fresh warm, moist, corn tortillas you are sure to be a convert. I didn't grow up making corn tortillas on a daily basis so when I started to make them from scratch it seemed a little bit foreign to me. But once I realized how easy it was to do, how delicious the tortillas were to eat, and how much I enjoyed the process, I now make corn tortillas all of the time.

Both Alma Aguirre-Loya and Noe Cano grew up with mothers that made tortillas every day. Alma, who is from Northern Mexico, had either corn or flour tortillas on a daily basis, while Noe always only had corn tortillas. Alma continues today to make tortillas every day for her children, while Noe teaches how to make tortillas at the Santa Fe School of Cooking in Santa Fe, New Mexico in their cooking classes.

Below is the recipe as I was taught to make corn tortillas from both Alma and Noe.

- 2 cups Fresh Corn Masa Flour or Maseca brand corn masa flour
- 1 teaspoon kosher salt
- 2 cups water

In a medium-size mixing bowl, combine the corn flour and water and mix together until you have formed a dough. You can do this with a spoon, but I always use my hands.

After the corn flour and water is completely mixed, using your hands form balls just smaller than a gold ball and set aside. Preheat your comal or skillet so that it is hot.

In a tortilla press, place one ball in the center of the tortilla press and press together to make one corn tortilla. I use a plastic bag that I cut in half leaving a seam on one side so that I can place the corn masa ball inside the plastic so that it doesn't stick to the tortilla press.

Remove the tortilla and place on the comal and cook the first side of the tortilla for 10 to 15 seconds, then turn over and cook for approximately 30 to 40 seconds, then turn over again and cook until it puffs and the tortilla is done.

Place the cooked tortilla in a kitchen towel inside a basket or bowl and prepare the next tortilla following the same steps. Stack the tortilla on top of each other to keep them warm inside the towel.

Serve warm with refried beans and salsa or with the Three Sisters' Sauté.

*Nutrition Information Available at www.ThePowerPlate.org
Recipe By © Lois Ellen Frank*



© Lois Ellen Frank

Blue Corn Posole Mush

Serves 6

For the Blue Corn Posole:

- 1 15-ounce bag dried Blue Corn Posole
- 1 quart water

Wash the dried blue corn posole in cold water and remove any dirt or stones. Drain and rinse.

Place the entire contents into a Slow Cooker or Crock Pot and cover with one quart of water. Bring to a boil, reduce heat and simmer over night or for approximately 8 hours. Turn off heat and set aside.

For the Blue Corn Mush:

- 1 cup finely ground blue corn meal
- 2 cups water

In a small saucepan over medium to high heat, heat the water until it boils. Place the cup of finely ground blue corn meal into a small saucepan and slowly add the boiling water mixing the corn meal to prevent any lumps from forming. Using a whisk mix together completely. Return to the stove and heat slowly over low to medium heat, stirring constantly. Cook slowly, continuing to stir, for about five minutes, or until it turns smooth and is thick.

Add gruel to the posole and reheat slowly over low to medium heat stirring to thicken entire pot of posole and to prevent burning.

Serve hot topped with homemade New Mexico Red Chile.

Nutrition Information Available at www.ThePowerPlate.org •

Recipe By © Lois Ellen Frank

Mixed Berry and Apple Fruit Compote

- 2 cups peeled, cored and chopped apples
- 1/2 cup frozen juice concentrate
- 2 cups Mixed Berry Medley, strawberries, blueberries, blackberries and raspberries, fresh or frozen, unsweetened
- 1 cup unsweetened applesauce
- 1/2 teaspoon ground cinnamon or to taste

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

Note: if the only applesauce available is sweetened, adding the berries is a good way to dilute and make it a healthier dish. Recipe adapted from Foods That Fight Pain by Neal Barnard, MD; recipe by Jennifer Raymond.

