

# Plant Based Health

healthy food you can swallow



## Mexican Fiesta Recipes!

*It may seem odd that we're focusing on Colon Cancer and Mexican food, but there's a reason... FIBER! Fiber is a very powerful protector of the colon, and vegan Mexican food is loaded with it. So, after learning all about colon cancer here in the newsletter, you can use these recipes to help boost your own colon health. Plus, they're just downright delicious!*



## Quinoa & Bean Enchiladas

by Katherine

*Make a double-batch, so you can freeze half of them before cooking and save for another night!*

1. Preheat oven to 350 degrees.
2. Saute bell pepper, onion and squash in a medium saucepan over medium heat until tender. Add a little bit of water, if needed, to keep vegetables from sticking. During the last 2 minutes, of cooking add garlic. Add ground cumin, chili powder, salt and pepper to taste.
3. In a large bowl, mix beans, quinoa, salsa and green chilies. If using, add Daiya cheese and mix well.
4. Place 1/10th of the vegetables and bean mixture in the middle of a tortilla. Roll and place into large casserole dish. Repeat for all 10 tortillas.
5. Pour enchilada sauce on top of enchiladas.
6. Bake for 20-25 minutes, until heated through.
7. Place 1 sliced avocado on top of each enchilada before serving.
8. Serve with cilantro and not-yo cheese. Makes 10.

- 1 Green Bell Pepper, sliced
- 1 small Onion, sliced
- 1 Squash or Zucchini, sliced
- 4 cloves Garlic, minced
- Cumin to taste
- Chili Powder to taste
- Salt & pepper to taste
- 1 1/2 c. cooked Black or Pinto Beans
- 1 1/2 c. cooked Quinoa
- 1 c. Salsa
- 4 oz diced Green Chilies
- Daiya vegan cheese, optional
- 10 - 6" Tortillas
- 20 oz Red Enchilada Sauce
- 1 Avocado, halved and sliced
- 1/2 c. fresh Cilantro, chopped

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- Debbie's BeansTalk - Garbanzos!
- WCRF Report on Colon Cancer
- Katherine's thoughts on Fathers, Daughters & Food

- Stuffed Jalapenos
- Low-Fat Ranch Dressing
- Nachos & Not-yo Cheese
- Vegan Chorizo Sausage
- Gazpacho Grande

## Mexican Spices Primer

by Alicia Walter of  
[breadcrumbs.wordpress.com](http://breadcrumbs.wordpress.com)

Flavors are composed of various aroma compounds and Mexican cuisine is full of exquisite combinations. Here is a primer on six herbs and spices common to the cuisine that was the backdrop of my childhood. Try to pick out the distinct flavor components next

time you have the luxury of letting someone else cook for you.

**Chilies** and Mexican cuisine are inexorably linked and the rise in the popularity of Mexican cuisine has undoubtedly contributed to the chili's distinction as the most widely grown spice in the world. In fact, throughout the world, chili production and consumption is 20 times that of black pepper. Chilies can be used dried or fresh, toasted or roasted to contribute different flavors combinations to the dish. The high pectin content in chilies can thicken sauces when blended. Chilies increase metabolic rate and also enable us to burn more energy. They can make us feel less hungry and eat less of the dish that was made with chili.

In Mexico, **chili powder** often refers to a spice made from just one type of red pepper. However, the ambiguously-named chili powder in your pantry most likely contains cumin, garlic, oregano, salt and coriander. A quick sprinkle of this powder can give some personality to bean stock, steamed summer squash and even popcorn.

**Mexican oregano** is a completely different plant than true oregano and contains 3-4 times the amount of essential oils as compared to regular oregano. In fact, there are 13 different varieties of oregano in Mexico. Oregano is anti-bacterial and also a potent antioxidant

Mexican cuisine encompasses the most widely grown spice in the world and also the world's most widely grown herb. **Cilantro** lends a top note or fresh aspect to dishes and is typically sprinkled on a dish right before serving. Dried cilantro will lend more flavor to recipes where the herb will be heated and cooked.

**Coriander seeds** are harvested from the flower heads of the cilantro plant. They contribute a floral and lemony note to the dish. Try grinding your own coriander seeds and compare it to jarred ground coriander. You can sift freshly ground coriander seeds if you do not want any texture from the hull in your dish. The difference in taste will be so significant that you may never go back.

