



# Plant Based Health

healthy food you can swallow

## ♥ Heart-Healthy Pastas for Valentine's Day ♥

### Macaroni N' Cheezzzzzze by Katherine

- 4 c. uncooked Macaroni Pasta
- 2 c. Soy Milk
- 1 c. Low-Sodium Vegetable Broth
- ¾ c. Nutritional Yeast Flakes
- ¾ t. Salt
- ½ t. dried Mustard
- ½ t. Black Pepper
- ¼ t. Paprika
- 1/8 t. Garlic Powder
- 1/16 t. Turmeric
- ¼ c. All-Purpose Flour



*In my younger years, I was known as the "Queen of Mac n Cheese". Once when I was in high school, I ate a whole box of Kraft Macaroni & Cheese every day, for 48 days straight. By the end of it, I was ill and had to go without my favorite snack for a few weeks until my*

*body could recover. There is no doubt in my mind that my love affair with dairy products contributed to my reproductive problems a decade later. Since I've become plant-based, making a meal worthy of the name "macaroni and cheese" has been a very personal mission for me. I hope you enjoy what I've come up with...*

1. Cook macaroni in a large saucepan according to package directions. Drain pasta and set aside.
2. In a small saucepan, combine all remaining ingredients, except flour. Bring to a simmer over medium-high heat. Once the sauce is hot and bubbling, add the flour and whisk until all lumps have dissolved.
3. Pour hot sauce over pasta and serve.

### (Practically) Fat-Free Pasta Salad by Kay

- 1 1/2 c. Whole Wheat Bowtie or Corkscrew Pasta, uncooked
- 1 c. Broccoli, chopped bite size
- 1 Red Onion, diced
- 1 12-oz can water-packed Artichoke Hearts, drained and chopped
- 1 Red or yellow Bell Pepper, diced
- 1 1/2 c. cooked Cannellini Beans
- 2 Tomatoes -- seeds removed, diced
- 1/4 c. sliced Black Olives
- 2 T. fresh Basil, chopped
- 3/4 c. fat-free Italian Salad Dressing
- Salt and Pepper to taste

1. Cook the pasta according to package directions. Drain and allow to cool.
2. Lightly steam the broccoli, until just tender.
3. In a large bowl, toss together the pasta, broccoli and remaining ingredients and season to taste with salt and pepper.
4. Allow to marinate in the refrigerator one to two hours before serving. Toss again before serving.



## Quick & Creamy Thai Noodles

by Katherine

2 c. Low-Sodium Vegetable Broth  
 1/4 c Soy Sauce  
 2 T. Rice Vinegar  
 2 T. Peanut Butter  
 1/2 pkg thin Rice Noodles  
 24 oz. Frozen Vegetables  
 1 t. fresh grated Ginger

1. In a deep skillet, add broth, soy sauce, rice vinegar and peanut butter.

2. Mix with a fork until peanut butter is distributed evenly.

3. Add the rice noodles - spread the noodles with your hands so that they cover the bottom of the skillet and are immersed in the liquid.

4. Turn heat to medium. Place frozen vegetables and ginger on top; do not stir.

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5. Allow to come to a gentle simmer, then cover and cook for 5-10 minutes until the vegetables are tender.



## Chunky Marinara Sauce by Vivian

One Bulb of Garlic  
 3 Medium Onions  
 2 Green Peppers  
 1 Red Pepper  
 16 oz of Mushrooms  
 1-½ Tablespoon Fresh Oregano - Chopped  
 4 Tablespoon Fresh Basil - Chopped  
 1 Teaspoon of Fresh Rosemary - Chopped  
 ½ Teaspoon of Nutmeg  
 9-14 oz cans of crushed tomatoes

1. Coarsely chop garlic and chop onions into large chunks and sauté in veggie broth in a very large saucepan.

2. Slice peppers into 1/2" pieces, and cut mushrooms into quarters. Add to garlic and onions and add chopped herbs.

3. Add cans of crush tomatoes and nutmeg and simmer on the lowest temperature for several hours.

The longer you cook the sauce the thicker and tastier it becomes.