Nutrition Information Available at www.ThePowerPlate.org • Revised by Lois Ellen Frank



© Lois Ellen Frank



Green Chile Stew

Serves 6 to 8

- ½ cup water
- 1 large organic onion, diced
- 2 teaspoons garlic, finely chopped
- 2 cups roasted, seeded and chopped mild New Mexico green chiles
- ½ 28-ounce can plum tomatoes with basil, no salt added (chopped)
- 3 cups water
- 1-½ pounds Dutch yellow potatoes, or about 20 small potatoes, wash and diced with skins
- 1 cup organic frozen corn kernels
- Salt and pepper to taste



In a skillet over medium to high heat, heat ½ cup water until hot then add onion. Sauté the onion for 4 minutes until clear. Add garlic and sauté for 1 minute. Add the chopped green chiles and cook for 2 minutes. Add the chopped tomatoes and cook for another 2 minutes. Add the water and the potatoes and bring to a boil. Reduce heat and simmer on medium for 35 minutes or until the potatoes are soft. Add the corn kernels, then the salt and pepper to taste. Serve immediately.

Nutrition Information Available at www.ThePowerPlate.org • Recipe By © Lois Ellen Frank

Lentil Veggie Stew

Makes 10 servings

- 4 carrots, cut into matchsticks
- 1 large onion, chopped
- 5 celery stalks, sliced
- 8 ounces mushrooms, sliced
- 4 garlic cloves, sliced
- 1 cup dry red lentils, rinsed and drained
- 1 15-ounce can diced tomatoes
- 1 cup salsa
- 1 tablespoon dried oregano
- 5 cups vegetable broth (or 2 bouillon cubes in cups water)
- salt, to taste
- black pepper, to taste

In 4-quart roaster sauté carrots, onion, celery, mushrooms, and garlic in water or broth, if needed, over medium heat for 5 minutes. Add all remaining ingredients and bring to a boil. Cover, lower heat to simmer, and cook for 1 ½ hours, until lentils are tender. Add water, if necessary, until you reach desired consistency.



Nutrition Information: (Per serving (1/10 of recipe) 105 calories, 0.5 g fat, 0.1 g saturated fat, 4% calories from fat, 0 mg cholesterol, 6.5 g protein, 20.8 g carbohydrate, 5.3 g sugar, 5.6 g fiber, 865 mg sodium, 59 mg calcium, 2.9 mg iron, 9.1 mg vitamin C, 2135 mcg beta-carotene, 1 mg vitamin E

Recipe from John Paine, Food for Life student in Grapevine, TX

Yes-You-Can Black Bean Chili

Makes 4 servings

It gets no easier—and everyone loves this dish! Feed a crowd by doubling or tripling the recipe. And it's always good the next day.

- 1 25-ounce can low sodium black beans*, drained, liquid reserved
- 1 16-ounce jar or container low-sodium salsa or 1 and 3/4 cups homemade salsa (mild, medium, or hot, depending on preference)
- 8 ounces frozen corn
- squeeze of fresh lime juice (optional)
- chopped fresh cilantro (optional)



Mix drained beans, salsa, and corn in a soup pot. Add reserved bean liquid to achieve desired consistency: For a soupier chili, add the whole can; leave the liquid out when serving with baked tortillas “chips” or rolled in a tortilla. Heat over medium heat for 20 minutes, stirring occasionally. To speed the cooking time, defrost corn under running water before combining the ingredients. Alternatively, the ingredients can be mixed in a slow cooker and cooked on high for 75 minutes or on low for 8 or more hours. If using, add the lime juice and cilantro before serving.

Variation: To reduce the sodium, dried black beans that have been soaked and cooked may be used in place of canned beans. To equal a 25-ounce can, use 2 1/2 cups of cooked beans and cover with cooking liquid to equal a total of 3 cups.

