

Native Food for Life Online

LESSON 3

How to End Diabetes: Blue Zones and the Magic Eight



PARTNERS IN
NATIVE FOOD FOR LIFE
ONLINE



Course videos and other materials are available at
[PCRM.org/NFFLOresources](https://www.pcrm.org/NFFLOresources).

Native Food for Life – Lesson 3

Blue Zones and the Magic Eight

What Can You Expect?

In today's class, we consider these questions: What lessons can be learned by traveling the globe to see which people live the longest? What do these people have in common?

Also, we'll consider the eight “magic” Indigenous foods that were unique to the Americas until 1492. Our familiar, delicious, edible plants have become important to cultures around the world.

Our challenge of the week focuses on potatoes. Whether sweet, purple, red, white, or fingerling, potatoes are nutritious and filling. They are a great base for any meal. Sadly, people with diabetes are often told not to eat potatoes. Today, we celebrate the potato—reclaiming it as an Indigenous food that promotes health.

For our new cooking skill, we will cover how to make potatoes three ways—none requiring any oil!

A few thoughts about oil: Vegetable oil, corn oil, olive oil, and other cooking oils are from plants, but they are 100% fat and very high in calories. As we learned last week, oil and other fatty foods promote weight gain and insulin resistance in our bodies, which can lead to high blood sugar and diabetes. One of the benefits of using less oil is that it helps us to taste the delicious flavors in foods! Potatoes made without oil are satisfying and filling—and there is no greasy pan to clean up!

Any of the recipes with a **yellow highlight** in the pages ahead are demonstrated or discussed in today's lesson.

Lesson 3 – Blue Zones Questions for Discussion

1. What type of food made up 70% of the daily diet of the people of Okinawa, Japan, at the time when they routinely lived to be 90-100 years old, in good health?
2. What does the Okinawan expression “Hara Hatchi Bu” mean?



Native American Food History Lessons

From the research of Chef Lois Ellen Frank, PhD (Kiowa), Red Mesa Cuisine



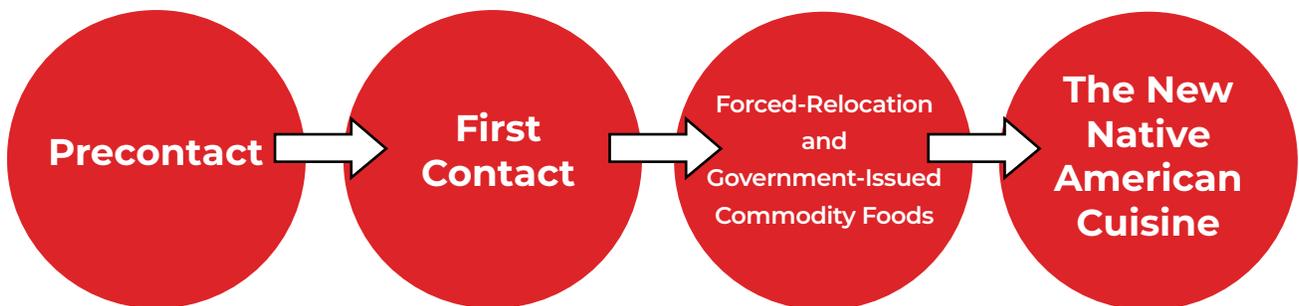
The Magic Eight

Circle the eight foods that were cultivated on this land long before colonists arrived. Hundreds of years ago, these ancestral Native American foods were brought from the Americas to the Old World (Europe, Asia, India, etc.), and became significant to other cultures.

Alcohol	Bananas	Beans	Beef	Butter	Candy
Cheese	Chips	Chile	Chocolate (Cacao)	Coffee	
Corn	Ham	Milk	Pork	Pretzels	Potatoes
Raisins	Sheep	Squash	Spam	Tea	Vanilla
	Water		Wine	Vegetable Oil	

Name "The Three Sisters." _____, _____, and _____.
What do they have in common?

