

# Native Food for Life Online

(NFFLO)

## LESSON 6

### Graduation – Putting It All Together



PARTNERS IN  
**NATIVE FOOD FOR LIFE**  
ONLINE



Course videos and other materials are available at  
[PCRM.org/NFFLOresources](https://pcrm.org/NFFLOresources).

# Native Food for Life Online - Lesson 6

## Putting it All Together and Graduation

### From Last Week

How did you do with the challenge of the week? Did you drink more water? Have you bought vitamin B12 and started taking it regularly? These are great habits to start or continue!

### What can you expect? Today we will cover:

### Common Challenging Situations

Let's get real! Today we'll share ideas about how to continue to eat health-promoting plant-based foods at work (or school), at a restaurant, and at family or social gatherings. Success in anything requires planning ahead. The reward is good health for you, and, as you figure it out, you'll be able to help others out too! Together, we can build a healthier community.

You'll be asked to think about the food that you could bring or buy at work. We hope your workplace offers plant-based options, or will with some encouragement. Today, you'll learn about the cafeteria at the Tséhootsooí Medical Center



in Fort Defiance, Ariz., where the cooks were trained by Indigenous plant-based chefs. Stop by early for the Plant-Based Chef's Special at lunchtime—this option goes quickly!

### Recipe Demonstration/Cooking Skill

Today we bring you to our virtual potluck. Four people who have been eating plant-based for a combined total of 26 years will provide a favorite recipe and tell you about the dish. Recipes are included in today's class handouts.





# Virtual Potluck Recipes

Native Food for Life Online - Virtual Potluck Recipe Card



## Cauliflower Tacos

Jamie Yazzie, Navajo Nation, Arizona

### Ingredients

- 1 head cauliflower, chopped into florets
- All the seasoning to taste—a dash or two of each below:
  - Chili powder blend
  - Black pepper
  - Cumin (grounded)
  - Dried jalapeno pepper
  - Dried sandia pepper
  - Habanero
- 1 teaspoon fresh lemon juice
- 3 cloves fresh and powder garlic

### Options for Serving

- Yellow corn tortillas
- Diced fresh red onions
- Diced avocados
- Diced black olives
- Salsa
- White rice

### Directions

Heat pan on medium-high. When pan is hot, add cauliflower. Brown cauliflower a little, then add the fresh garlic, cooking and stirring for 2 or 3 minutes, and then add about 1/4 cup of water and the seasonings to taste.



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Native Food for Life Online - Virtual Potluck Recipe Card



## Kale and Potato Soup

Tarrah Oliver, Navajo Nation, Arizona

### Ingredients

- Onion, chopped
- Garlic, chopped
- Carrot, chopped
- Celery, chopped
- Herbs
- Potatoes, peeled and chopped
- Kale
- Vegetable broth

### Directions

Adjust portions to your preferred serving size and preference. Saute the onions, garlic, carrot, and celery in water. Add these to an Instant Pot and cook them with the herbs, potatoes, kale, and vegetable broth. Set it to manual for 15 minutes and let it natural release. After it's done, blend half of the soup in a blender for creaminess. Pour back into soup.



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# Portobello Mushroom Tacos

## with rice and salsa

Jenson Yazzie, Navajo Nation, Arizona



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### Taco Ingredients

- 2 portobello mushrooms (Agarics Bisporus), chopped
- 1 bag or serving of premade white corn tortillas
- 1 bundle of cilantro
- 1 whole onion
- 1 can of olives
- 1 cup of rice, your choice
- 1 can of pinto or black beans, drained and rinsed
- 1 tomato, diced

### Taco Directions

Saute the portobello mushrooms for 10 minutes on medium heat until the mushrooms are cooked dark brown. Prepare rice, boil, and simmer. Once the rice is cooked, add water, diced tomato, and beans into the rice. Warm up the tortillas over the stove for a minute or two. Chop the onion, olives, and cilantro. Assemble your tacos with portobellos and the chopped vegetables to your preference. Add salsa.



# Portobello Mushroom Tacos

## with rice and salsa

Jenson Yazzie, Navajo Nation, Arizona



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### Salsa Ingredients

- 5 tomatoes, dice into small cubes
- 1 whole onion, dice into small cubes
- 4 cloves of garlic, your choice of potency, chopped
- 1 bundle of cilantro, chopped (pull off all the leaves and discard the stems)
- 6 jalapeno peppers (or your choice of potency), chopped
- 2 habanero peppers (or your choice of potency), chopped
- 1 lemon, juiced
- 1 lime, juiced
- Tiny pinch of salt

### Salsa Directions

Combine all of the ingredients and stir and mix into one bowl. Add to the top of tacos and/or chips.



