



SB 380 Will Require Physicians to Learn about Human Nutrition

After the unanimous passage by both houses of congress on September 6, 2011, California Governor Jerry Brown signed into law Senate Bill [\(SB\) 380](#). The sole purpose of this directive is to remedy the widespread lack of basic knowledge of California physicians about human nutrition. Simply put, medical doctors do not know what their patients should eat to prevent, treat, and often cure common diseases, including obesity, type-2 diabetes, and heart disease.

The fate of (1) more than 38 million men, women, and children living in California, (2) the economy of California, and (3) the reputations of California-licensed medical doctors all hang in the balance of effectively implementing SB 380. The ripple effect of doing so will be felt across the nation. The Medical Board's first SB 380 Working Group Meeting will be held on July 17, 2013 in Sacramento, California.

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Hawaii McDougall Adventure, January 18 to 25, 2014

Pricey for Good Reasons

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The rooms are spacious and all have ocean views. Fishponds with hammer head sharks, ray, jacks, and colorful reef species decorate the perimeters of the buildings. Pi'i, caretaker of the Royal Fish ponds, will conduct a private tour for our group. Within 100 yards of the beach lies one of the most beautiful and populated natural reefs that I have seen in Hawaii and I have over 15 years of snorkeling and SCUBA experience in these Islands. Even those of you with little experience would have been able to swim with yellow tang, black trigger, parrot, butterfly, blue angel, and puffer fish on the day I snorkeled last month. Daniel Akaka, our Hawaiian historian, leads the private tour of the petroglyphs, koa outrigger canoes, and the plantation house where Mary, Heather, and John McDougall stayed 38 years ago at the site of the Mauna Lani Hotel (long before any hotels were built in this area).

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Independently Teach Others Become Certified in the Starch Solution

My (Dr. John McDougall's) most important professional goal in life is to change the world to a better place for my children and grandchildren and to heal multitudes of sickness along the way. But, I need your help. Please join me in teaching others the simple Starch Solution.

Many of you have tried to help others by sharing the McDougall books and videos with friends and family. You have shared with members of your church, schools, and clubs. As a result, you have changed their lives forever and in return you have experienced endearing gratitude. Let's take this one big step further.

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Mac & Casheese

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The fate of (1) more than 38 million men, women, and children living in California, (2) the economy of California, and (3) the reputations of California-licensed medical doctors all hang in the balance of effectively implementing SB 380. The ripple effect of doing so will be felt across the nation. The Medical Board's first SB 380 Working Group Meeting will be held on July 17, 2013 in Sacramento, California.

Although "diet and lifestyle" are often discussed as being interconnected, these are separate issues in terms of SB 380. The importance of lifestyle matters, such as the need for tobacco cessation, and curtailing alcohol and substance abuse are well recognized and accepted by physicians, and the Medical Board of California, but are irrelevant to the current senate bill. SB 380 is about food. (Diet is referenced three times and nutrition is talked about nine separate times in this bill, whereas tobacco, alcohol, and illicit drugs are not specifically mentioned.)

Before SB 380 was passed in 2011, opponents, including members of the California Medical Association and several subspecialty groups representing the business interests of California physicians, told me and our congressional leaders that there is no need to have doctors' practice behaviors regulated by the government of California. I was assured that medical doctors are responsible professionals actively involved in keeping their own houses in order. This is factually untrue.

Healthcare is a Big Business

It's easy to lose sight of the obvious, that the practice of medicine is a business and physicians work for profit. After an average of seven years of rigorous schooling on the care of their customers (people), medical doctors (and Doctors of Osteopathic Medicine) have learned almost exclusively about relieving the ailing minds and bodies of their patients by prescribing pills and performing surgeries (both valuable tools). Pharmaceutical companies and medical device manufacturers rule when it comes to the [education](#) of doctors, nurses, and other healthcare professionals. Even respected [medical societies](#) and non-profit disease awareness organizations in the United States receive much of their funding from industries.

