

THE GRAPEVINE

Teachers College, Columbia University



Photo from [The Brotherhood Sister Sol Instagram](#)

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Hope Grows in Harlem

By: Mirel Grossman

In the never-resting landscape of New York City, the beauty of rural living and the importance of its lessons are out of reach. However, a few organizations have undertaken the sacred task of bringing a slice of what nature has to offer to the busy city streets. Two notable organizations spearheading these efforts include [The Brotherhood Sister Sol](#) and [The Horticultural Society](#).

Upon arrival at the Brotherhood Sister Sol (BroSis), the budding spring soil at the community

garden reflects the tremendous care and dedication that went into creating the life burgeoning below. Despite the challenges of the pandemic over the past several years, the garden has continued to thrive, and so has the organization. Determined to keep servicing the community, the BroSis had to adapt and conform to new standards. And their mission and community-based work to advocate for justice and empower the African American and Latinx communities it serves becomes even more vital amid challenges.

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Fresh off the Vine: Events & Announcements

The Grapevine Staff

HealthNuts Update: Thanks to everyone who attended our events over the past year.

Save the date: Annual Alumni Career Panel, February 9th, Thursday, 5:30 - 7:30 pm est (Zoom)

Welcome new students:

On behalf of The Grapevine and the Program in Nutrition, we would like to extend a warm welcome to the new students in fall 2022!

Please join us in welcoming Caroline Bernardon, Cecilia Chen, Sandra Chien, Teresa Citera, Ritu Dey, Yueqi Ding, Greg Geisel, Jay Gendron, Amanda Godman, Sandra Kahwaji, Amrita Kalra, Krystal Liu, Tiger Liu, Casey Malone, Anneka Miller, Sophie Noel, Dina Staurulakis, Sara Subhani, Filipp Vysochin, Wenyu Xiang, Zhuxin Yin, Ziyang Zhang, Jingwei Zhong, Lisha Zhou, and Yibing Zhou.

Join the Grapevine!

We are looking for contributing authors for the Grapevine. Whether you are an avid writer or new to writing, this is a great opportunity to experiment, learn, and get involved. Let us know what you are interested in and we'll help you to turn your idea into a story.

Email us at grapevinetceditor@gmail.com to get involved!

 Follow us on Instagram @tc_columbia_nutrition

Support your TC Peers & Community



Ashley Steinberger, a program in nutrition alumna, is the founder of The CheerNutritionist, LLC. This private practice is geared towards educating cheerleaders on sports nutrition in order to promote health and reduce injury risk. Ashley offers a variety of services including individual & group nutrition counseling, as well as team talks.

To learn more, check out [@thecheernutritionist](https://www.instagram.com/thecheernutritionist) on Instagram.

Have your own business or project that you would like to have featured?

Email a description to grapevinetceditor@gmail.com

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Letter From the Editors

Dear Students, Faculty, Alumni and Staff,

As the fall semester comes to a close, we reflect on the challenges and achievements of 2022. Whether in our personal lives or on a larger scale, we have each strived to reach our goals this year. In keeping, this issue explores the role of advocacy in overcoming obstacles and bettering society as a whole.

In Mirel Grossman's op-ed, *Hope Grows in Harlem*, we have the opportunity to learn about the organizations, the [Brotherhood Sister Sol](#) (BroSis) and the [Horticultural Society](#), advocating for food justice, access to green spaces, and nutrition & environmental education in our local community. In fact, the New York Times recently wrote [a piece about the new headquarters of the BroSis](#), a significant landmark for justice-centered community work in Harlem. Likewise, Jerianne Cusipag's writing provides insight on the lack of food advocacy in other countries. She juxtaposes her experiences abroad with those at the Nutrition & Dietetics Advocacy Summit. In Emma Gangbar's reflection of her trip to Peru, she provides us with a unique perspective on food sovereignty and her observations of the impact of Covid-19.

Throughout this issue, we discuss foods from many cultures. Katie Baird brings us on a gastronomic adventure as she explores Malaysian cuisine at a local restaurant. In the recipe corner, Oliver Gonzalez-Yoakum gives us a tantalizing taste of Pozole, a traditional Mexican stew, and Adriana Carrieri leaves us with a delectable truffle recipe (which is sure to be enjoyed by all).

As we enter 2023, we hope you take the opportunity to enjoy our recipes and join us in our resolutions for a happy and healthy new year.



Thu Thu May Oo

Co-Editor



Alison Garbarini

Co-Editor

Hope Grows in Harlem: *Continued*

Located at the cusp of Harlem, the concrete jungle that surrounds the headquarters of the BroSis does not seem like the ideal place to grow plant life. That changed in 1994 when co-founders Khary Lazarre-White and Jason Warwin saw the need to create a strong community to overcome challenging circumstances. The BroSis's programs are geared towards a broad audience from ages 8 to 22. Wendy Flores, the Environmental Program Facilitator, relays how a crucial component of the organization's mission is to empower youth with a bottom-up approach. Flores has stated, "we hope to educate our students about the importance of nature and healthful eating from a young age, instilling a love for agriculture so that they can grow into food justice warriors and leaders in their own right." So far, this formula has worked. Their students have been invited to conferences such as The Green Thumb Conference and the Black Urban Growers Conference, to talk about what growing food means to them. Students have even been invited to speak at the UN Youth Summit to relay messages of empowerment and justice. In an almost prophetic outcome of this organization's mission, their past students have returned to the BroSis as staff members and continued to invest in the community they've helped build.