Nutrition Information: Per serving (1/4 of recipe): 243 calories, 1.3 g fat, 0.2 g saturated fat, 4.8% calories from fat, 0 mg cholesterol, 13.1 g protein, 49 g carbohydrate, 5.6 g sugar, 15.8 g fiber, 681 mg sodium, 115 mg calcium, 3.6 mg iron, 5.1 mg vitamin C, 226 mcg beta-carotene, 1.5 mg vitamin E

Recipe by Caroline Trapp, N.P., C.D.E.

Roasted Red Pepper Hummus

Makes about 2 cups (8 1/4-cup servings)

- 1 15-ounce can garbanzo beans, or 1 1/2 cups of cooked garbanzo beans
- 1 tablespoon tahini (sesame seed butter)
- 1/4 cup lemon juice
- 3 green onions, chopped
- 1 tablespoon chopped garlic (about 3 cloves)
- 1 teaspoon ground cumin
- 1/2 teaspoon black pepper
- 1/2 cup roasted red peppers, packed in water



If using canned garbanzo beans, drain them, reserving liquid, and rinse beans. Place beans, tahini, lemon juice, green onions, garlic, cumin, black pepper, and roasted peppers in food processor or blender and process until smooth. Add reserved bean liquid, or if using cooked beans, water or vegetable broth, as needed for a smoother consistency.

Nutrition Information: (Per 1/4-cup serving) 80 calories, 2.1 g fat, 0.3 g saturated fat, 23.3% calories from fat, 0 mg cholesterol, 3.9 g protein, 12.5 g carbohydrate, 1.4 g sugar, 2.8 g fiber, 32 mg sodium, 36 mg calcium, 1.6 mg iron, 23.5 mg vitamin C, 299 mcg beta-carotene, 0.4 mg vitamin E

From The Survivor's Handbook: Eating Right for Cancer Survival, by Neal Barnard

Veggies in a Blanket

Makes 40 individual pieces

This veggie party food is simple to prepare, can be made with your favorite bean spread and fresh vegetables, and kids just love them!

- 1 cup Hummus
- 8 whole-wheat tortillas
- 4 carrots, grated
- 8 lettuce leaves, 1 cup baby spinach leaves, or 1-5oz container sprouts

Spread hummus or bean spread thinly on tortillas, then add carrots and lettuce, spinach, or sprouts. Roll up each tortilla, secure each with 5 evenly placed toothpicks, and slice into 5 individual rolls per tortilla (one toothpick per roll).

Variation: Add thin sticks of cucumber or red bell pepper before rolling.

Nutrition Information: (Per serving - 4 pieces) 122 calories, 2.8 g fat, 0.3 g saturated fat, 18% calories from fat, 0 mg cholesterol, 5 g protein, 20.6 g carbohydrate, 1.5 g sugar, 4.9 g fiber, 251 mg sodium, 27 mg calcium, 2 mg iron, 2.1 mg vitamin C, 1424 mcg beta-carotene, 0.4 mg vitamin E

From The Survivor's Handbook: Eating Right for Cancer Survival, by Neal Barnard

Toasted Brown Rice

Makes 3 cups cooked rice (3 1-cup servings)

Flavorful and satisfying, brown rice is an excellent source of protective soluble fiber. In the cooking method described below, the rice is toasted, then simmered in plenty of water (like pasta) to enhance its flavor and reduce its cooking time.

- 1 cup dry short- or long-grain brown rice
- 4 cups boiling water
- 1/2 teaspoon salt (optional)

Rinse rice in cool water. Drain off as much water as possible. Place rice in a saucepan over medium heat, stirring constantly until completely dry, 3 to 5 minutes. Add boiling water and salt, then cover and simmer until rice is just tender, about 35 minutes. Pour off excess liquid. (This can be saved and used as a broth for soups and stews if desired.)

Variations: Alternatively, rice can be prepared in a rice cooker by following the manufacturer's directions. Or, instead of rice, make potatoes.