**Cumin** is a member of the carrot family and also lends a top note to this cuisine. It is fresh and has an element of pine. Cumin is said to benefit the digestive system; perhaps that is why my mother always added a generous pinch to a simmering pot of beans.



## Low-Fat Vegan Ranch Dressing

by Katherine

¾ c Non-dairy Milk	2 t. Arrowroot starch (or 1t. cornstarch)
2 Garlic cloves, finely minced	1 T. fresh Chives, finely minced
1 T. Vegan Mayonnaise	2 t. fresh Parsley, finely minced
1 t. Lemon Juice	1 t. Apple Cider Vinegar
¼ - ½ t. Salt	¼ t. dried Dill Weed
¼ t. Onion Powder	1/8 t. Black Pepper

In a small saucepan, heat milk over medium heat. Stir in arrowroot starch and whisk until there are no lumps. Cook over medium heat, whisking occasionally, until milk is thickened. Add remaining ingredients and stir well. Chill in the refrigerator and stir before serving. Makes about 1 cup. Try this on salads, baked potatoes, pizza and veggie burgers. Or, dip Regina's Stuffed Jalapenos in it....DELISH!



# Stuffed Jalapenos

by Regina of [www.PassionateVegan.com](http://www.PassionateVegan.com)

- 6-10 large Jalapeños
- 8 oz vegan Cream Cheese
- 8 oz vegan Sour Cream
- 2 tablespoons Vegan Mayo
- 2 tablespoons Nutritional Yeast
- 4 tablespoons Southwest Seasoning or Taco Seasoning
- 2 teaspoons Chili Powder
- ¼ cup olive oil

**Wet mix:**

- ½ cup flour
- ½ cup soy milk

**Dry Mix:**

- ¼ cup flour
- ¼ cup cornmeal
- ¼ cup breadcrumbs
- ½ teaspoon chili powder

1. Heat oven to 400 degrees.
2. Cut slit in jalapeños leaving the stem. Scrape out all the seeds.
3. Whip together the cream cheese, sour cream, mayo, and spices. Pipe mixture into the jalapenos.
4. Mix the flour and soy milk together for the wet mix. Mix the flour, corn meal, bread crumbs and seasonings in a large bowl. Coat peppers in the wet mixture and then coat in the dry.
5. Place peppers on a baking stone and bake for 15 minutes. Brush peppers with oil and cook for 10 minutes to brown.



\* Serve with Katherine's Low-Fat Ranch Dressing

# Kay's Gazpacho Grande

by Kay Kitchens



*This cold soup is a refreshing meal or appetizer – especially on a hot summer day! This recipe makes a big batch and will last several days in the refrigerator (unless it is all eaten first!)*

- 46 oz V-8 Juice – Spicy Hot
- 4 large or 6 med Tomatoes, vine ripened
- 1 green Bell Pepper
- 1 red Bell Pepper
- 1 red Onion
- 2 cucumbers
- Jalapeno to taste, minced

1. Prepare tomatoes by slicing and removing seeds and any white pithy inside then cut into small (¼ to ½ inch pieces).
2. Cut green and red bell pepper, remove seeds and dice into small (¼ to ½ inch) pieces. Dice red onion. Partially peel cucumbers leaving about ½ of skin on in stripes. Then, dice.
3. Mix all vegetables together with V-8 Juice. Taste. Add Jalapenos gradually until the gazpacho reaches the spiciness you like. Take it easy as the V-8 starts everything out spicy and you may only want to add a little.
4. Refrigerate. Enjoy just as made or with avocado slices on top. Serve with chips.



# Watch Katherine make Vegan Not-Yo Cheese

(click pictures & scroll to February)



## Vegan Soy-Chorizo

by Jon  
Gaxiola

*This high-protein dish can be cooked with tomatoes, squash, corn, black-beans, cilantro and rolled into a burrito. You can also warm it up in a pan with black beans and blend it all together in a blender or food processor for a yummy bean dip! You may need to add a bit of water from cooked beans or veggie broth to give it a smoother consistency. Have fun with this versatile recipe!*



- 4 1/2 c. of boiling Water
- 8oz Textured Soy Protein (TVP)
- 12 cloves of Garlic, minced
- 1/4 Onion, minced
- 1 fresh green Anaheim Chile minced (remove seeds for less spice)
- 5 Cloves
- 1/2 tsp Coriander seeds
- 1/4 tsp ground Cumin
- 1 1/4 T. dried Oregano
- 1 c. Chili Powder (from red Anaheim Chile)
- 1/8 t. Chili Pepper flakes, optional for more spice

1. Place textured soy in a heat proof bowl and pour in the boiling water; let sit for 15 minutes.
2. Drain by tipping the bowl over while holding soy, leaving soy damp. Don't drain in colander as this will dry out the moisture from the soy.
3. Add in all other ingredients and mix thoroughly. Can be placed in medium size Ziploc bags; refrigerate or freeze.