The BroSis's support of the community has included efforts such as obtaining permits from the city to create a local square in front of their W 143rd street office to house a not-for-profit farmer's market. They've partnered with Green Market to sell produce from local farms in upstate New York and New Jersey,

thus promoting local food consumption while providing affordable healthy produce in an otherwise classified as a food desert. Not only does the market help feed the community, but it also gives its members a place to come together and learn about different vegetables and each other. During the pandemic, BroSis provided a safe space for people to inquire about government assistance programs such as SNAP. Wendy recalls how one person felt comfortable enough to open up about their need to obtain certain medication, explaining that "the market serves as a place for these kinds of conversations to happen organically." The market also shows its teenage interns how to run a business by allowing them to manage the project. Another way the BroSis supports its youth is through a community garden. The garden enables youths to connect with nature and learn about nutrition, food systems, climate change, and advocacy.

Similarly, another exemplary organization in this space, The Horticultural Society (Hort), empowers its community by teaching everyone, regardless of age or socioeconomic status, about the beauty of plants. Located in Riverbank State park (enter at 138th and Riverside Drive), the Greenhouse Education Center opens its doors to anyone curious about plant life. Their free-of-cost programs allow visitors to expand their nutrition knowledge, and learn skills such as how to grow and identify plants. Many of their workshops are run by locals who have enjoyed the garden's benefits; in return, they volunteered to lend their expertise and empower others. For instance, a local herbalist has

hosted a salve-making class, while local chefs have run workshops showcasing the beauty of various vegetables.

Carla Shotwell, Greenhouse and Education Center Manager, has explained that society aims to train people for jobs that grow and sustain green communities. They have also begun a new apprenticeship program for teenagers attending the Urban Assembly School for Green Careers. The teens assist children in the garden in addition to attending urban gardening workshops. The Hort also works with Grow NYC to distribute local fruits and vegetables throughout their community.

The Brotherhood Sister Sol and the Horticultural Society are important organizations that have shown others that change is possible. Raising their communities and advocating for change has inspired many while giving them a home. Wendy Flores states, "It's easy to think that there's a dominant narrative... but there are solutions to issues that come from everyday New Yorkers that can make a big impact." Change is possible and begins with building communities that believe in the same mission. Through positive goals and empowerment, a brighter future is within reach.



Photo from [the HORT Instagram](#)

EatRight on the Hill: Attending the Nutrition and Dietetics Advocacy Summit (NDAS)

By: Jerianne Cusipag, RD

While completing my rotations for my internship in the Philippines, my university focused more on our clinical, and food service and operations aspects compared to community nutrition. Advocacy was not tackled in any of my subjects. Recently, a friend-turned-client reached out to me and complained that her doctor was not teaching her to eat right and her research made her more confused. She was recently diagnosed with chronic kidney disease and is undergoing dialysis sessions. Access to a dietitian is limited, making the disease more difficult and self-management a challenge. While working in Qatar as a registered dietitian, I also realized that advocacy treads a thin line.

Food advocacy finds ways to bring diverse individuals and communities together to voice nutrition and health disparities and sociopolitical issues that affect marginalized and under-resourced populations. It also helps enhance food sovereignty while protecting and promoting food as a human right. As I compared my experiences in the Philippines and Qatar, one similarity I noticed was the lack of food advocacy. Furthermore, with both countries upholding patriarchal values and authoritarianism, I realized how these systems perpetuate conservatism, sexism and unequal distribution of wealth among farmers. For instance, in February 2019, the legislation of Rice Tariffication Law was passed in the Philippines. This untied all restrictions on rice imports, leaving vulnerable Filipino rice farmers in competition with much cheaper rice imports.

The fall 2021 cohort is now entering our final stretch, and my feet are getting wet with the complexity of the food system, food justice, racism, cultural humility, and nutrition throughout the life cycle. As my days progress at Teachers College, my expertise in nutrition deepens, and I slowly find the issues that I care about most. Food security among immigrant populations and child nutrition are issues that are close to my heart. My previous research study focused on immigrant mothers and the health of their children in Qatar. What I learned expanded my worldview because we cannot unlearn what we come to know about people's hardships. This opens our minds to examine our own values. As our values change, so do our feelings towards advocacy. The desire to advocate becomes stronger.

Advocacy is an intervention into complex, dynamic, and highly contextual socio-political systems, in which the strategies and tactics must be adjusted on a continual basis in light of rapidly changing conditions, reactions from actors, and feedback (Pelletier, et al., 2013). Advocacy is more of an art and a skill that should be mastered. As a dietitian, I am tasked to promote: (1) the well-being of the patients and clients that I serve; and (2) advancing my profession. I was awarded a scholarship to attend the Nutrition and Dietetics Advocacy Summit (NDAS) virtually from January 25-27, 2022. My interest in advocacy deepened after learning about how broken our food system is, and the food inequities and injustices that permeate our society.