The American Medical Association reported that 16 drug, device, and communications companies [donated](#) nearly \$5 million in 2007 for continuing medical education (CME) programs and communications conferences. Various physician subspecialty organizations, such as the North American Spine Society, the Heart Rhythm Society, and the American Academy of Allergy, Asthma and Immunology have been heavily funded by industries with special interests. Efforts have recently been made to help make these relationships [more transparent](#) to the public. Even when conflicts of interest are completely open and honest, these declarations do not [negate the biases](#) inherent in a speaker's talk or the research sponsored by industry.

Because of economic pressures common to all businesses, physicians' practice behaviors can remain unchanged even after indisputable evidence of harm to patients is revealed. For example, angioplasty, with or without stents, performed for chronic coronary artery disease does not save lives. As a consequence, [guidelines](#) by the American College of Cardiology and the American Heart Association have been issued to curtail improper practices by cardiologists. Unfortunately, these robust national guidelines have been largely ignored; no change in the number of angioplasties has been seen. Money has been identified as the reason for continued malpractice. [Widespread publicity](#) of physician misconduct, with the potential for lawsuits brought by patients and their families, has been suggested as a possible remedy. However, I believe SB 380 would be a less painful solution for physicians and their patients by providing the highly effective and competitive approach of diet therapy for coronary heart disease.

Physicians Know Little about the Diet of Human Beings

On April 24, 2011 [I asked members](#) of the California Senate committee who originally heard SB 380, if any of them or their families had been treated for diseases related to diet (obesity, diabetes, elevated cholesterol, blood pressure, arthritis, etc.) with a strong recommendation from their physicians to make serious changes in the foods they eat. None responded in the affirmative. That is because medical doctors are not trained on the effect of food on people's health.

The brief nutrition education offered by medical schools has not been focused on the practical application of diet therapy for patients. "Nutrition education" means students memorize obscure facts about biochemical pathways and cellular metabolism. As a result most US medical schools and teaching hospitals [are severely deficient](#) in training students, postdoctoral residents, and practicing physicians in what a healthy diet really looks like and how to help their patients transition to one. More than half of students surveyed report that nutrition education is inadequate. The American Medical Association has recognized the need for improvement in this area.

Is Knowing about Diet Important?

[Most deaths](#) in the United States are preventable and related to nutrition. Seven out of 10 deaths among Americans each year are from chronic diseases, like heart disease, stroke, diabetes, and common forms of cancer. It is estimated that health care costs for chronic disease treatments account for [over 75% of the healthcare expenditures](#). The [latest report](#) from the World Health Organization concluded that diet was a major factor in the cause of chronic diseases.

In 2011, national [health spending](#) was estimated to have reached \$2.7 trillion annually. These figures have been magnified to mean 17.3% of the gross domestic product (GDP) is spent on medical care, which is among the highest of all industrialized countries. California spends [\\$230.1 billion](#) annually on healthcare.

Rates of Dietary Diseases Among Californians:

Adult Obesity Rates: More than 60% of [adults](#) are overweight and 24% are obese. The obesity rates in California are [expected to increase](#): from 24% in 2011 to 46.6% in 2030 if current trends continue.

Childhood Obesity Rates: These have more than doubled in children and tripled in adolescents in the past 30 years. Among [California's children](#) (ages 2 to 5) an estimated 16% are overweight and more than 17% are obese.

Diabetes Rates: [Approximately 8%](#) of Californians have diabetes (mostly type-2). California has the greatest number of people in the US who are newly diagnosed with diabetes. In 2007 about 7.9 million (29%, or nearly 1 in 3) adults in California had pre-diabetes. Type-2 diabetes is due the [obesogenic](#) effects of the Western diet.

Heart Disease Rates: [Approximately 6%](#) of Californians have heart disease. Heart disease and strokes account for 35% of

Diet-therapy Is Proven Therapy

Diet therapy has been used for thousands of years to cure people of common illnesses. The best-known example from ancient history is the controlled experiment reported in the first chapter of Daniel in the Bible from more than 2500 years ago: Daniel 1: 12-15:

"Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see. So he agreed to this and tested them for ten days. At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food."

Modern day examples of highly effective diet therapy used to treat thousands of patients include the classic works of [Walter Kempner MD](#), the founder of the Rice Diet at Duke University; [Nathan Pritikin](#), founder of the Pritikin Longevity Center; and [Roy Swank, MD](#), at Oregon Health & Science University and [Dean Ornish, MD](#) of Preventive Medicine Research Institute and the University of California, San Francisco.

