

Native Food for Life Online

LESSON 4

Meet the Power Plate!



PARTNERS IN
NATIVE FOOD FOR LIFE
ONLINE



Course videos and other materials are available at
PCRM.org/NFFLOresources.

Native Food for Life - Lesson 4

Meet the Power Plate!

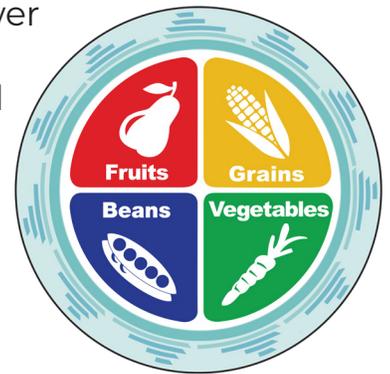
What Can You Expect?

The Power Plate

In this lesson, we dig deeper into the basics of good nutrition! You will meet the Power Plate, the round image that shows the four food groups that are needed for growth when we are young and good health throughout our lives.

What are the four recommended food groups on the Power Plate? Beans, whole grains, fruits, and vegetables! The foods in these four groups have many different nutritional benefits, but they have one thing in common: FIBER!

Fiber fills us up (or promotes satiety, a feeling of fullness), which helps to keep us from eating more than we need. Fiber feeds the good bacteria that live in our guts, which is important for everything from cancer prevention to treatment of depression, and more! FIBER keeps us “regular.” Don’t be surprised to find you have bowel movements more often—this is normal! No more straining to “go.”



People are surprised about what is not on the Power Plate. Were you taught that you need milk for calcium? Or meat for protein? These “lessons” are a mass marketing campaign for the milk and meat industries! Maybe you already suspected this to be true. After all, most Native peoples are lactose intolerant, which means they don’t have the enzyme to break down lactose, the carbohydrate that is in milk, and drinking milk or eating milk products like cheese or ice cream can cause gas or stomach upset.

The term “lactose intolerant” is not an accurate name. A better term would be “lactose normal.” Humans and other animals need milk from their mother until the age of weaning. After that, their bodies stop making the enzyme that breaks down lactose. So, it is normal to be unable to digest lactose after infancy! Even so, many people continue to drink milk throughout their lives, and not even the milk from their own species, but milk taken from cows. Many Caucasian and some non-Caucasian people retain the ability to digest lactose, though not all people, and that’s why you see products like Lactaid pills sold in drug stores. Don’t bother buying this product—being “lactose normal” is not a problem that needs to be fixed!

We’ve been taught that we need milk for its calcium and protein, but we can get both from plants, without the saturated fat, cholesterol, growth hormones, antibiotics (given to cows kept in crowded living conditions), and other problematic ingredients in cow’s milk and cow’s milk products.



U.S. Dietary Guidelines—For Everyone?

Also today, we explore U.S. government dietary guidelines, and where they go wrong. Cow's milk is a great example. Because of the influence of industry, our government has long recommended 2-3 cups of milk a day for Americans of all ages and all ethnicities. As a result, this guideline allows our government to justify support for the dairy industry by purchasing cow's milk and placing it on every child's school lunch tray and putting powdered milk in commodity boxes. The Physicians Committee has been working for years to change this unhealthful and racist promotion of milk. Check out this podcast to learn more and increase your knowledge and motivation to break the cow's milk habit: [PCRM.org/News/Exam-Room-Podcast/Real-Talk-About-Dairy](https://www.pcrm.org/news/exam-room-podcast/real-talk-about-dairy). Beans, greens, and whole grains are outstanding sources for calcium, protein, and more!

Today's Cooking Lesson

Our cooking lesson today focuses on whole grains. We've provided a chart of cooking times for different grains. Try some new grains!

Whole grains are grains that are closest to the state they come to us from in nature. Corn, posole, hominy, grits, and cornmeal are all whole grains—nothing is removed. Brown rice, barley, millet, quinoa, buckwheat, and wheat berries are other good examples. White flour is not a whole grain. Instant oats are finely cut rolled oats, so they are digested a little faster and don't have as much fiber as rolled oats, steel-cut oats, or oat groats, which are better choices than instant oats (especially since instant oatmeal in packets often has a lot of sugar added). Whole grains are chewy, and bonus fact: chewing stimulates and aids digestion!

For fun, we share "Food Is Medicine: The Game Show," in which high school students at Kinlani Bordertown Dormitory in Flagstaff, Ariz., compete to impress three judges with their Power Plate meals. Recipes are included in the pages ahead.

