



Plant-Based Health

healthy food you can swallow...

Creamy Cruciferous Risotto

Ingredients:

- 1 1/2 c. Vegetable Broth
- 3 cloves Garlic, sliced
- 1/2 Onion, chopped
- 2 c. Brussels Sprouts, cut in half
- 1/3 head Cabbage, sliced wide
- 1/4 c. Nutritional Yeast
- 1/2 t. Black Pepper
- 1/2 t. Cinnamon
- 1 T Soy Sauce
- 1/2 t. Cayenne Pepper or Cajun Seasoning
- 2 1/2 c. cooked Brown Rice (yield from 1 c dry rice)



Preparation:

1. In a skillet over medium heat, sauté onion & garlic for 3 minutes.
2. Add the Brussels Sprouts, cabbage and only 1/2c of the broth to the skillet. Cover and let cook for 5 minutes, or until vegetables are tender.
3. Mix the remaining broth, nutritional yeast, black pepper, cinnamon, soy sauce and cayenne pepper in a small bowl and pour over vegetables. Continue cooking and stir until the yeast thickens.
4. Add the brown rice, stir and cover. Turn heat to low and let simmer for 5 minutes. Enjoy! Serves 4. (try substituting broccoli for Brussels)

**"Food For Life"
Certificates of Completion
Now Available**

If you have attended a "Food For Life" class by The Cancer Project and would like a Certificate of Completion, let us know!

They can be helpful to obtain Continuing Education Units (CEUs) or to just proudly display on your office cubicle! Please email your full name & your class dates & location, to katherine@plantbasedhealth.com. We will email you a PDF version of your certificate.



Food For Life - CANCER

Wednesdays, Jan 6th - 27th, 5:30 - 8:00pm (Ft Worth - Cancer Care)

The total cost for this series is \$30, scholarships are available

Sign up at www.cancerproject.org/classes or call Vivian (214-649-7105)

Tuesdays, Jan 19th - Feb 9th, 5:30 - 8:00 pm (Grapevine)

This class is free due to a generous donation from Comprehensive Women's Health

Sign up at www.cancerproject.org/classes or call Vivian (214-649-7105)

Tuesdays, Jan 26th - Feb 16th, 6:00 - 9:00pm (Ft. Worth - Baylor)

This class is free due to a generous donation from Saladmaster

Sign up with Sherree (817-922-2223) or Katherine (817-526-4811)



Food For Life - DIABETES

Thursday, Jan 14th

6:30 - 8:30pm

(Grand Prairie - Whitcomb Clinic)

This class is free due to a generous donation from Saladmaster

Sign up with Fretta (972-606-1334) by Jan 12th



A new "21-Day Vegan Kickstart" begins today! Sign up at PCRM.org to receive a 21-day meal plan, tips from celebrity vegans, motivational webcasts from Dr. Barnard, a restaurant guide and much more. Even if you're not ready to start today, join the email list and save the emails until a time when you are ready. Diet and lifestyle changes are so much easier when you have a partner - with PCRM, you have a whole team behind you!