By these treatments alone, using no medications or surgeries, diet therapy has been scientifically documented in our most respected medical journals to stop and/or reverse obesity, heart disease, type-2 diabetes, hypertension, kidney disease, arthritis, multiple sclerosis, and some common forms of cancer.

Diet also plays the key role in longevity. The longest living populations on planet Earth today live on starch-based (low-animal food) diets. These include people from Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece; and the Seventh Day Adventists in Loma Linda, California; all live in what are called the "[Blue Zones](#)."

[Nationwide Laws](#) Requiring CME

- California requires a one-time requirement of 12 hours pain management and end-of-life care.
- Florida requires at 1st time renewal: 1 hour on HIV/AIDS, 2 hours medical error prevention; subsequent renewals: 2 hours medical errors prevention; every 3rd renewal: 2 hours medical errors prevention, 2 hours domestic violence.
- Iowa requires 2 hours on chronic pain and 2 hours end-of-life care every 5 years.
- Kentucky requires a one-time requirement of 3 hours on domestic violence; 2 hours of approved HIV/AIDS every 10 years.
- Massachusetts requires 3 hours of pain management, 2 hours end-of-life care, and 10 hours risk management.
- Nevada requires 2 hours ethics; 20 hours in specialty; 18 hours any AMA Category 1. New applicants: 4 credits in WMD/bioterrorism.
- New Jersey requires a one-time requirement of 6 hours of cultural competence.
- New Mexico requires 5 hours of pain management every 3 years.
- New York requires courses on child abuse every 4 years, and on infection control (approximate: 2-4 hours).
- Oklahoma requires 1 hour on prescribing controlled substances every 2 years.
- Oregon requires 7 hours on pain management or end-of-life care, which must be completed within 12 months of initial license.
- Tennessee requires 1 hour on appropriate prescribing.
- Vermont requires a minimum of 1 hour on hospice/palliative care.

Unique to diet therapy is that it is cost-free and side effect-free. Patients treated with diet therapy, and often cured, are taken off of expensive medications with serious side effects, and they avoid costly and painful procedures.

SB 380 Needs Teet h

Possible actions that can be taken during the Medical Board's first SB 380 Working Group Meeting on July 17, 2013 include:

- 1) Requiring continuing medical education (CME) requirements for all newly licensed and relicensed physicians,
- 2) Requiring California's eleven medical schools to teach diet therapy,
- 3) Requiring the 393 general acute care hospitals in California to dedicate significant time to diet therapy at ongoing educational meetings held for their doctors,
- 4) Auditing medical practices for the appropriate use of diet therapy (as opposed to drugs and surgery),
- 5) Sending nutritional education materials to physicians.

All of these measures need to be enacted; however CME requirements for physicians should be the first and foremost effort made by the Medical Board of California. Industry knows this approach is effective and that is why of the total [\\$2.4 billion](#) spent in the United States on CME in 2006, 60% came from the industry.

Requiring CME to remedy a deficit in physician education is commonplace throughout the US. An important precedent was set in California on October 4, 2001: AB 487 was signed into law, and requires most California-licensed physicians to take, as a one-time requirement, 12 units of continuing medical education on "pain management" and "the appropriate care and treatment of the terminally ill."

The Medical Board of California has the opportunity, if not the responsibility, to require CME for physicians to improve their understanding of human nutrition, which will result in better care for their patients. As written, [SB 380](#) begins with this statement: "Existing law, the Medical Practice Act, provides for the licensure and regulation of physicians and surgeons by the Medical Board of California. Under that act, the board is required to adopt and administer standards for the continuing education of physicians and surgeons."

Section 2 of SB 380

"In order to ensure the continuing competence of licensed physicians and surgeons, the board shall adopt and administer standards for the continuing education of those licensees. The board may also set content standards for any educational activity concerning a chronic disease that includes appropriate information on prevention of the chronic disease, and on treatment of patients with the chronic disease, by the application of changes in nutrition and lifestyle behavior. The board shall require each licensed physician and surgeon to demonstrate satisfaction of the continuing education requirements at intervals of not less than four nor more than six years."