***This recipe makes 7 quarts - enough for you to get your fill, then freeze the leftovers.***

***You can replace 4 cans of crush tomatoes with 5 cans of diced tomatoes. When tomatoes are in season, use fresh tomatoes. If you do not have fresh herbs available, use 3 Tablespoons of Italian Herbs to start.***

***After a couple of hours taste and add more if needed. I love adding eggplant and zucchini to the sauce.***

***Serve on your favorite pasta. Sprinkle with Nutritional Yeast or your favorite Vegan parmesan cheese.***

***Serve with a nice fresh salad. Enjoy!***

## Creamy Two-Pot Noodles by Jill (read her story on page 4)

1 12 oz. pkg. No Yolk Pasta Noodles  
 1 10 oz. pkg. Broccoli Cole Slaw  
 1 12 oz. pkg. Fordhook Lima Beans, frozen  
 1 1/2 c. Corn, frozen  
 1 12 oz. pkg. Faux Meat Crumbles  
 1 5oz pkg or 2 c. fresh spinach

2 c. Mimic Cream (or 1 cup raw cashews soaked for one hour and blended well with 3/4 cup water)  
 2T. Vegetable Bouillon  
 2T. Earth Balance Vegan Butter  
 3 T. Nutritional Yeast  
 2 t. Salt + 1 t. Black Pepper

Boil water. Add noodles, cook four minutes and add broccoli slaw. Cook three minutes. Add lima beans, corn, crumbles and spinach. Cook until noodles are tender at three or four more minutes. Drain. Meanwhile, stir the rest of ingredients in a small saucepan. When heated through, combine with drained pasta mix and serve.



# Food For the Big Game

*Low Fat? Cholesterol Free? TOUCHDOWN!!*

*Yes, we're bummed that our Bears, Saints and Cowboys didn't make it to the Super Bowl, so we'll be feeding our football hunger with delicious food instead! Check out these recipes that are sure to be winners at your big game celebration!*



## Super Bowl Sliders

- 1-8oz pkg Seitan
- 1/2 Bell Pepper, cut into strips
- 1 c. Mushrooms, sliced
- Salt & Pepper
- 4 mini Buns (or large rolls)
- Optional: 4 sliced Vegan Cheese

Chop seitan roughly. Sauté mushrooms and pepper until tender over medium heat. Add seitan, and salt and pepper to taste. Divide mixture among 4 mini buns and serve!

## Super Healthy Bean Dip

- 1 1/2 c. Black Beans
  - 1 t. Cumin
  - 1 c. Spinach
  - Pinch of Salt
  - 3/4 c. Salsa
- Add all ingredients to a food processor or

blender and process until smooth.



## Not-Yo Cheese Sauce or Queso

- 2 1/2 c. Water
- 1 c. raw Cashews
- 2 t. Chili Powder
- 1 1/2 t. Salt
- 1/2 raw Onion (or 2 t. onion powder)
- 4 cloves Garlic (or 1t garlic powder)
- 1 Scallion, whole
- 1/3 c. Nutritional Yeast

- Optional, after blending: Add soy crumbles, diced tomatoes, cilantro, pico or jalapenos
- Add all ingredients to a blender and process until smooth.
- Pour into a small saucepan and cook over medium-low heat for 15-20 minutes until desired thickness. Stir often to eliminate lumps.
- Optional: Once warm and thick, stir in diced tomatoes, cilantro, pico or jalapenos.



## 7-Layer Dip

In a large casserole dish, layer the following, from bottom to top:

- 2 c Super Healthy Bean Dip (or just beans)
- 12 oz Soy Crumbles cooked (or cooked Quinoa)
- 12 oz Tofutti Better-than-Sour Cream
- 3 c fresh, diced Tomatoes
- 2 c Not-Yo Cheese Sauce
- 2 c [Low-Fat Guacamole \(click for recipe\)](#)
- 1/2 c sliced Olives



Prepare for an explosion of flavor in your mouth - it is AMAZING! Oh, and don't forget the chips :)

## Meet Jill

*How a self-described "former fat girl" changed her food, then changed her life*



Hi, I'm Jill Ovnik. In 1998 I was sick of feeling fat! Sick of diets! And sick of not being able to get off the treadmill of food addiction. It still to this day is my goal in life to share my experience with the changes that I have made with food and hopefully to get people excited about plant-based meals! Becoming a vegetarian and then a vegan has changed my body - inside and out, my mind, my heart and soul for the better. What's not to get excited about?!

The best part is that I enjoy food more than I ever have! I now know the secret to good tasting food is in the seasoning.

I remember opening up a pound of bloody ground beef. Imagine you're doing it right now. Dump it in your pan to start getting dinner ready. Before you add seasoning ...**How does it smell? How does it look? Would I eat it plain, no seasoning at all?** Once I made the decision it only took a short while before ALL desire for meat had left me completely! I now start my dinners with basic plant foods that don't ever gross me out in any way. What a lovely way to eat.

I care about people and my own health but most important to me was to read about the massive environmental destruction and pollution directly caused by eating meat. It's truly staggering. Yet, here was my chance to not be part of the problem, to make a difference for the sake of my children, and the future. A scary proposition but a small sacrifice in the scheme of it all.