Seeking a tasty whole-grain snack? We show you how to make popcorn two new ways. You won't need oil or butter with our special seasoning combination.

Challenge of the Week

Eat more whole grains! You decide which ones, and how often.



Grains Cooking Chart

Grain (1 cup dry)	Grain-Water Ratio	Cooking Time	Yield (after cooking and soaking)
amaranth	1:2½	20-25 minutes	2½ cups
barley, flakes	1:2	30- 40 minutes	2½ cups
barley, hulled	1 :3	1¼ hours	3½ cups
barley, pearl	1:3	50-60 minutes	3½ cups
buckwheat groats	1:2	15 minutes	2½ cups
cornmeal (fine)	1:4-4 ½	8- 10 minutes	2½ cups
cornmeal (polenta, coarse)	1:4- 4½	20- 25 minutes	2½ cups
millet, hulled	1:3-4	20-25 minutes	3½ cups
oat, bran or quick oats	1:2½	5 minutes	2 cups
oat, groats/whole	1:3	30-40 minutes	3½ cups
oats, rolled	1:1¾	15 minutes	3 cups
oats, steel-cut, Scotch or Irish	1:2½	30-45 minutes	3 cups
quinoa	1:2	15- 20 minutes	2¾ cups
rice, brown basmati	1:2½	35-40 minutes	3 cups
rice, brown, long-grain	1:2½	45- 55 minutes	3 cups
rice, brown, short-grain	1:2	45- 55 minutes	3 cups
rice, wild	1:3	50-60 minutes	4 cups
rye, berries	1:3½	60 minutes	3 cups
rye, flakes	1:2	10- 15 minutes	3 cups
spelt	1:3½	40-50 minutes	2½ cups
teff	1:3	5-20 minutes	3½ cups
triticale	1:3	1¼ hours	2½ cups
wheat, bulgur	1:2	15 minutes	2½ cups
wheat, couscous	1:1	5 minutes	2 cups
wheat, cracked	1:2	20-25 minutes	2½ cups
wheat, whole berries	1:3	2 hours	2½ cups



Lesson 4: Test Your Nutrition Know-How: Native Power Plate

1. What are the four main food groups of the Native Power Plate? (Choose four.)
 - Vegetables
 - Fruits
 - Grains
 - Beans
 - Dairy
 - Meat
 - Fish
2. Which plant food is full of protein needed for growth and body maintenance, without excess saturated fat and cholesterol?
 - Vegetables
 - Fruits
 - Grains
 - Beans
3. Which group contains vitamin C, needed to protect against chronic and infectious diseases?
 - Vegetables
 - Fruits
 - Grains
 - Beans
4. Which group or groups are rich in fiber, needed to control blood sugar, promote bowel health, and remove toxins from the body? (More than one correct answer!)
 - Vegetables
 - Fruits
 - Grains
 - Beans
5. A small handful a day provides heart-healthy omega-3 fat and no saturated fat or cholesterol:
 - Olive oil
 - Fish
 - Nuts and seeds
 - Meat



6. Who should take a vitamin B12 supplement?
- All adults age 50 years or older
 - Anyone who takes a diabetes medication called metformin
 - Anyone who eats a mostly or completely plant-based diet
 - All of the above, because vitamin B12 is needed to avoid memory problems, protect nerves, and build healthy red blood cells
7. What did Native American Ancestors drink, without getting tooth decay, obesity, trouble sleeping, or other problems?
- Fruit juice
 - Milk
 - Energy drinks or sugar-sweetened beverages
 - Water
8. If I have diabetes, I should avoid these foods:
- Berries and other fruits
 - Whole grains
 - Beans
 - None of the above because these high-fiber foods do not cause insulin resistance, the underlying cause of diabetes
9. Whole grains such as oats, brown rice, and quinoa lower the risk of:
- Stroke
 - Type 2 diabetes
 - Heart disease
 - Colon cancer
 - High blood pressure
 - High cholesterol
 - All of the above
10. The United States Department of Agriculture (USDA) Food Guides are made to promote and support:
- The healthiest foods for all people
 - The environment
 - Farmers and industry

Answers:

- | | |
|--|---------------------------------|
| 1. <i>Vegetables, fruits, grains, beans</i> | 6. <i>All of the above</i> |
| 2. <i>Beans (Vegetables and grains also have some protein.)</i> | 7. <i>Water (also tea)</i> |
| 3. <i>Fruits are high in vitamin C.</i> | 8. <i>None of the above</i> |
| 4. <i>Vegetables, fruits, grains, and beans are all high in fiber.</i> | 9. <i>All of the above</i> |
| 5. <i>Nuts and seeds</i> | 10. <i>Farmers and industry</i> |



Culinary Toolkit Brown Rice (The “Pasta” Method)

Here’s a new way to prepare brown rice! It will have a fluffy, tender, chewy texture and a nutty flavor.