Nutrition Information: (Per 1-cup serving) 229 calories, 1.9 g fat, 0.4 g saturated fat, 7.3% calories from fat, 0 mg cholesterol, 5.3 g protein, 47.5 g carbohydrate, 0.7 g sugar, 6.9 g fiber, 403 mg sodium (if adding salt), 21 mg calcium, 0.9 mg iron, 0 mg vitamin C, 0 mcg beta-carotene, 0.1 mg vitamin E

Recipe from www.NutritionMD.org



Easy Bean Salad

Makes about 10 1-cup servings

- 1/2 cup low-fat or fat-free Italian salad dressing
- 1 15-ounce can kidney beans, drained and rinsed, or 1 1/2 cups cooked kidney beans
- 1 15-ounce can pinto beans, drained and rinsed, or 1 1/2 cups cooked pinto beans
- 1 15-ounce can black-eyed peas, drained and rinsed, or 1 1/2 cups cooked peas
- 1 10-ounce package frozen lima beans (preferably fordhook lima beans), thawed completely, 1 1/2 cups cooked lima beans, or 1 1/2 cups cooked green soybeans (shelled edamame)
- 1 cup frozen corn, thawed completely, or cooked fresh corn, chilled
- 1 large red bell pepper, seeded and diced
- 1/2 medium red onion, diced
- 1 teaspoon salt, or to taste
- 1 teaspoon black pepper, or to taste



Toss all ingredients together. Serve cold or at room temperature. Place leftover bean salad in a covered dish and store in the refrigerator for up to three days.

Nutrition Information: (Per serving - 1/10 of recipe) 183 Calories, 3 g Fat, 0.5 g Saturated Fat, 14.6% Calories From Fat, 0 mg Cholesterol, 9.9 g Protein, 31 g Carbohydrate, 2.9 g Sugar, 8 g Fiber, 539 mg Sodium, 43 mg Calcium, 2.7 mg Iron, 36.7 mg Vitamin C, 311 mcg, Beta-Carotene, 0.8 mg Vitamin E

From The Survivor's Handbook: Eating Right for Cancer Survival, by Neal Barnard

Calabacitas

6 - 1c. servings

- 1 small yellow onion, chopped on cone #3
- 3 cloves, garlic, minced on cone #1
- 2 medium zucchini squash, sliced on cone #4
- 8 oz. mushrooms, sliced on cone #4
- 1 - 12 oz bag of frozen corn
- 1 t. ground cumin
- 1 t. chili powder
- 1/2 t. salt
- 1/2 t. black pepper



In a preheated 5-Quart Wok over medium heat, add the onion and garlic. Sauté for a few minutes, until tender. Add the zucchini, mushrooms, corn and spices. Stir until evenly mixed. Cover and cook until the Vapo-Valve clicks. Serve warm.

Nutrition Information: (Per 1c serving) 93 calories, 4 g protein, 1 g fat, 0g saturated fat, 19 g carbohydrate, 2 g fiber, 0 mg cholesterol, 208 mg sodium

From The Survivor's Handbook: Eating Right for Cancer Survival, by Neal Barnard

Power Plate Foods to Avoid and Enjoy for Health

Visit ThePowerPlate.org or pcrm.org/diabetes or 21DayKickStart.org for more information.

Key Items to Avoid:

- Animal products (all meats, pork, fowl, fish; dairy such as milk and cheese; eggs)
- Added fats: lard, shortening, butter, margarine, and oils

Also Avoid:

- “Bad” (Processed or high Glycemic Index) Carbohydrates:

Foods containing sugar, honey, corn syrup. White flour products including most cold cereals, white and most refined wheat breads. Some people find Russet baking potatoes raise blood sugar levels.

Enjoy:

- All types of beans, peas, and lentils
- Grains: corn, old-fashioned oatmeal, bran cereal, muesli cereal, brown or white rice, wild rice, barley, quinoa, millet, amaranth, couscous, buckwheat, kasha, bulgar, etc.
- Corn or whole-wheat tortillas and rye, pumpernickel or high-fiber breads
- Pasta or noodles (egg-free)
- All vegetables - especially leafy greens
- Sweet potatoes, yams, and any type of small potatoes
- Fruits: fresh, frozen, dried or unsweetened canned varieties
- Nuts and seeds in recipes
- Non-dairy milks on cereal or in recipes
- Non-dairy yogurt
- Agave nectar instead of sugar or honey
- Small amount cooking spray or canola oil to lightly grease pan if needed.