I cut out all meats but still ate fish and dairy for 4 more years until the time was right for me. I know how important timing is. If you're not ready to make a change, you won't. But, for me, honest facts were like little seeds planted in my head somewhere just needing some time to germinate. I had made strides in this one area, by cutting out all meats, I had begun to feel successful and more comfortable with every passing day. The DVD I completed in 2005: "**Change Your Food, Change Your Life**" DVD explains how after 32 years of eating ANYthing, I started reading about the enormous health & environmental benefits to being vegetarian.

I felt that God was rewarding me for my sacrifice. Giving up a food category that had no merit for my body, the planet & certainly the animals, I was indeed rewarded beyond what I ever thought would happen.

Personally, my body changes kept me motivated to stay this course. I had lost about 35-40 pounds within a few months. I had my skin clear up from acne and look much better, my acid reflux problems went away, I was breathing better at night, more energy, and I have not had a sinus infection for 13 years now. That is a real gift alone. Stable weight and the same size clothes in my closet is also a fabulous benefit. Another wonderful treat is that I can still consume lots and lots of food, but weight is not an issue anymore. (I now know that high-fiber, lower in fat foods allow one to literally: Eat More and Weigh Less!)

I'm so so grateful for all the doctors and researchers out there that are more concerned for human health and the truth than for profits.

Right now, my vision for [www.Vegan-Gal.com](http://www.Vegan-Gal.com) is to provide education, motivation and support people to make a positive change in their life if they want to. A wonderful free monthly e-newsletter is something I am very proud of and work hard on. Retreat weekends, classes for The Cancer Project ([www.cancerproject.org](http://www.cancerproject.org)), vegetarian cooking classes, corporate wellness programs and coaching people are all part of my work today. Guilt can be a hurtful, wasted emotion. Don't worry about all the overwhelming changes you wish you could

make. Just make a plan for eating a little healthier tomorrow, just one day at a time. It's progress, not perfection! God Bless you on your own Journey ~ Jill

p.s. Please visit [www.Vegan-Gal.com](http://www.Vegan-Gal.com), or [www.FoodForLife.me](http://www.FoodForLife.me) to join the recipes list/newsletter. You'll love it!!





## Nutritional Yeast - what is it & why would I use it? *by Kay*

**What it isn't:** Yeast used to make bread rise. Brewers yeast used to make beer.

**What it is:** Nutritional Yeast is a popular ingredient used in plant-based diets as a replacement for cheese in recipes or as a condiment. It has a flavor often described as nutty, cheesy or creamy. It is an excellent source of protein containing essential amino acids and is gluten free. It is also rich in vitamins including B-complex vitamins as well as folic acid important for formation, growth and reproduction of red blood cells. It is low in fat and sodium.

**What it looks like:** Nutritional Yeast is most often in a flake form but can also be a powder that looks like cornmeal.

**Where you can find it:** Nutritional yeast is found in the natural foods section of your grocery store or at health food stores or the bulk aisle of natural food stores like Whole Foods or Sprouts.

**Other uses:** Nutritional Yeast can be sprinkled on pasta in place of parmesan to add a cheesy flavor. Many people like to use it to flavor popcorn – even adding in some cayenne pepper for a little additional “zing”. Nutritional Yeast is the only reliable food source of Vitamin B12 (which our bodies cannot make and isn't found in other foods) so you may want to add it to your food to ensure you are getting enough B12. You may choose to add it to tofu scrambled “eggs” or to flavor mashed potatoes.

You can use Nutritional Yeast almost anywhere you would use cheese to add flavor and nutrients. Try it soon on pasta, salads or popcorn.



### Class Schedule



#### Food For Life CANCER

**Thursdays, Feb 17 - Mar 10, 6-9pm** Southlake Library, 1400 Main Street (Town Hall, 3rd Floor), **Southlake**  
Register at [www.cancerproject.org](http://www.cancerproject.org) Class is free due to a generous sponsorship - adults only

**Wednesdays, Feb 9 - Mar 2, 10:00am - 1:00pm**, First Baptist Church in Justin, Youth Room  
408 W. 8th Street, **Justin** Call to register 940-648-2773  
Register at [www.cancerproject.org](http://www.cancerproject.org) Class is free due to a generous sponsorship - adults only

**Wednesdays, Feb 23 - Mar 16, 10:30am-1:30pm**, Aubrey Area Library, Community Room  
226 Countryside Drive, **Aubrey, TX** Donation of \$75 required  
Register at [www.cancerproject.org](http://www.cancerproject.org) or [kay@plantbasedhealth.com](mailto:kay@plantbasedhealth.com)



**Food For Life - DIABETES** **Wednesday, February 9th, 6-8pm**  
Roanoke Recreation Center, 501 Roanoke Rd, **Roanoke**  
Sign up with Katherine 817-526-4811 or [katherine@plantbasedhealth.com](mailto:katherine@plantbasedhealth.com)