# Raspberry Fudgy Brownies

Whitney Brooks, MS, RDN, Seneca Nation, N.Y.

## Ingredients

Makes 16 Servings

- 2 15-ounce cans low-sodium black beans, drained and rinsed
- 1 cup pitted dates
- 1 cup all-fruit raspberry jam
- 2 teaspoons pure vanilla extract
- 1/4 cup plus 2 tablespoons whole-wheat pastry flour
- 1 cup unsweetened cocoa powder
- 1/4 teaspoon sea salt
- Mini chocolate chips or 1/2 cup raspberry all-fruit jam for topping (optional)

## Directions

Preheat the oven to 350 F. Line an 8-by-8-inch baking pan with parchment paper. Combine the black beans, dates, jam, and vanilla in a food processor. Blend until smooth. Add the flour, cocoa powder, and sea salt and blend again. Pour into the prepared pan and smooth the top with moist hands. If desired, sprinkle evenly with chocolate chips or spread with the raspberry jam. Bake for 30 minutes. Remove from the oven and cool completely. Use the parchment paper to lift the brownies out of the pan. Cut into 16 squares. Refrigerate for up to 1 week, stored in a covered container.



## Bonus Recipes

# Chunky Pasta Sauce Over Steamed Spaghetti Squash Noodles

*Makes 4 generous servings*

### Ingredients

- 2 medium to large spaghetti squash
- 1 24-ounce jar of low-fat marinara or spaghetti sauce
- 2 15-ounce cans lentils or white beans, drained
- 2 cups frozen vegetables (such as broccoli, chopped small)

### Directions

1. Preheat oven to 400 F.
2. Wash unpeeled spaghetti squash and cut in half the long way. Scoop out the seeds.
3. Set the squash face down in a roasting pan. Fill the pan with about 1/4 inch water.
4. Bake for about 45 to 50 minutes.
5. While the squash is roasting, heat up the marinara sauce, adding the lentils and frozen vegetables over medium heat until simmering.
6. Allow the squash to cool for about 10 minutes. Scoop out the squash with a fork. It will be like spaghetti. Place in bowls.
7. Pour spaghetti sauce and vegetables over spaghetti squash. Enjoy!

### Notes

- While any bean will work, brown lentils make this dish look as though it has a meat sauce.
- For a heartier dish, replace the spaghetti squash with your favorite pasta. Whole-wheat noodles have the most fiber and are really delicious with this sauce.
- Add fresh or dried basil, oregano, or parsley for even more flavor and nutrition.

Recipe adapted from Diane Hodge, RD, Gallup Indian Medical Center



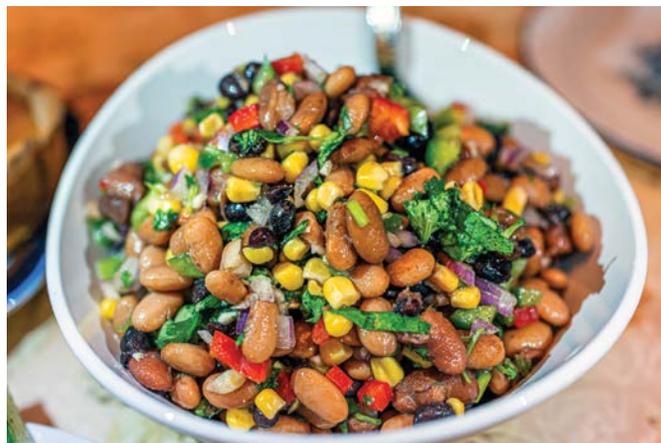
## Bonus Recipes (continued)

### For Your Next Potluck: Lena's Colorful Bean Salad

*Makes 6 servings or 12 samples*

#### Ingredients

- 2 cups fresh steamed corn (thawed frozen is OK)
- 1/2 cup dried cranberries
- 1 15-ounce can black beans (rinsed and drained) or 1 1/2 cups cooked and drained
- 1 15-ounce can pinto beans (rinsed and drained) or 1 1/2 cups cooked and drained
- 4 cups chopped romaine lettuce, chopped into bite-size pieces
- 1 1/2 cups chopped purple cabbage
- 1 to 2 chopped apples
- 1/2 cup fat-free Italian dressing



#### Directions

- Combine all ingredients in a large bowl.
- Serve immediately or refrigerate until ready to serve. Keeps well for 3 days.

