



Veg-Appeal

Experience the power of healthy and whole foods



November, 2011

Veg-Appeal wishes you and your family a very happy and healthy Thanksgiving. We give our thanks to you for supporting us, attending our classes over the last 2 years, and being a part of our growing community of health-minded individuals.

Upcoming Classes by Veg-Appeal

• **Sunday, December 4, 2011,**
1:00 - 3:30 pm - Kearny Mesa,
"Out with the Old – In with the New: Healthy Party Favorites"

• **Sunday, January 29, 2011**
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
info@veg-appeal.com

"Out with the Old – In with the New: Healthy Party Favorites" - Sunday, December 4, 2011

• **Sunday, December 4th** - 1:00 - 3:30 PM, Kearny Mesa

Deliciously sinless! Need we say more? Choosing healthy appetizers, dips or spreads, sweets and drinks without any dairy or meat can be challenging during the holiday season. We'll give you some very tasty ideas that will not make you or your guests feel guilty come January 1. Look forward to tasting our favorite festive treats: *Easiest Apple Pie with Nut Crust*, *Buddha's Nut Clusters*, *Vegan Eggnog*, *Holiday Wraps*, *Roasted Eggplant Dip with Homemade Pita Chips*, *Garlicky Tofu Tidbits and Artichoke, Basil, Sun Dried Tomato Hummus*.

Cost: \$35 for registrations made through December 1st, 2011. Price will increase to \$40 for registrations made after December 2nd, 2011. **Advanced registration is required. Walk-ins are not accepted.** With this class we introduce a new registration process with Eventbrite.

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

"Vegan 101 – The Essentials" - Sunday, January 29, 2012

• **Sunday, January 29th**, 12:00 - 2:30 PM, Kearny Mesa

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 December 1st, 2011. Price will increase to \$40 for registrations made after December 2nd, 2011

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Special Highlight:

Casa de Luz Restaurant Opening Soon

Veg-Appeal is so excited about a great new restaurant, Casa de Luz, coming to San Diego very soon! It will offer a unique dining experience, featuring truly healthy food, community tables and even a plant-based cooking school upstairs!

The restaurant is located on University in North Park. Even Veg-Appeal likes to take a break from cooking once in a while, so we are looking forward to having a place with a community feel that's more of a dining room than a restaurant. We have met the owner, Wayo, and love his vision! Our friend, author Janice Stanger, recently wrote about this "dining room" in her [blog](#). Take a look!

Veg-Appeal - Recipes of the Month:

Garlicky Mashed Potatoes (makes about 4 1-cup servings)

These are absolutely delicious mashed potatoes and they're nearly fat free! The garlic in this recipe adds flavor and many health benefits. Garlic contains two main medicinal compounds—allicin and diallyl sulphides—which can help boost the immune system and fight off cancer.

5 whole garlic cloves
2 medium Yukon gold potatoes, unpeeled, cut into $\frac{3}{4}$ inch chunks
2 medium russet potatoes, peeled (optional), cut into $\frac{3}{4}$ inch chunks
 $\frac{3}{4}$ cup water
 $\frac{1}{2}$ cup unsweetened soy- or other non-dairy milk
 $\frac{1}{2}$ teaspoon salt or Spike seasoning, to taste
Freshly ground black pepper, to taste

1. Spread garlic in a medium pot.
2. Place the cubed Yukon potatoes over garlic.
3. Spread the cubed russet potatoes over Yukon potatoes.
4. Add water. Bring to a low simmer. Cover pan, reduce heat to low, and cook until tender when pierced with a knife, about 25 minutes.
5. Check occasionally, adding extra water a tablespoon at a time if pot becomes dry.
6. Mash with a potato masher or fork, then stir/mash in enough non-dairy milk to obtain a creamy consistency.
7. Add salt or Spike and black pepper.

Recipe adapted from "The Cancer Survivor's Guide" from The Cancer Project.

Simple Brown Gravy (makes about 6 servings)

This gravy is low in fat and takes just minutes to prepare. Serve it with the garlicky mashed potatoes for a wonderful, traditional, but healthy side dish.

1 $\frac{1}{2}$ cups water
1-2 tablespoons soy sauce, tamari, Braggs Aminos or shoyu (start with one tablespoon and add more to taste, if needed)
2 tablespoons raw cashew pieces
2 tablespoons garbanzo bean flour, whole wheat flour, or potato flour
2 tablespoons nutritional yeast (optional)
1 tablespoon onion powder
 $\frac{1}{2}$ teaspoon garlic powder
 $\frac{1}{2}$ teaspoon dried thyme or oregano
freshly ground pepper to taste
sautéed vegetables (optional)

1. Combine all of the ingredients in a blender and process until completely smooth.
2. Transfer to a saucepan and simmer, stirring constantly until thickened, adding additional water if needed. Taste and add additional soy sauce if needed.
3. For added texture and nutrition, stir in sautéed vegetables like onions, garlic, zucchini and/or mushrooms, if desired.

Adapted from [The Cancer Survivor's Guide](#) from The Cancer Project