This method is similar to how pasta is cooked—boil in excess water and drain.

1 cup brown rice (short grain works best)

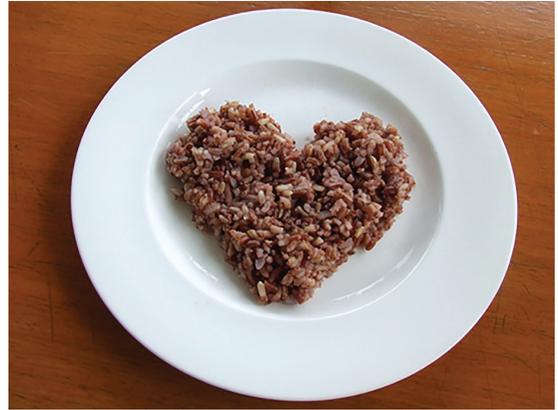
Place rice in saucepan. Cover with water, rinse rice, and drain. Place pan on stove on medium heat. Stir dry for 1-2 minutes. The rice will get a slight nutty aroma. Once the rice is completely dry, add 3 cups water (or more). Bring to a boil, cover, and simmer for 40 minutes. After 40 minutes, pour off the excess water.

That’s it! Perfect brown rice, every time.

1-minute video available here:

<https://pcrm.widen.net/s/hq6r9dg2nn/culinary-toolkit---cooking-brown-rice>

Here’s one more option, which speeds the cooking time and improves digestibility by removing some of the naturally occurring phytic acid in grain: Rinse 1 cup rice, soak for at least 2 hours or overnight in 3 cups water, drain the soaking water, and rinse once more. Then, toast the rice in a dry pan 1-2 minutes. Once completely dry, add 3 cups fresh water. Bring to a boil and cover and simmer for 25 minutes. Drain excess water and serve.



Cheesy-Spicy Popcorn

Ingredients

- ¼ cup popcorn kernels
- 2 tablespoons Sriracha sauce
- 3 tablespoons nutritional yeast (not yeast for making bread!)
- ½ teaspoon salt (optional)

Directions

Air-pop kernels using an air-popper or the microwave (see below).

While kernels are popping, coat the inside of a large bowl with the Sriracha sauce using the back of a spoon. Transfer popcorn to the bowl and toss to lightly coat the popcorn in the sauce. Sprinkle nutritional yeast and salt (if using) on the popcorn.

Nutrition Information, Per Serving: Calories: 144 ♦ Total Fat: 1.7 g ♦ Calories From Fat: 10.3% ♦ Protein: 8 g ♦ Carbohydrate: 26 g ♦ Sugar: 3 g ♦ Fiber: 6 g ♦ Sodium: 419 mg

How to Make Microwave Popcorn Without Oil

Place the popcorn kernels in a paper lunch bag. Fold the top of the bag down three times, making sure to leave plenty of room inside the bag for the popped kernels. Microwave the bag on HIGH for 4 minutes. But stay close by—depending on the power of your microwave, the popcorn may be done in as little as 2 minutes. Listen carefully and stop the microwave when the popping slows to about 2 seconds between pops.

Source: Adapted from <https://www.thekitchn.com/how-to-make-microwave-popcorn-without-buying-microwave-popcorn-video-cooking-lessons-from-the-kitchn-201660>

Recipes Featured in “Food Is Medicine: The Game Show”

<https://www.youtube.com/watch?v=wbMnTtb0wuw>

Contestant #1 - Roshelle: Chili Rellenos, Served With Brown Rice, Side Salad, and Blue Corn Mush With Blueberries

Contestant #2 - Janica: Mother Earth Bowl (Southwest Salad, Taco “Meat,” Holy Moly Guacamole, Mango Salsa, and Cashew Cream)

Contestant #3 - Nizhoni: Quick Vegetable Ramen Soup

Green Chili Rellenos

Makes 6 servings

Ingredients

- 12 whole long, green chilies
- 6 cups cooked pinto beans (make ahead of time)
- 1 15-ounce can of green enchilada sauce

Instructions

Preheat grill to 350 F. Before roasting green chilies, make a slit in the chili. Roast green chili peppers. Keep the chili flesh whole. Or you can bake in the oven at 350 F for 20 to 25 minutes. When chilies are cool, insert cooked beans. Return the stuffed chilies to the grill and cook until completely heated. Or return to the oven and bake for 10 to 15 minutes.