#### Notes

- This whole-grain recipe is low in fat and high in fiber.
- Purple cabbage is full of nutrients that power up your brain. These are called anthocyanins. They also contain nutrients that help fight cancer.
- To make this salad the day before, combine all ingredients except the chopped lettuce. Add the chopped lettuce just before you plan to serve the salad.
- During the summer when corn is in season, it's less expensive to buy fresh corn on the cob than frozen or canned corn. For this recipe, steam 4 ears of corn for 10 minutes, cool, and remove kernels.

Recipe provided by Lena Guerito, nutritionist, NNSDP, Shiprock Service Area Navajo Nation

# Plant-Based Nutrition – Native Food for Life Final Exam

1. Where do you get protein on a plant-based diet?
2. Which of these can lead to insulin resistance, and which can lead to type 2 diabetes: sugar or meat?
3. What are the four food groups on the Native Power Plate?
4. What's an important kitchen tool to make plant-based cooking easy and fun (and safe!)?
5. Do you need to take vitamin B12?

See the answers on the next page.



## ANSWERS

### Plant-Based Nutrition - Native Food for Life Final Exam

#### 1. Where do you get protein on a plant-based diet?

The real question is, where don't you get protein on a plant-based diet? All plant foods have protein. Plant foods that are highest in protein are beans, grains, and cooked leafy green vegetables. Ask your friends who think a meaty diet is everything: Where do you get your FIBER? It's not in meat. Fiber is the key nutrient missing in most diets, and FIBER is vital for health.

#### 2. Which of these can lead to insulin resistance, and which can lead to type 2 diabetes: sugar or meat?

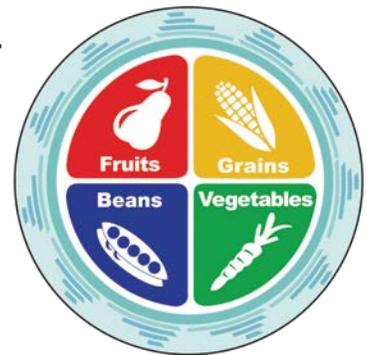
Trick question. The answer is both!

Sugar can lead to obesity, which can cause insulin resistance and type 2 diabetes.

Meat can also cause insulin resistance. There are studies that show red meat (beef, pork, and mutton) and processed meats (hot dogs, bacon, sausage, and meat in cans) are definitely linked to increased risk of diabetes. There are also studies that show that those who eat little or no meat have the lowest rates of getting diabetes and also have success at putting it into remission.

#### 3. What are the four food groups on the Native Power Plate?

Beans, fruits, vegetables, and whole grains. Bonus if you said water is the recommended beverage, and a handful of nuts or seeds is not pictured but good to include.



#### 4. What's an important kitchen tool to make plant-based cooking easy and fun (and safe!)?

A sharp kitchen knife. Need help? Review the video in Lesson 1 to see knife skills for all plant-based cooks.

#### 5. Do you need to take vitamin B12?

Vitamin B12 is recommended for everyone who is 50 years of age or older, OR everyone who takes certain medications (metformin for diabetes or an acid blocker for reflux), OR everyone who follows a plant-based diet. B12 deficiency can cause anemia or memory and nerve problems. Prevention is easy—take 500 micrograms daily or 1,000 micrograms every other day, or whatever amount is recommended by your health care provider.



# Ingredient Substitution Chart



## MEAT SUBSTITUTES

**Legumes**, which include beans, peas, and lentils, are an all-natural, high-fiber protein source that can easily be used as the main course or in place of meat in recipes.

**Veggie burgers**, made of defatted soybeans, provide 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.

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

## OIL & BUTTER ALTERNATIVES

**Sauteing:** Water or vegetable broth.

**Baking:** Applesauce or any variety of mashed beans can be used in place of oil, using a 1:1 ratio. Black beans are easily camouflaged into brownies and white beans into banana bread, as examples.

## 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 teaspoons of vegan egg replacement powder + 2 tablespoons lukewarm water; follow package directions

1 tablespoon ground flaxseed meal + 3 tablespoons water + 1 tablespoon oil + 1 teaspoon baking powder + 1 teaspoon potato or cornstarch

1/4 cup mashed white potatoes, sweet potatoes, or pumpkin

2 tablespoons potato starch, cornstarch, or arrowroot

1 tablespoon chia seed + 3 tablespoons water

1/4 cup cooked oats

1 teaspoon baking powder

## DAIRY ALTERNATIVES

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

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

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

**Cheese:** Soy-, rice-, nut-based cheese alternatives, or nutritional yeast.

**Butter:** Dairy-free non-hydrogenated margarine, applesauce, nut butters [also suggested coconut oil], or hummus for cooking, baking, or spreading.

**Ricotta cheese:** Firm tofu, drained and crumbled, with added seasoning.