## Nacho Salad

by Regina of  
[www.PassionateVegan.com](http://www.PassionateVegan.com)

- 1 bag Tortilla Chips
- 2 c. shredded Napa Cabbage or lettuce
- 2 chopped Roma Tomatoes
- 1 diced Avocado
- Vegan Sour Cream

### **For the queso:**

- 1/4 c. Nutritional Yeast
- 1/4 c. Flour (I use rice flour to make it gluten free)
- 1 can of Rotel or 10 oz. of your favorite Salsa
- 1 cup Water
- Cumin, Chili Powder, Onion Powder to taste

### **For the nacho topping:**

- 1/2 c. Textured Vegetable Protein (TVP), or soy crumbles
- 1/2 c. water
- 1/2 can (3/4 c.) Black Beans
- Salt, Pepper, Beef flavored seasoning to taste



1. In a small saucepan add the nutritional yeast, flour and whisk together with the water. Add the seasonings to taste. Turn on medium heat and continue to whisk until it starts to thicken. Once thickened, whisk in the rotel or salsa. Stir until heated and set aside.
2. Place the TVP and the water in a glass bowl and add the seasonings. Microwave for 1 minute. This will reconstitute the TVP. It should look like ground beef. Stir in the beans and season to taste.
3. Put a layer of chips on an oven safe platter, sprinkle the "beef" mixture on top and coat with queso. Place in 350 degree oven until heated.
4. Remove from oven and garnish with lettuce or cabbage, tomato and avocado. Top with vegan sour cream. Serves 2.

# 10 Ways to Avoid a Colostomy Bag...

## An in-depth look at the WCRF Report on Colon Cancer

by Katherine

The World Cancer Research Fund (WCRF), an international non-profit, released their “2011 Updated Report on Colon Cancer” last month. This report revisited the 2007 report, and updated it with new scientific findings and research that has happened since then. This 2011 is important because it strengthened some of the original findings as to what foods and lifestyle choices **increase** and **decrease** colon cancer risk. The mountain of scientific evidence has become too overwhelming to deny any longer...



**What is the Colon?** The colon is the largest part of the intestinal tract and has several important functions. It removes water and salts from undigested foods, contains important bacteria and moves waste towards the rectum.

**Colon Cancer Prevalence** Colon cancer is the 3<sup>rd</sup> most common type of cancer in the world. It is most common in industrialized and urbanized countries, and is virtually nonexistent in Asia and Africa. 50% of all colon cancer cases are fatal and it is slightly more common in men than women (7:5 ratio). According to the report, approximately 95% of cases are adenocarcinomas, or tumors. Also, it specifies that 5-10% of cases are hereditary and attributes the rest to diet and lifestyle factors. The most common treatment for colon cancer is surgery which removes the tumored part of the colon, along with ample margins to limit recurrence. This often results in the patient requiring a colostomy bag from then on.

**How Colon Cancer Forms** Colon cancer forms when carcinogens, ingested through food, drink and other means, interact directly with the cells that line the colon, if they are not metabolized in the small intestine. It can also develop from prior inflammatory bowel diseases like Crohn’s disease or ulcerative colitis.



**How to Protect Yourself from Colon Cancer** The most substantial evidence points to exercise and fiber as the biggest protectors against colon cancer. Regular exercise can reduce abdominal fatness and reduce excess hormones in the blood. Fiber, found only in plant foods, helps to remove carcinogens from the body and ushers waste from the colon, so its doesn’t “sit” for too long. There is also probable evidence that garlic, calcium and fruits may help to prevent colon cancer. Garlic is an allium family vegetable, which evidence shows help slow the growth of cancerous cells. Fruit, is loaded with antioxidants that trap free radicals and prevent gene damage. There is limited evidence that folate and selenium also benefit colon health, but more research is required to confirm this hypothesis.