Heat enchilada sauce on the stove, while roasting chilies. Serve chilies topped with enchilada sauce. Serve with brown rice.

Source: Recipe provided by Margilene Barney

Brown Rice

Makes 6-8 servings

Ingredients

- 2 cups brown rice
- 4 cups water

Instructions

Combine rice and water.

Bring to a boil.

Reduce heat to low, cover, and simmer for 45 minutes.

Blue Corn Mush (With Juniper Ash)

Ingredients

- 7 cups blue cornmeal
- ¼ cup juniper ash
- 2 cups cold water
- 9 cups water

Instructions

Bring 9 cups water to a boil. In a small bowl, mix the ash with ½ cup cold water. Strain into a large bowl and add the rest of the cold water (1½ cups). Stir cornmeal into the ash mixture to form running slurry. Gradually stir the cornmeal slurry into the boiling water. Bring mixture to a boil, stirring constantly, and then reduce heat. Simmer for 25 minutes, stirring constantly. Serve with frozen blueberries (½ cup per serving), reduced to a syrupy mixture in a pan over low heat, stirring frequently until desired consistency.

Juniper Ash

Juniper ash is made by burning the berries, needles, and branches of a juniper tree. The process of ashing results in calcium oxide, which can be easily absorbed by the small intestine. The juniper ash provides calcium, iron, magnesium, potassium, and other trace minerals. Juniper ash has proven to be a good source of dietary calcium and iron and a moderate source of magnesium. One teaspoon of juniper ash is roughly equivalent to the calcium in one cup of milk.

1 teaspoon juniper ash contains:

290 mg calcium – 28% RDA

2.8 mg iron – 28% RDA

28 mg magnesium – 10% RDA

Recipe provided by Emma Yoe, SCHW



Mother Earth Bowl

Makes 6-8 servings

Recipes by Chef Amber Poupore

The Mother Earth Bowl is a hearty salad, created by topping the Southwest Salad of quinoa, black beans, vegetables, and homemade dressing with Taco “Meat” (made from nuts, seeds, and love), Holy Moly Guacamole, Mango Salsa, and Cashew Sour Cream. Bonus tip: These recipes can be combined to create other dishes, such as plant-based tacos or burritos.

Southwest Salad for Mother Earth Bowl

Makes 6-8 servings

Ingredients

- 1 cup quinoa, rinsed and drained (yields 3 cups cooked)
- 2 15-ounce cans black beans, drained and rinsed
- ½ cup finely chopped red onion
- 1 green bell pepper, seeded and diced
- 1 red or yellow bell pepper, seeded and diced
- 1 15-ounce can corn, drained, or 1 10-ounce bag frozen corn, thawed
- 2 tomatoes, diced
- ¾ cup chopped fresh cilantro (optional)
- 2 tablespoons seasoned rice vinegar
- 2 tablespoons distilled or cider vinegar
- Juice of 1 lemon or lime
- 2 garlic cloves, pressed or finely minced
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon crushed red pepper or 1 pinch cayenne pepper
- 1 large head romaine or 2 romaine heart heads, chopped small, set aside

Instructions

In a small saucepan, cook quinoa with 2 cups water and ¼ teaspoon salt. Bring quinoa to a boil, reduce heat, and simmer uncovered for 15-20 minutes. Allow to cool covered for 5 minutes. Fluff with a fork and continue cooling uncovered while preparing vegetables.

In a large bowl, combine beans, onion, bell peppers, corn, tomatoes, and cilantro, if using. Add cooked quinoa and toss again.

In a small bowl, whisk together vinegars, lemon or lime juice, garlic, cumin, coriander, and crushed red pepper or cayenne. Pour over salad and toss gently to mix.

Serve this salad arranged over a bed of chopped romaine leaves topped with Taco “Meat,” Holy Moly Guacamole, your favorite salsa (such as Mango Salsa), and a drizzle of Cashew Sour Cream to create a nourishing meal that will make Mother Earth proud!