But change will not be easily won since [profit rather than science](#) is behind the vast majority of doctors office visits, hospitalizations, tests, pharmaceuticals, and procedures carried out in California. Because of serious threats to profits and their dominance over patients' care, big industries have opposed, and will continue to oppose "anti-business legislation" of the kind brought by SB 380. When the Medical Board's first SB 380 Working Group Meeting is held on July 17, 2013 in Sacramento, California, much will be at stake. Effective implementation of this law will mean healthier and less medicated citizens of California, a more robust economy for our state, and a chance for medical doctors to more effectively fulfill their professional calling as "healers."



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Speaking of the formative years of the McDougalls; those interested in how the McDougall Program was started on the Hamakua Sugar Plantation in Hawaii between 1973 and 1976, will visit a few of the places that stimulated their ideas about the importance of a starch (like rice) based diet for the prevention and cure of common diseases.

We have four days of adventures planned for you during this trip.

Adventure 1) [Float](#) down the flumes that once irrigated the sugar plantations.

Adventure 2) [Whale watching](#): From our private catamaran sailboat we will be looking for humpbacks. We will also be snorkeling.

Adventure 3) The [Volcano National Park](#) is one of the world treasures we will visit.

Adventure 4) After visiting [Waipio Valley](#), the Valley of the Kings, we explore the lush eastern coast with a trip to Honokaa to see how life once was for John and Mary on the Hamakua Sugar Plantation.

The food is all McDougall-style, low-fat and vegan. By the time we arrive in January of 2014, Mary will have spent 5 days working with the chefs at the Mauna Lani Hotel (and countless hours on the phone) in order to make this the most delicious and bountiful dining experience ever prepared for McDougall Adventure travelers. (And that is quite a claim considering we have entertained more than 2000 people over the past 20 years.) John and Mary McDougall (with a large number of their family members already signed up) will be actively involved in the entire trip. John will be providing daily lectures.

Room reservations must be made now because this is the high season for Hawaiian travel. Our first block of rooms has already been sold out. But Mary has another small block of rooms available until the end of July. Don't hesitate.



This all-inclusive adventure includes transfers to and from the hotel and Kona International Airport (KOA), an ocean view room with free Internet access, food and non-alcoholic drinks with meals, adventures, and entertainment. One unique feature of this trip is that all gratuities are included in the price.

Total cost: \$4,295 per person (based on double occupancy, all inclusive.) Call (800) 941-7111 or (616) 874-8155. Or write carol@drmcDougall.com.



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EASY SIGN UP

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Many of you have tried to help others by sharing the McDougall books and videos with friends and family. You have shared with members of your church, schools, and clubs. As a result, you have changed their lives forever and in return you have experienced endearing gratitude. Let's take this one big step further. After successful completion of the course, I will provide you with the following valuable teaching tools*:

1) **The 19 lectures streamed.** The presentations from the certification course are yours to use as teaching aides. Stream them from my web site to your students at the live classes you teach. No extra charge.

2) **The 19 lectures on DVD.** The presentations will also be available on a set of DVDs for only certified instructors to use as teaching aides. There is an additional charge of \$50 for a set of 4 DVDs. (Plus S&H)

3) **A lesson plan.** You can design your own lesson plan for your classes. However, I will provide you with example lesson plans for a series of classes. Included are suggested recipes that you can prepare during classes for your students, and recommendations for field trips to local markets and



restaurants.

4) **Scientific research papers.** Original research supporting the class materials will be provided to you as PDF files whenever possible (with copyright limitations respected).

5) **Short articles on major diseases.** These guidelines will be provided to certified instructors to refer your students to so that they can more easily work with their private medical doctors. (Such as people with obesity, diabetes, hypertension, heart disease, arthritis, etc.)

6) **You can charge for your classes.** Certified instructors will be working independently. You will not be employed by or in any way affiliated with Dr. McDougall or the McDougall Program. Therefore, any charge for your classes is yours to cover expenses and profit.

7) **Advertise yourself to 60,000 people free.** If you choose, then I will list you on my website (and in other ways) as being certified in The Starch Solution with your contact information.

* The preceding offers are subject to change without notice.

Sign up for the classes now at the introductory price of \$565 (Regular Price: \$795).