**Choices that Cause Colon Cancer** “Cause” is a pretty strong word, but that is a sign of how clear the WCRF sees the evidence to be on colon cancer. According to their compilation of decades of data, the primary causes of colon cancer are red meats, processed meats, alcohol, tobacco and abdominal/body fatness. Red meat is defined as beef, lamb, pork and goat. A processed meat is any meat that has been cured, smoked, salted or had preservatives added to it. These include hot dogs, bacon, deli meats, bratwurst, sausage, pepperoni, etc... The evidence shows that processed meats increase colon cancer risk twice as much as red meat. In one study, smoking two packs of cigarettes per day increased colon cancer risk by 38%.



**Why Meats Conclusively Increase Risk** When meat is cooked, it creates heterocyclic amines (HCAs), a potential carcinogen. As it is cooked longer or at higher temperatures, more HCAs are formed. These carcinogens can be absorbed in the colon and begin the cancer process. Processed meats are especially dangerous because the preservatives (nitrates, nitrites, etc...) used are carcinogens. Meat also contains no fiber, which we know to be beneficial for removing carcinogens from the body.

## 10 Ways to Prevent Colon Cancer:

1. **Eat more Fiber!** All plant foods contain fiber – beans and legumes contain the most per serving.
2. **Exercise.** Achieve a healthy weight to reduce body fatness.
3. **Eat more garlic.** This is an easy one – its delicious and can add flavor to just about any recipe.
4. **Eat more leafy greens.** These are a great source of calcium and fiber.
5. **Eat spinach for folate.**
6. **Eat brown plant foods** for selenium – brazil nuts, brown rice, whole wheat, oats
7. **Don't smoke.**
8. **Minimize alcohol intake.**
9. **Avoid processed meats** completely.
10. **Avoid or reduce red meat** consumption to 18oz per week, maximum.  
(4oz = 1 deck of playing cards)

### References:

WCRF Colon Cancer Report Summary 2011- <http://www.wcrf.org/PDFs/Colorectal%20cancer%20report%20summary%202011.pdf>

Colon Cancer Causation Matrix- <http://www.wcrf.org/PDFs/Expert%20Report%20CUP%20with%20footnotes.pdf>

AICR Press Release on Colon Cancer Findings - [http://www.aicr.org/site/News2?abbr=pr\\_&page=NewsArticle&id=20691&news\\_iv\\_ctrl=1102](http://www.aicr.org/site/News2?abbr=pr_&page=NewsArticle&id=20691&news_iv_ctrl=1102)

**Wanting Vegan To-Go Meals?** The Passionate Vegan personal chef service now offers to-go meals that are IRRESISTIBLE! Their most popular are BBQ sandwiches, Not-So Chick'n Salad Wraps, Soft Tacos, Chickpea burgers... a must try. Visit [www.passionatevegan.com](http://www.passionatevegan.com) or find them on Facebook to see menus. You can contact Regina at 682-560-1072 or [regina@passionatevegan.com](mailto:regina@passionatevegan.com).



## Debbie's Beanstalk

This month we will talk about the Garbanzo Bean which is also referred to as the chickpea. The garbanzo bean has a nutty taste and a buttery texture. They are light tan or cream colored and take on a round appearance. They are most often used in Middle Eastern dishes such as hummus and falafel.

Garbanzo beans (like most legumes) have long been valued for their fiber content and pack a whopping 12-15 grams of dietary fiber per cup. Garbanzos are a food you definitely want to consume regularly to maintain a healthy colon. Between 65-75% of the fiber found in garbanzo beans is insoluble fiber, and this type of fiber remains undigested all the way down to the final segment of your large intestine (colon). This insoluble fiber acts like a broom to sweep out the colon to remove unwanted waste materials. The high fiber content of the bean itself also helps trap and absorb cholesterol found in the foods we are consuming and helps safely remove it as waste so it does not get recycled back into the body. The type of fiber found in the garbanzo beans as well as most beans has been shown to be an effective tool in helping to lower cholesterol levels in the body thus helping to lower your risk of colon problems, including colon cancer.



Lets do a little review of what we have addressed in earlier posts regarding beans. We have learned that beans can help slim the waistline because they simply fill you up faster, as well as slow down the digestive process so you remain satisfied for longer periods of time. As a result you end up consuming fewer calories. For every 14 grams of fiber we consume we can cut our calorie intake by 10%. We learned that beans pack in the protein, providing as much as 15 grams per cooked cup. The best news of all is that beans provide us with all of these great health benefits and none of the saturated fat and cholesterol that comes from consuming animal protein. Beans are a “win-win” food so you can see how important they are in our daily diets. We will learn even more benefit in next month’s article so stay tuned.