Taco “Meat” for Mother Earth Bowl

(Made With Nuts, Seeds, and Love)

Makes 4-6 servings

About the Recipe

This is one of the best meat replacements to have on hand. It is so delicious. It has a fantastic flavor and texture. Use it in any of your favorite dishes that call for ground meat.

Have fun with the spices. Replace the spices with Italian seasoning and dried basil for a Mediterranean-inspired dish or curry spices for an East Indian dish.

For a low-fat and low-cost option, substitute cooked lentils for the nuts. I prefer French lentils as they hold their body and shape after cooking.

Ingredients

- 1 cup almonds
- ½ cup walnuts
- ½ cup sunflower seeds
- 1 tablespoon cumin powder
- 1 tablespoon coriander powder
- 1 tablespoon chili powder
- 1 teaspoon sea salt
- 2 tablespoons pico de gallo or fine-diced bell pepper and red onion

Instructions

In a food processor, pulse almonds into a coarse crumble of small pieces (no large chunks).

Add the walnuts, sunflower seeds, spices, and salt. Process into a consistent crumble.

Add pico de gallo or diced vegetables. Pulse to incorporate the liquid. The texture should be dry and crumbly, not too wet.



Holy Moly Guacamole for Mother Earth Bowl

Makes 4 servings

About the Recipe

With peas in place of some avocado, the fat content of this guacamole is much lower than that of traditional guacamole. By using a food processor to process the peas, you won't even notice the difference in texture and flavor.

Ingredients

- 1 cup drained and rinsed canned green peas, or 1 cup fresh or frozen green peas
- 1 ripe avocado
- ½ cup mild salsa
- 1 garlic clove, minced or pressed (about ½ teaspoon)
- 1 green onion, thinly sliced (optional)
- ⅛ cup fresh lime or lemon juice, or to taste
- ½ teaspoon ground cumin
- 1 tablespoon minced fresh cilantro (optional)
- ¼ teaspoon salt, or to taste
- ¼ teaspoon black pepper, or to taste

Instructions

If using fresh or frozen peas, blanch them by placing in boiling water for 2 minutes to soften.

Drain peas and immediately shock with cold water to prevent further cooking.

Place peas in either a mixing bowl or a food processor.

Cut the avocado in half from stem to bottom.

Remove the pit and use a spoon to scoop out the inside.

For a chunky guacamole, mash avocado and peas together using a potato masher or fork. If a creamy texture is desired, use a food processor.

Mix in salsa, garlic, green onion (if using), lemon juice, cumin, and cilantro (if using).

Add salt and black pepper, to taste.

Mango Salsa for Mother Earth Bowl

Makes 4-6 servings

Salsa made fresh from scratch is always better than store bought. Replace mango with peach or melon. Add bell peppers, red onions, fresh scallions, or jicama for variety.

Ingredients

- 1 large mango, or 5 ounces frozen mango, thawed and diced
- 1 large tomato, diced (seeds removed if desired)
- 1 tablespoon minced jalapeno pepper, or ½ teaspoon crushed red pepper
- 3 tablespoons fresh lime juice, or to taste
- ¼ cup minced fresh cilantro (optional)
- Salt, to taste

Instructions

To prepare the fresh mango, remove skin and pit and then dice mango into small chunks.

Add the remaining ingredients into a mixing bowl with the mango.

Stir to combine and let stand for a few minutes to allow flavors to develop.

Cashew Sour Cream for Mother Earth Bowl

Makes 8-10 servings

Add this to your favorite dishes in place of sour cream. Great with tacos, burritos, enchiladas, baked potatoes topped with chives, and more!

Ingredients

- 2 cups raw unsalted cashews
- 1 cup water
- ⅓ cup plus 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon sea salt

Instructions

Soak cashews in cool water to completely cover, allowing to soak for 2 hours. Drain water and rinse cashews with fresh water. Drain all excess water.

Blend all ingredients together until creamy and smooth.

Ensure all chunks of cashew have dissolved; the texture needs to resemble dairy sour cream. Add more water if needed to aid in blending.

Use a spatula to scrape the inside of the blender and aid in mixing if not using a high-speed blender (never place a spatula in the blender while the power is on, and always remove high-speed blender pitcher from the base).

The sour cream will thicken as it sits over time since the cashews will continue to absorb the excess moisture. Just mix in water to create desired consistency.