Four Periods of Time in Native American Food History



Match examples of foods to the correct period:

- A. Sheep, cattle, pigs, melons, peaches. Also rats, guns, and disease
- B. Three Sisters, nuts and seeds, wild greens, juniper ash, water
- C. Locally grown beans, vegetables, fruits, whole grains
- D. White flour, sugar, canned meat, coffee beans, lard



Indigenous “Magic Eight” Recipes

Featuring the eight ingredients that Indigenous peoples gave to the world!

“Magic eight” foods from lesson by Chef Lois Ellen Frank, PhD. Recipe page developed by Vicki Anderson, RN, Kinlani Bordertown Dormitory, Flagstaff, Ariz.

Hummus (Beans!)

Makes 2½ cups or 4-6 servings

Ingredients

- 2 cloves garlic, finely chopped (or to taste)
- 1 15.5-ounce can garbanzo or other beans, half the liquid reserved or 2 cups cooked beans (try the brown or white tepary beans), or any other cooked beans, bean cooking liquid removed
- 4 tablespoons freshly squeezed lemon juice
- 2 tablespoons sesame tahini
- ½ teaspoon kosher or sea salt
- Black pepper, to taste
- 1 teaspoon red chile powder (mild)

Instructions

In a food processor, puree the garlic until it is a fine puree. Add the garbanzo or tepary beans to the food processor, reserving about a tablespoon for garnish. Place the lemon juice, tahini, salt, and freshly ground black pepper into the food processor. Blend until creamy and well mixed, making sure there are no lumps or unblended beans. Use a little of the reserved bean juice to make the mixture creamy and smooth until you reach your desired texture.

Serve with fresh celery and carrots.

Source: Chef Lois Ellen Frank, PhD, Native Cooking for Kids, NativePowerPlate.org

Vanilla Chia Pudding (Vanilla!)

Makes 2-4 servings

Ingredients

- 2 cups unsweetened almond milk (use your favorite)
- ½ cup chia seeds
- 2 teaspoons vanilla extract, ½ teaspoon vanilla bean powder or seeds of 1 vanilla bean
- 1 tablespoon pure maple syrup or coconut, turbinado, or organic pure cane sugar (optional)

Instructions

Place ingredients in container or bowl and mix well. Place covered in the refrigerator and mix every 1-2 hours until set. Mixing is important since the seeds will fall to the bottom of the container; if not shaken or stirred every now and then, it won't set properly. Kept refrigerated, it will last up to 5-6 days.

Serve as you like.

Notes:

I usually eat about 1/3 with a bunch of fruit. Use mandarin oranges, kiwi, raspberries, blueberries, blackberries, grapes, strawberries, pineapple, mango, banana, apples, peaches, granola, nuts, seeds, etc. Mix and match your favorite fruits, nuts, and seeds!

Source: Simple-Veganista.com

Chocolate Mousse (Cacao!)

Makes 10 servings

Ingredients

- 1 cup semisweet chocolate chips
- 1 cup nondairy milk, such as soy milk or rice milk
- 2 12.3-ounce packages low-fat silken tofu, drained
- 1 teaspoon vanilla extract
- 10 strawberries, sliced
- 10 mint sprigs for garnish (optional)

Instructions

Place chocolate chips and nondairy milk in a microwave-safe bowl and microwave for 1 minute.

Let sit for 2 minutes.

Drain excess water from the tofu. Place tofu, vanilla, and chocolate chip/nondairy milk mixture in a food processor or blender and process until smooth. Variation: Add a chopped banana to the blender or food processor when you process the tofu and chocolate together.

Transfer into small individual serving dishes and chill for 2 hours in the refrigerator or 30 minutes in the freezer. Serve topped with strawberries and garnished with mint, if using. Stored in a covered container in the refrigerator, leftover Chocolate Mousse will keep for up to 3 days.