Nutrition Know-How:

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

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

Vitamin B12: It is essential to take a daily multiple vitamin or other reliable source of vitamin B12. The USDA recommends this for everyone over the age of 50, and we recommend it for anyone following a plant-based diet.



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 tbsp.
oil + 1 tsp. baking powder + 1 tsp. potato or
cornstarch

1/4 cup mashed white potatoes or sweet potatoes

2 tbsp. potato starch, cornstarch, or arrowroot

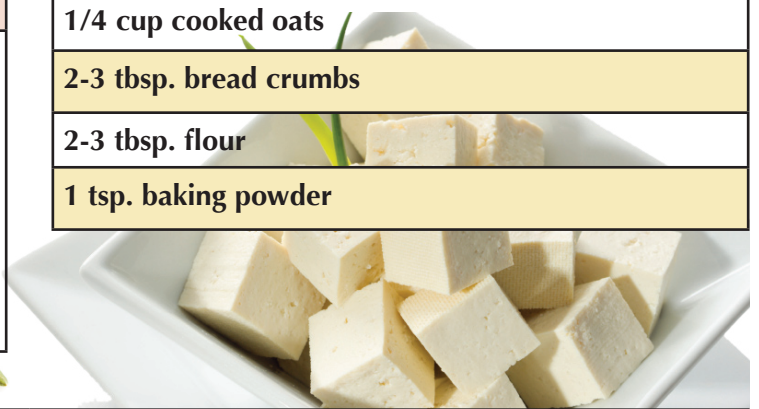
2-3 tbsp. tomato paste

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.



Saladmaster is a proud sponsor of PCRM and The Cancer Project

Founded in 1946, Saladmaster an international company dedicated to helping people learn how proper cookware plays an essential role in nutritional cooking and healthy living with the most advanced nutritional cooking system available. Saladmaster Cookware is vital in maintaining the essential natural nutrients in food throughout the cooking process.

Preserving nutrition means preserving your health!

The secret of the Saladmaster healthy cooking system is cooking food without adding water or oil and using low heat. Water drains food of essential nutrients, and oil adds unwanted fat. Low temperature, water-free cooking guarantees that your food will retain their natural vitamins, minerals, texture and flavor.

Saladmaster is all about sharing our recipe for a healthier lifestyle without giving up taste.

Reduce your risk of chronic diseases by improving the quality of your diet.

What we eat has a tremendous effect on our health – how we look, how we feel, even how we live. Did you know that how we prepare our foods can be as important to our health as the food choices themselves?

Saladmaster Solution Ti Titanium Stainless Steel

Saladmaster SolutionsTi is another step forward in positioning Saladmaster as the “Integrity” leader in our industry. Saladmaster continues to invest in research and technology that truly enhances performance, value, and benefits for your family.

The most important layer in Saladmaster is the layer that touches the food. Saladmaster uses 316Ti technology that combines 316 Stainless Steel with Titanium. We are the only cooking system in the world that uses this technology; which is manufactured by U.S.A. and Swiss steel manufacturers. This advancement provides you the peace of mind, that when you are preparing meals for your family, you are using clean, safe materials.

The multi-layered Thermal Core center of heat conducting aluminum provides heating performance up the sides and across the bottom of the pan.

The 436-stainless steel exterior provides the ultimate for induction, gas, electric, and other heat producing technologies.

To learn more about Saladmaster Products, A Career Opportunity, or Hosting a Dinner visit www.saladmaster.com

These items could be yours absolutely free. Register for a dinner online to find out how.



www.saladmaster.com

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