



DINNER BELLE

BY JIL UTTERBACK



WANT TO LEARN HOW TO EAT HEALTHY?

Did you know a group called Get Healthy Bandera meets at the Arthur Nagel Clinic every Wednesday at 5:30 pm? It is FREE and you can join our "Get Healthy Bandera" Group for inspiration! We talk about eating more whole grains, fruits and vegetables and less meat, oil, sugar and processed foods. We watch videos, share recipes, talk about reading labels and talk about products to buy at the stores. We even do cooking demonstrations in the beautiful clinic kitchen—and then we eat our creations!

Our motto is "PROGRESS NOT PERFECTION!"

I started my journey to eat healthy on May 23rd, 2015. My goal as a border line diabetic is to not take any medication. Since then I have lost 20 lbs as a pleasant side effect! You may want to lose weight, or lower cholesterol or maintain/or even reverse diabetes or heart disease. I have been sharing family and friend recipes in previous issues but want to shift to share some of my newly found "go to" healthy recipes. By switching to eating healthy, you are not counting calories or weighing anything, you lose weight and I promise you are never hungry! It is just a matter of WHAT you eat! By the way, there are Get Healthy Groups in Boerne and San Antonio and beginning all over the nation. You can go online and research the Whole Food Plant Based way of eating—there is a wealth of information out there. It is an education process and many things you think are healthy, in fact are not. The Bandera Library has a DVD * Forks over Knives you can check out or you can get it from Netflix or online. It is a good beginning video to watch to get you enthused about eating healthy. Remember, progress, not perfection! Whatever changes you make to eat healthy—even if small— can only help not hurt you! Come and learn with us! Our leader Debbie Gibson is a certified Whole Food Plant Based Instructor.

Pizza Humus

- 15 oz can of chickpeas drained (save liquid)
- 2-3 cloves of garlic
- 2 TBSP lemon juice
- 2 TBSP tomato paste
- 1 TBSP nutritional yeast (optional) (you can find it at the bulk food bins, at Trader Joes, Whole Foods, Amazon or just ask at the store—it adds a cheesy taste. It is ok to omit it also.)
- 1 ½ tsp oregano
- 1 tsp basil
- ¼ tsp onion powder
- 1/8 tsp salt
- Up to 4 TBSP of the reserved juice
- Mix in a processor or blender until dipping consistency.
- Enjoy with crackers (Mary's Gone Crackers are one good healthy choice—read the label and compare with other brands) or with your favorite veggies.



Asian Cucumber Salad

- 2/3 cup Soy Sauce (preferably Low Sodium Soy Sauce)
- 2-3 cloves of garlic
- 2-3 TBSP Chopped Green onions
- ¼ tsp Cayenne pepper
- Slice 3-4 medium Cucumbers with skin on and place in a zip loc bag.
- Mix the above ingredients and pour into the bag. Refrigerate 6-12 hours.
- What a wonderful healthy snack!



Ice Cream Made from Bananas

- 2 large Bananas, 1 cup of unsweetened Almond milk and a pinch of cinnamon
- Cut the Bananas into chunks and freeze them then place in a blender or processor with the almond milk and cinnamon. And Voila!!! Ice Cream!
- My grandkids love this and it really is like dairy ice cream!
- You can top it with fruit, add a little vanilla or other abstract like coconut, etc for a little different flavor
- (when you have those bananas going softer than you like to eat them, just cut them in chunks and throw in the freezer!) You will be amazed!



Finally, if you have read any of my recipes from other issues, you know I like Easy recipes because I am always in a hurry. So for a quick healthy lunch or dinner, try a baked potato loaded with salsa, sliced avocado, black beans and can or cooked frozen corn (no butter!). Or switch it to a baked sweet potato and do the same! How easy is that? Look for more healthy recipes in upcoming issues of the Heartbeat of the Hill Country!

"Forks Over Knives: Brief Summary—Through an examination of the careers of American physician Caldwell Esselstyn and professor of nutritional biochemistry T. Colin Campbell, Forks Over Knives suggests that "most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods." [6]