Source: The Survivor's Handbook: Eating Right for Cancer Survival by Neal Barnard, MD, and Jennifer Reilly, RD



Dinner-in-a-Hurry Chili (Corn!)

Prep Time 5 min | Cook Time 15 min

Makes 4 servings

Ingredients

- 1 25-ounce can low-sodium black beans, drained, liquid reserved (see note)
- 1¾ cups homemade salsa, or 1 16-ounce jar or container salsa (mild, medium, or hot—your choice!)
- 1 cup frozen corn, defrosted by running under cool water for a few minutes
- Lime, cut in wedges (optional)
- Fresh cilantro, chopped (optional)

Instructions

1. Mix the drained beans, salsa, and corn in a soup pot.
2. Heat over medium heat for 20 minutes, stirring occasionally. If too thick, add some of the reserved bean liquid.
3. Serve with fresh cilantro and/or a lime wedge, if desired.

Delicious over brown rice or potatoes.

Adapted from Caroline Trapp, Vegan Starter Kit by Neal Barnard, MD

Pico de Gallo Salsa (Tomato! And Chile!)

Makes 1½ cups

Ingredients

- 5 Roma tomatoes, diced
- ½ red onion, finely chopped
- 1 jalapeno, finely chopped, seeds and veins removed
- 1 serrano chile, finely chopped, seeds and veins removed
- 3 tablespoons fresh cilantro, finely chopped
- 1 tablespoon fresh squeezed lime juice
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

Instructions

Combine all ingredients in a bowl. Mix together and serve.

Source: Native Cooking for Kids

One Bowl Vegan Pumpkin Muffins (Squash!)

Prep Time 8 min | Cook Time 22 min

Makes 12 servings

Ingredients

- 15 ounces canned pumpkin
- ⅓ cup applesauce or nondairy yogurt
- ½ cup almond milk, unsweetened
- ¾ cup brown sugar
- 1¾ cups all-purpose flour or white whole-wheat flour
- 1 tablespoon baking powder
- ¼ teaspoon salt
- 2 teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- *Optional add-ins:* 1 cup nondairy chocolate chips, raisins, cranberries, or chopped walnuts

Instructions

1. Preheat the oven to 375 F and lightly grease a muffin pan. If you use paper liners, also make sure to spray the cups lightly with oil so the muffins don't get stuck to the paper.
2. In a large mixing bowl, add the pumpkin, applesauce or yogurt, almond milk, and brown sugar. Whisk until well combined and smooth.
3. Sift the flour, baking powder, salt, and spices over the wet mixture (I use a fine mesh strainer or a sifter for this).
4. Mix the dry ingredients into the wet gently using a large wooden spoon until just combined, being careful not to overmix.
5. Fold in any optional ingredients, if using, and fill the muffin cups two-thirds full. Bake for 22-24 minutes, until a toothpick inserted in the middle comes out clean.

Source: Adapted from Nora Taylor from NoraCooks.com

For more information, see
NativePowerPlate.org



Slow Cooker Sweet Potatoes (Potatoes!)

Makes 8-10 servings

An easy way to prepare a large batch of sweet potatoes or yams is by using a slow cooker.

Ingredients:

- 8-10 small sweet potatoes, scrubbed clean

Directions:

Wash and place as many damp sweet potatoes as desired into the slow cooker, filling it at least halfway full. Cook on low for at least seven hours and up to eight hours. Longer time may be required for fuller slow cooker or larger potatoes. They are done when a fork easily slides through the skin.

Variations:

- > Alternatively, wash, dry, pierce each potato a few times with a fork, and cook on a large pan for 45-65 minutes in a 350 F oven until tender when pierced.
- > Are potatoes healthy? Yes! Try red, white, purple, fingerling, new, gold, sweet potatoes, and yams. They are high in vitamin C, potassium, fiber, vitamin B6, and minerals. Avoid fried potatoes, which are like sponges soaked in oil. Some people might find russet or Idaho potatoes raise blood sugar too high.
- > To serve, cut open and add sprinkle of cinnamon or a spoonful of plain nondairy yogurt with fresh parsley or other herbs or sprouts.