Quick Vegetable Ramen With Tofu and Broccoli

Makes 4 servings

Ingredients

- 4 cups water
- 4 cups vegetable broth
- 8 ounces whole-wheat spaghetti noodles
- 3 tablespoons soy sauce
- 1 tablespoon apple cider vinegar
- 4 cups broccoli, chopped into bite-size pieces

- 12 to 14 ounces firm or extra-firm tofu, drained and cut into ½-inch blocks

Instructions

Bring the water and vegetable broth to boil. Add pasta and cook according to the directions on the box. When there are 2 minutes left to the pasta, add the rest of the ingredients.

Serve like a soup.

Source: Recipe provided by Meghan Jardine

Lesson 4: Grains BONUS RECIPES

Easy No-Bake Granola Bars

These are so much better than a store-bought granola bar!

Ingredients

- 2 cups rolled oats
- ½ cup raisins
- 2 tablespoons creamy peanut butter
- 1 teaspoon vanilla extract
- 1½ cups mashed ripe banana (about 3 medium/large bananas)
- ⅛ teaspoon salt (optional)

Instructions

Toast the oats in the oven at 350 F for 15 minutes or until slightly golden brown. Warm peanut butter in a small saucepan over low heat. Mix peanut butter, raisins, vanilla, banana, and salt in a medium bowl. Add oats to peanut butter mixture. Mix well.

Once thoroughly mixed, transfer to an 8-by-8-inch dish or other small pan lined with plastic wrap or parchment paper so the bars lift out easily. Press down until flattened. Cover with parchment or plastic wrap and let set in fridge or freezer for 15-20 minutes to harden.

Remove bars from pan and chop into 10 even bars.

Source: *Coalition for Healthy School Food*, HealthySchoolFood.org

Great Grains Cinnamon-Raisin Oatmeal

Makes 4 1-cup servings

Hearty, old-fashioned rolled oats in the morning

will keep you satisfied until lunchtime. Raisins add a bit of natural sweetness with no added sugar.

Ingredients

- 4 cups water
- 2 cups old-fashioned rolled oats
- ½ cup raisins
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- Unsweetened nondairy milk (optional)

Instructions

Combine all ingredients, except nondairy milk, in a heavy saucepan. Bring to a boil.

Lower heat and cook, stirring occasionally, for about 10 minutes, or until cooked to your liking.

Serve plain or, for a creamier texture, with nondairy milk.

Notes

For Cinnamon-Apricot Oatmeal, replace raisins with ½ cup chopped dried apricots.

For Cinnamon-Apple Oatmeal, reduce water to 3¼ cups and replace raisins with 1 apple, peeled and coarsely chopped.

Nutrition Information, Per Serving (1 cup):

Calories: 201 ♦ Fat: 2.6 g ♦ Saturated Fat: 0.5 g ♦ Calories From Fat: 11.3% ♦ Cholesterol: 0 mg ♦ Protein: 7 g ♦ Carbohydrate: 41.7 g ♦ Sugar: 11.1 g ♦ Fiber: 4.8 g ♦ Sodium: 155 mg ♦ Calcium: 38 mg

Source: *Breaking the Food Seduction* by Neal Barnard, MD; recipe by Jo Stepaniak; © Jo Stepaniak 2005, published by permission.



Challenge of the Week - Week 4

Eat more whole grains!

“Crow first brought them a kernel of corn in one ear, and a bean in the other, from the Great God Kautantowits field in the Southwest.”

... from a Narragansett traditional origin story, 1643,
in Kavash, B.E., *Native Harvests*, 2005

SMART goals are:

- ◆ Specific
- ◆ Measurable
- ◆ Achievable
- ◆ Relevant
- ◆ Time-Based

Not a SMART goal: “I will eat more whole grains.”

SMART goals examples:

- ◆ “I will plan three meals this week with quinoa.”
- ◆ “When I buy rice this week, I’ll buy brown rice instead of white rice.”
- ◆ “I will have rolled oats every morning this week, topped with fresh or frozen fruit and walnuts.”
- ◆ “Include corn, posole, hominy, grits, or cornmeal in one or more meals this week.”

Write your specific, measurable goal or goals here:

What will you need to do to be successful with your goal? Do you need to shop for something? Do some prep the night before? Ask your family to help you meet your goal?

List some barriers that might get in your way, and what you can do to get around these barriers:

Congratulations! You are on your way! At the beginning of the next class, we will ask you to tell us how you did. We are rooting for you!