Featured Recipes

Lentil Soup

by Heather McDougall

This soup is a favorite of my boys and so easy to make. I think one of the reasons they like it, is because I chop all of the vegetables really small. And, like most of the soups I make, if you don't have an ingredient, such as carrot or kale, leave it out or substitute another favorite ingredient.

2 small onions, finely chopped
2 carrots, finely chopped
6 small white potatoes, finely chopped
1 16-ounce bag brown lentils
1 16-ounce can fire roasted tomatoes, diced
8 cups vegetable broth or water
1-2 cups finely chopped spinach
salt to taste

Combine all ingredients, except the spinach, and cook on low for 2 hours. Add the spinach about 10 minutes before the soup is done.



Pimiento Cheese-Style Hummus

by Susan Voisen

FatFreeVegan.com

Years ago, I was making red pepper hummus at my parents' house when my mother asked for a taste. "Hmmm," she said. "It's sort of like pimiento cheese." Now, I don't know if that was a good thing to her or not;

we'd never had pimento cheese in the house when I was growing up, so I assume it wasn't one of her favorites. But I kept that comparison tucked away in the back pocket of my mind with the goal of someday working on a vegan pimento cheese recipe. It took randomly spotting a pimento cheese photo on Pinterest to remind me to do some experimenting.

For the uninitiated, pimento cheese is a common filling for sandwiches and spread for crackers in the Southern U.S. It's made by grating various cheeses and mixing them with mayo (or cream cheese), seasonings, and pimentos—you know, those little red peppers stuffed into green olives. (Here in the South, at least, you can buy jars of pimentos in the same section of the grocery store as olives, but if they're not available, you can substitute minced roasted red peppers, which I find actually have more flavor.) It's the kind of old-fashioned Southern dish that always seems to show up at potlucks and picnics. I developed a fondness for it in college, where a deli container of the lumpy, orange spread and a loaf of bread were all I needed to get me through the penniless days before my work-study check came in.

Pimento cheese has the amazing ability to be two textures at the same time. The mayo or cream cheese base provides smoothness, but the cheese itself is not melted or blended so that its texture remains, well, lumpy. To give my pimento cheese-style hummus a similar texture, I decided to use silken tofu for the smoothness and blend it in two stages—once to puree the tofu and half the chickpeas and cashews and then again in just short pulses of the processor to break the remaining chickpeas and cashews into al dente bits. I added nutritional yeast and plenty of seasonings to give it that cheesy flavor, and then I refrigerated it for a while to allow the flavors to blend.



And...success! I liked it, and it was definitely reminiscent of the pimento cheese of my youth. But I was worried a little when daughter E wanted to try it. She's never tasted pimento cheese and generally doesn't like it when I tinker with foods she likes, like hummus. She came in at the end of my photo shoot and asked to try it on one of the pieces of French bread I'd had been using in the shot. One piece turned into two, and then she had the idea to make a little Vine video of the disappearing hummus. Somehow that 6-second video took several takes to shoot, and she wound up eating every piece of French bread. So I would say this recipe is an unqualified kid-friendly success.

For a soy-free option, try using a couple of tablespoons of almond or rice milk instead of the silken tofu.

Ingredients

- 1/3 cup cashews
- 1 1/2 cups cooked, drained chickpeas, divided
- 3 ounces silken tofu (1/4 package MoriNu brand)
- 6 tablespoons pimentos (about 4 ounces), drained well, divided
- 3 tablespoons nutritional yeast
- 2 tablespoons lemon juice
- 2 cloves garlic
- 1 teaspoon spicy brown mustard



1/2 teaspoon granulated onion
 1/2 teaspoon smoked paprika
 1/4 teaspoon cayenne (red) pepper (or to taste)
 1 teaspoon salt, or to taste (use less if chickpeas are salted)

Instructions

Place the cashews in a small bowl and cover them with water. Allow them to soak at least 2 hours and up to overnight.

Drain the cashews. Put half of them into the food processor along with half of the chickpeas, the silken tofu, 4 tablespoons pimentos, and all remaining ingredients. Process until it's as smooth as you can get it. Then add the remaining cashews and chickpeas and pulse about 10 times until chickpeas and cashews are broken but not completely smooth.