To make an easy meal, top potatoes with black beans, salsa, and avocado.

Quinoa With Summer Sweet Corn, Mushrooms, and Sweet Onions Stuffed Inside an Anaheim Chile

© By Lois Ellen Frank, PhD

Serves 6 as a main course or 12 as an appetizer



Quinoa Stuffed Chiles

- Olive oil cooking spray
- 1 cup brown cremini mushrooms, sliced
- 1 cup white mushrooms, sliced
- 1 teaspoon garlic, finely chopped
- ½ yellow sweet onion, diced
- 1 cup baby spinach, washed and cleaned
- 2 cups cooked white quinoa
- 1 teaspoon chipotle chile powder
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 12 roasted, peeled, seeded New Mexico green or Anaheim chiles

Guajillo Chile and Tomato Sauce

- 12 guajillo chiles, toasted, seeds and stem removed, and broken into pieces
- 1 cup toasted pumpkin seeds (pepitas)
- 1 cup canned tomatoes
- 1½ cups water
- Salt, to taste

Instructions:

To make the stuffed chiles, roast, peel, and seed the chiles, keeping them whole for stuffing. Set aside.

Heat a large cast-iron skillet, lighted sprayed with

olive oil; heat over medium to high heat and saute the onions about 4 minutes, until translucent. Add the mushrooms and saute for another 2 to 4 minutes. Add the garlic and saute another 2 minutes. Add the spinach and saute for another 2 minutes or until the spinach starts to wilt. Add the chipotle chile powder, salt, and pepper. Combine the sauteed mixture with cooked quinoa and mix together. Remove from heat and let cool until it is cool enough to handle.

Slice the chiles lengthwise, spread them open on a work surface, and generously stuff each chile with the quinoa mixture. Place the stuffed chiles on a lightly sprayed baking pan to prevent the chiles from sticking (with the open side down) and set aside.

To make the guajillo chile and tomato sauce, toast the guajillo chiles in a 350 F oven for approximately 3 minutes until the chiles are completely dry. Do not over-toast or they will burn.

Place the toasted guajillo chiles and the toasted pumpkin seeds in a powerful blender and blend on high for 2 to 3 minutes until completely blended and smooth. Add the tomatoes and water and blend again.

Pass through a strainer to remove any unblended chiles and/or seeds.

Return to a saucepan and heat on low until the sauce has reduced to your desired consistency.

Makes approximately 2 cups of sauce

Preheat the oven to 350 F. Place the stuffed chiles in the baking dish in the oven and heat until hot, about 15 to 20 minutes. Serve immediately with the guajillo chile sauce.



Challenge of the Week – Week 3

Potatoes! (What could be better? 😊)

“If you fail to plan, you plan to fail.” —author unknown.

Plan to succeed by creating your own SMART goal for your challenge of the week. SMART stands for goals that are:

- ◆ Specific
- ◆ Measurable
- ◆ Achievable
- ◆ Relevant
- ◆ Time-Based

Not a SMART goal: “I will eat more potatoes.”

A SMART goal: “Today, I’ll cook a Crock-Pot of potatoes and eat them with dinner and for snacks on 3 days.”

“Tomorrow, I’ll make Chili-in-a-Hurry to eat with sweet potatoes for dinner and take leftovers for lunch.”

“I’ll eat baked, steamed, or microwaved potatoes 4 times this week or more and text a picture to my mom.” (This one builds in partnership and accountability!).

Write your specific, measurable goal or goals here:

What will you need to do to be successful with your goal? Do you need to shop for something? Do some prep the night before? Ask your family to help you meet your goal?

List some barriers that might get in your way, and what you can do to get around these barriers:

Congratulations! You are on your way! At the beginning of the next class, we will ask you to tell us how you did. We are rooting for you!

