



Veg-Appeal

Experience the power of healthy and whole foods



January 2012

Upcoming Class by Veg-Appeal

• **Sunday, January 29, 2012**
12:00 - 2:30 pm - Kearny Mesa,
"Vegan 101 – The Essentials"



Who Are We?

Veg-Appeal was created to share with others the joy and simplicity of eating unprocessed, whole plant foods to achieve optimal health and energy. We offer presentations and cooking demonstrations that show how easy the quest to achieve these goals can be.

To learn more about Veg-Appeal, please visit our website, <http://www.veg-appeal.com/>.

Contact Veg-Appeal at:
(619) 263-2165 - Marge, or
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"Vegan 101 – The Essentials"- Sunday, January 29, 2012

• **Sunday, January 29th**, 12:00 - 2:30 PM, Kearny Mesa (*please note the new class time*)

Knowledge is power! Kick up those healthy eating New Year's resolutions a notch-or-two with Veg-Appeal's Essentials. With our expert guidance on the "how-to's" of a **low-fat, whole-foods, plant-based diet**, you will learn that with this focus you can eat more and weigh less, maintain an already healthy weight, put yourself at lower risk for most diseases, and have more energy. Build your meals around nature's bounty of whole plant-based foods: fruits, vegetables, whole grains and legumes!

Experience the taste of the simply delicious "everyday healthy" recipes we will be demonstrating: "Toasted Brown Rice", "Cuban Black Beans" cooked in a pressure cooker, "Very Berry Applesauce with Cashew Cream," "Breakfast Rice Pudding," a "Color-Filled Salad," and "Marge's Daily Greens." Come join us for a fun-filled afternoon full of ideas, lots of discussion, and some great new tastes!

At this class, you can also purchase (at the price of printing) our booklet: "Veg-Appeal's Essentials" which lists suggested tools and equipment to make your life easier in the kitchen. In addition, the booklet includes ideas for milk, oil and egg alternatives, restaurants, shopping tips, recommended books, and websites. The essentials!

Cost: \$35 for registrations made through January 27th, 2011. Price will increase to \$40 for registrations made after January 27, 2011

Advanced registration is required. Walk-ins are not accepted.

To register and pay online, please go to <http://vegan101.eventbrite.com/>.

Free Screening of Excellent Film, "Forks Over Knives", Jan. 24

The Lemon Grove Library will be showing a free screening of Forks Over Knives on Tues., Jan. 24th, at 6:00 pm. This feature film examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods. Check out the movie at [Forks Over Knives - Official Trailer](#), then on Jan. 24 head to the Lemon Grove Library, 8073 Broadway, Lemon Grove, CA 91945, (619) 463-9819.

Thanks to Our Cooking Class Hosts

We would like to thank Cooking 4 Life, a certified dealer for Saladmaster cookware, for the use of their fine facility and cooking equipment for our cooking classes! The classroom will be expanding in 2012, and there will be a new oven, new video camera, and 2 TV screens for better viewing what's being prepared. Thanks Scott and Melissa!

Veg-Appeal - Recipe of the Month: Hot Tamale Pie (makes 8-inch square pie)



- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 1 medium yellow, red, or green bell pepper, seeded and finely chopped
- 2 garlic cloves, minced
- 1 16-oz. can unsweetened tomato sauce
- 1 16-oz. can pinto beans, rinsed and drained
- 1 ear corn, kernels cut off the cob, or 3/4 cup thawed frozen corn
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon fine sea salt
- pinch of cayenne pepper

- 3 cups water
- 1 cup yellow stone-ground cornmeal
- 1-3 tablespoons nutritional yeast (optional)
- ½-1 teaspoon Spike seasoning (optional)
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoon fine sea salt

1. Heat the olive oil in a large frying pan over medium-high heat. Add the onion bell pepper, and garlic and cook until softened, 6 to 8 minutes.
2. Remove from the heat and stir in the tomato sauce, pinto beans, corn, chili powder, cumin, salt, and cayenne. Pour into an 8- by 8-inch glass baking dish.
3. Preheat oven to 350°. Boil the water, add the cornmeal, lemon juice, mustard, salt and optional ingredients in a large saucepan, and stir until mixed. Bring to a boil over medium-high heat, then immediately reduce the heat to low and simmer, stirring often, until thickened, 3 to 5 minutes.
4. Spread the cooked cornmeal over the bean mixture.
5. Bake for 30 minutes. Cool for 10 minutes before serving.

Please join our brand-new Yahoo listserv support group!! *sdveg-appeal* has arrived!

Great news! Veg-Appeal now has a local e-mail support group! It will allow us to get together in an informal setting to exchange ideas and meet other like-minded people in our community. Stay tuned for more info on these types of events in the future! In the meantime, since we live in a very large county, we are providing a local listserv to lend “virtual” support to those of us who are changing our diets and working on getting healthier! Our listserv, *sdveg-appeal*, will help us get to know each other virtually as well as at our classes and other events.

This discussion forum/group is sponsored by Veg-Appeal to support San Diegans interested in adopting or moving toward a low-fat, plant-based way of eating and sharing the joy and simplicity of eating unprocessed, whole plant foods. We share recipes, eating or food-prep tips, restaurant info. and upcoming event info., as long as it is food/plant-based related. We can ask questions of one another and perhaps plan meet-up gatherings, related to the topic of whole foods eating and living.

This is NOT a place for advertising your business, products or business events, except if they are related to the topic (i.e. a plant-based cooking class or event).

Our hope is that everyone will find this an enjoyable and educational experience! You do NOT have to have attended one of our classes to join this group, so you haven't been able to attend one, that's ok, and you may also invite your interested friends and family to join!

To subscribe to this group:

1. visit <http://groups.yahoo.com/group/sdveg-appeal/join>,

-OR-

2. send email to sdveg-appeal-subscribe@yahoogroups.com

For further assistance, please visit

<http://help.yahoo.com/l/us/yahoo/groups/original/members/forms/general.html>