Check seasonings and add more red pepper and salt to taste. Transfer into a serving bowl and stir in the remaining 2 tablespoons of pimentos. Refrigerate for at least an hour to allow flavors to blend.

Preparation time: 10 minute(s) | Cooking (blending) time: 2 minute(s)

Number of servings (yield): 6

Mac & Casheese

by Katie Mae, MS

I think it's safe to say everyone loves a warm, creamy Mac and Cheese. I know I do, if it's vegan of course. This American favorite is traditionally made with butter, milk and cheese, which is unnecessarily rich. This tasty alternative is made creamy and cheesy with cashews and nutritional yeast. Plus I threw in some nutrient-dense veggies to add even more color, texture and flavor. Enjoy!



Ingredients

16 ounces macaroni (preferably brown rice or quinoa-based noodles)
 2 cups broccoli, chopped
 1½ cups peas
 1 cup water
 ¾ cup nutritional yeast
 ½ cup cashew powder (just ground-up cashews)
 1½ tablespoons tahini, salt-free preferred
 ½ lemon, juiced
 1 teaspoon turmeric
 ½ teaspoon garlic granules
 1-2 teaspoon mellow white miso (optional)
 Freshly ground pepper to taste

Directions

Cook pasta according to package directions; drain and set pasta aside in original saucepan. In a separate medium saucepan, steam broccoli by placing 1 to 2 inches of water on bottom, a steam basket on top, and broccoli in the basket. Cover with lid slightly ajar and cook over medium heat for several minutes, or until desired softness is reached. Place peas in a small bowl and set aside.

Place all remaining ingredients in a blender and blend until sauce has a creamy consistency. Place pasta saucepan (containing pasta) over low heat. Fold sauce into pasta. Add broccoli and peas and stir well. Let cook for just a few minutes to allow flavors to marry. Sprinkle with black pepper and serve hot.

Makes 4-6 servings

BBQ Beans and Greens

Seeing that I have a major sweet tooth, it's no surprise that I'm a huge fan of BBQ sauce. I especially love BBQ veggie pizza, BBQ tempeh, and my newest creation - BBQ Beans and Greens! Pineapple, the key ingredient, adds a perfectly sweet dynamic. If you enjoy the tangy, sweetness of BBQ sauce but prefer to skip the heavy salt and sugar added to store-bought BBQ sauces, you must try this recipe!

Ingredients

- 1 small yellow onion, diced
- 1½ teaspoon garlic granules
- 1 large bunch of kale, de-stemmed chopped (any type)
- 1½ cup cooked cannellini beans (1 can, no salt-added, rinsed and drained)
- 1½ cup cooked pinto beans (1 can, no salt-added, rinsed and drained)

BBQ Sauce

- ¾ cup warm water
- 5 dates, pitted
- 6 ounce can of tomato paste
- ½ cup pineapple
- ½ cup pineapple juice
- 2 tablespoons apple cider vinegar
- 2 tablespoons Dijon mustard
- 2 teaspoons chili powder (or chipotle spice)
- 1 teaspoon onion powder



Directions

* Directions for Baked Beans at the bottom of this recipe

In a food processor or blender, combine BBQ sauce ingredients. Blend to even consistency and set aside.

In a large saucepan over medium heat, place onions and cook with lid on, stirring occasionally, for about 5 minutes until onions are translucent. With a lid on pan the water that sweats out from onions is kept in pan, and thus there is no need to start with water or oil. Add garlic and cook for another 2 minutes.

Add the beans and chopped kale to the onions. Cook for a few minutes, stirring occasionally. If mixture is too dry, add less than 1/4 cup of water. Add the BBQ sauce to the beans and greens. Gently toss mixture so everything is covered with sauce. Cook on low for 5-10 minutes to incorporate the flavors and then serve.

Makes 4 to 6 servings

*For Baked Beans:

Preheat the oven to 375. In a food processor or blender, combine BBQ sauce ingredients and blend to an even consistency. Set

aside.

In a large saucepan over medium heat, place onions and cook with lid on, stirring occasionally, for about 5 minutes until onions are translucent. With a lid on pan the water that sweats out from onions is kept in pan, and thus there is no need to start with water or oil. Add garlic and cook for another 2 minutes.