### Baked Savory Garbanzo Beans

We have come to associate garbanzo beans with the more traditional dishes such as hummus and falafel but these beans are so much versatile than just those dishes. Garbanzo beans are great added to salads. They not only add fiber and protein but add a nice crunch to the salad. Here is a quick and healthy snack using garbanzo beans: *Toss cooked garbanzo beans with a very light drizzle of vegetable oil (you can omit the oil if you wish) and bake at 400 degrees for 10 minutes. Mix with sea salt, fresh rosemary and gram masala spice. Enjoy as a savory, fiber packed snack.*

### Class Schedule - Texas

### Class Schedule - Arizona

#### Intro to How Foods Fight Cancer

July 19th, 2011 English 5:30-7:30pm

July 22nd, 2011 Spanish 5-7pm

July 26th, 2011 English 5:30-7:30pm

All classes to be held at a donated kitchen:

Quality Health Systems, 1440 S. Clearview Avenue #104,  
Mesa, AZ 85209

Register by calling 480-633-5909 or email  
Jon@plantbasedhealth.com



#### Food For Life - DIABETES

**Sunday**, August 14, 5-7pm, Roanoke Recreation  
Center, 501 W. Roanoke Rd, **Roanoke TX**  
Register by Aug 11th, 817-526-4811 or katherine@plantbasedhealth.com

## *What is Love?*

# *Reflections on Fathers, Daughters and Food*

*by Katherine*

This year, Father's Day had a whole new meaning for me. I have always delighted in celebrating my father and the unique bond that we share. We've been through a lot together, as most fathers and daughters have, I would imagine, and he is still one of the most cherished people in my life. Lately, over the last few years, as I've truly started to appreciate his participation in my life and as I've matured into the thinking of a more mature woman, I have worried about him. As a nutrition instructor, I can't help but notice how he eats and his physical shape. For the last few years, I've been hounding him about what he eats and also hounding my mother for what she feeds him... as if she can actually control one of the most stubborn men on the planet.

This year was different because I am pregnant and I also celebrated my husband as the father he will be. While visiting my parents on that day, I had the unique opportunity to see the contrast between mine and Scott's relationship and that of my mother and father. Also, my perspective of what I can influence is totally different with my own husband. I don't mean to liken him to a possession of mine, but I do mean to imply that I have more responsibility to protect him and the family we're creating. Like my father, I'd like him to be around when he's 90. But even more so—I'd like him to be an active part of our grandchildren's lives and hopefully, our great-grandchildren. And choices to be alive and thriving for that long are not made once a year, but every day at mealtime. It's almost like a recovering alcoholic; you have to make the choice every day that that is important to you. And thankfully, Scott does. I am thankful that he eats plant-based like me. And I'm even more thankful that he will be a great example for our son and that he can see his choices every day. That is love.

So, as our Father's day dinner approached (I was in charge of cooking), I grew anxious. I love my father enough that I'd like him to live another 20 or 30 years. Therefore, I planned only to prepare him low-fat, cholesterol free, plant-based foods. My menu of Beefless Tips N Rice, Roasted Cauliflower, Mac N Cheeze and Crispy Apple Phyllo would make Paula Deen consider going vegan, by the way. And my dad loved it! However, I was razzed still by others for not making him traditional Father's Day favorites like BBQ, steak and hot dogs. Ironically, it is those very foods that contribute to the leading killers of our men: heart disease, diabetes and cancer. Why is our culture so incredibly contradictory? Why do we designate "man" foods and imply you are less of one if you don't eat them? Let's celebrate the men we love by giving them cholesterol & carcinogen-laden meals that will eventually kill them! Now, *that* is how LOVE is defined in modern America...

I agree that food is a very personal choice, but only up to a point. And that is the point where it affects others in our lives and the limited time that we have on this Earth to spend together. To that extent, our personal choices affect our children and our extended family.

I met a two-time cancer survivor who said she finally decided one day that she "loved her kids more than she loved bacon." She has been cancer-free ever since. That sounds pretty black and white to me. I see most food choices in the same way when it comes to our responsibilities to our families. Who do we love more? Let's redefine how we show love to each other.