

PLANT-BASED POWER HOUR

with Dr. Chef Stephanie Michalak &
The Osher Center for Integrative Health



1) Place whole grains into a bowl or food storage container

2) Place prepped vegetables and protein on top of grains

3) Garnish with toasted seeds and drizzle dressing on top. If storing for later, place dressing and seeds into two small, air-tight containers until ready to eat/serve.

WHAT YOU DO

WHAT IS A PLANT-BASED EATING PATTERN?

A healthy, plant-based eating pattern aims to maximize consumption of nutrient-dense plant foods while minimizing processed foods, oils, and animal foods (including dairy products and eggs). It encourages lots of vegetables (cooked or raw), fruits, beans, peas, lentils, soybeans, seeds, and nuts (in smaller amounts) and is generally low-fat.

WHAT YOU NEED



- 3/4 cup - Raw Grain, such as quinoa, brown rice, millet, sorghum, farro, or amaranth
- As needed - Water or Vegetable Stock* (amount varies on grain)
- As needed - Salt

WHAT YOU DO

- 1) Place raw grain, liquid, and a pinch of salt into a pot. Bring to a boil. Reduce to a simmer, cover, and allow to cook until tender (cook time will vary depending on the grain used).
- 2) Drain any excess liquid and place it into a bowl or onto a sheet tray to allow the grains to cool rapidly.
- 3) Reserve for later.

BENEFITS OF A PLANT-BASED EATING PATTERN

- ✓ Associated with lower systolic blood pressure and lower diastolic blood pressure
- ✓ Offer an advantage over those that are not plant-based with respect to prevention and management of diabetes
- ✓ Nutrient-dense and can be recommended for weight management without compromising diet quality

WHAT YOU NEED

1-2 cups - Assorted
Vegetables (or
Fruit), Prepared

1/2 cup - Cooked
Plant-Based
Protein

WHAT YOU DO

- Choose 2-3 vegetables or fruit.
- Try different cooking styles, such as roasting one vegetable and leaving the other raw to provide different flavors, colors, & textures

- Options include cooked beans, legumes, or items like tofu, tempeh, or seitan
- Cooking methods will vary, but consider the flavor and texture compared to the other items

WHAT YOU NEED

2-3 Tbsp -
Dressing

2 Tbsp - Toasted
Seeds or Nuts

WHAT YOU DO

- Consider the flavor combinations of dressing with other components.
- Some options include a vinaigrette, tahini-lemon dressing, or green goddess
- Try to make dressings from scratch to avoid additives!

- Seeds and nuts can provide texture and extra nutrients
- Sesame seeds, pumpkin seeds, sunflower seeds, walnuts, pecans, cashews, and hazelnuts are only a few!
- These can be toasted either in an oven or in a saute pan

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April 18, 2023 | Fueling Your Brain for Optimal Health with Pamela Sharpe, FNP-BC, and Design-Your-Own Protein Power Bars and Balls with Chef Stephanie.



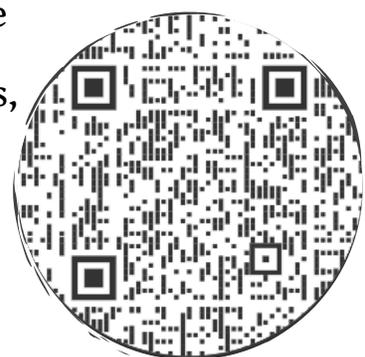
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