Add the beans and chopped kale to the onions. Cook for a few minutes, stirring occasionally. If mixture is too dry, add less than 1/4 cup of water. Add the BBQ sauce to the beans and greens. Gently toss mixture so everything is covered with sauce. Pour mixture into a 9x13 inch casserole dish. Cover and bake for 30 minutes.

Sweet Potato Tacos

This recipe is one of my favorites, mainly because of how delicious it is and how quickly it can be put together. Variations are so easy to incorporate that you'll never get bored. You can substitute with different starches, greens, spices, salsas, and avocado... the combinations are endless!



Ingredients

- 6 sweet potatoes
- 3 cups black beans, cooked
- 1 tablespoon cumin, ground
- ½ tablespoon coriander, ground
- ¼ teaspoon chili powder
- 1 bunch collards
- 12 corn tortillas, oil-free

Topping Options: Heirloom Tomato Salsa, Guacamole, or Onion Cashew Cream

Directions

Fill a large pot with 1-2 inches of water and put a steamer in the pot. Cover with lid and bring water to a boil. Chop sweet potatoes into small chunks and place in the steamer. As the sweet potatoes cook, warm the black beans on the stove at low-medium heat. Add cumin, coriander, and chili powder to the beans. Stir occasionally. If beans start to stick to the bottom of the pan add water as needed.

Preheat the oven to 350 degrees. Lay tortillas out on a cookie sheet, preferably in a single layer. If you'd like to, place parchment paper on cookie sheet before laying tortillas. The quickest option would be to put tortillas right on the oven rack.

Chop collards into strips. When the sweet potatoes are soft enough to break apart with a fork, use tongs to take them out of the pot and into a serving bowl. Place the collards into the steamer. They should only take 1-2 minutes to cook. At this time, the tortillas can be put in the oven to be warmed up.

While the greens are cooking, use a potato masher or a fork to mash the sweet potatoes. When greens are soft and vibrant green, transfer them to a bowl. Check the tortillas and when ready take them out of the oven and onto a plate. Pour black beans into a bowl. After laying out the tortillas, sweet potatoes, and fixings, invite everyone to make their own tacos.

Makes 12 tacos

Banana Blueberry Bars

This tasty bar is perfect for breakfast, a snack, or dessert. It's full of healthy starch to give you lasting energy, unrefined sugars for sweetness, fiber for good digestion, and even omega-3s for your heart and brain. Its easy have a delicious treat and support your body at the same time!

Ingredients

- 1 cup dates, pitted and halved
- 1½ cups apple juice
- 1 cup oat flour
- 2 cups rolled oats
- ¾ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 3 bananas, peeled
- 1 teaspoon pure vanilla extract
- ½ cup fresh blueberries (frozen also works)
- ½ cup walnuts

Directions

In a small bowl, soak dates in apple juice for 10-15 minutes. Preheat oven to 350°F. Lay a piece of parchment paper in a 9 x 9-inch baking pan, making sure the sides are covered. Cut slits in the corners of the paper so that the paper overlaps and is flat.

In a medium bowl, combine flour, oats, cinnamon, and nutmeg. Mix and set aside. Place bananas and vanilla extract into a blender. Remove dates from apple juice and set aside. Add the strained juice to the blender and blend until creamy. Add dates to the blender and pulse a few times until the dates are in small pieces.

Pour the banana mixture into the dry ingredient bowl. Mix until well combined. Stir in the blueberries and walnuts. Using a spatula, pour the batter into baking pan. Bake at 350°F for 30 minutes, or until a toothpick inserted into the center comes out clean. Cool at room temperature for 5 to 10 minutes before cutting and serving.

Yields 12 bars

Katie Mae is a nutritionist and Co-Founder of [Sprout'd](#), an online women's wellness center. Sprout'd offers plant-based nutrition consultations, culinary workshops, and recipes free of refined sugar, oil and gluten. Katie is a culinary instructor at True North Health Center, works with Dr. McDougall's Health and Medical Center and is the Nutrition Educator at Sonoma State University. She holds a Masters degree in Nutrition from Bastyr University. To contact Katie and see more recipes [click here](#).