The Academy of Nutrition and Dietetics (AND) recognizes that advocacy is critical to achieving its vision and mission. While the AND is working on several public policies, the 2022 summit focused on medical nutrition therapy (MNT) expansion and child nutrition.

The MNT is a part of the Medicare Part B coverage and is only limited to patients with diabetes and renal disease. Currently, only primary care physicians can refer their patients for MNT. The bill expansion allows to: (1) include prediabetes, obesity, high blood pressure, high cholesterol, malnutrition, eating disorders, cancer, gastrointestinal diseases including celiac disease, HIV/AIDS, cardiovascular disease, and any other diseases that lead to unintentional weight loss to be included in Medicare Part B; and (2) allow other healthcare professionals such as nurse practitioners, physician assistants, and psychologists to refer their patients for MNT.



Hill visit with Senator Chuck Schumer's office (Image by: Jessica Garay, PhD, RDN, FAND @CuseSportsRD)

Regarding child nutrition, AND is advocating for the Child Nutrition Act, which reauthorizes child nutrition programs (e.g., National School Lunch Program, School Breakfast Program, the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)) The last reauthorization, titled Healthy Hunger Free Kids Act, was passed more than a decade ago in 2010. After this reauthorization, a Tufts University study reported that the consumption of poor nutritional quality food in schools decreased from 56% to 24% , resulting in schools being the healthiest place to eat. By reauthorizing child nutrition programs, dietitians are supporting: (1) the children's access to healthy meals; and (2) funding, improved infrastructure, and nutrition education for school meal programs.

Prior to the summit, I was contacted by Jessica Garay, PhD, RDN, CSCS, FAND, who is the Public Policy Coordinator for the New York State Academy of Nutrition and Dietetics (NYSAND) to review the advocacy materials in the summit's platform. This prepared me for the advocacy planning session and for the advocacy meeting with Senators Chuck Schumer and Kirsten Gillibrand. The first day of the summit was about persuasive communication and introduction to the AND's policy priorities. Mary Lee Chin, MS, RD discussed that facts alone are not persuasive in convincing our legislators to support the policies that we advocate for. We are nutritionists, we are the experts, and we definitely know the science behind our policies. However, we need to cultivate trust and shared values so that we can count on our legislators to do what is right. On the second day of the summit, there was an in-depth discussion of how to advocate, become involved with advocacy, personal experiences of the dietitians with advocacy, and a live demonstration of a Hill visit with Stephanie Johnson, RD, (legislative assistant to Senator Jon Tester of Montana). The culminating part of the summit was to conduct Hill visits to our state senators. During the planning session prior to the Hill visit, I got to meet and network with New York dietitians and public policy advocates and leaders.

In Hill visits, the team is given a limited amount of time to introduce themselves, discuss the policy they are advocating for, and establish a relationship with the legislative staff. The visit usually lasts for 30 minutes! In that small time frame, we were able to discuss why MNT expansion and child nutrition reauthorization are important, cite specific examples from the dietitians' experience, state our "ask" (i.e., cosponsor the bill or support the reauthorization), entertain the staff's questions, wrap up the session, and promise to follow up with the leave-behind materials.

My experience working as an RD in two different countries, Qatar and the Philippines, has enriched my knowledge and skills to advocate for the issues that truly matter to me. In addition, the skills I gained during this three day workshop were invaluable. Advocacy is a new concept to me since in the past there was little opportunity to advocate for my patients and clients, or for my colleagues and myself. Aside from the experience and skills, it was amazing to connect with dietitians who may be potential career mentors and future employers. Advocacy knows no age, you can never be too early or too late to advocate for others or for yourself.

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Malaysia Grill – A Gastronomic Adventure!

By Katie Baird

I had the pleasure of enjoying Malaysian cuisine with some of my dear classmates: Thu Thu May Oo, Yea Jin Kim, and Tori Rinsem. As one who had not experienced Malaysian cuisine before, this is a rather riveting and memorable occasion. Learning about Malaysia's foodways added a meaningful dimension to the unique range of flavors and culinary styles I encountered throughout the evening. We did not realize how much we had ordered until there was barely any room left on the table for the last dish! Perhaps we over-ordered for four people... however, we had no regrets!

Rice, a staple in the Malay diet, is typically served at breakfast, lunch, and dinner. Distinct to Malaysia, *nasi lemak* (steamed coconut rice) is served from breakfast to supper. Another staple in Malaysia is *roti canai* (flaky thin bread). Originally introduced by Indian immigrants 70-80 years ago, this bread has become an essential food item, served any time of the day. Roti can be prepared with various fillings such as onions, eggs, sardines, and bananas. So, it is no surprise that Thu Thu ordered nasi lemak and roti for the table! Aside from rice and roti, several different types of noodles are traditionally served in Malaysia throughout the day, often flavored with chicken, curry, seafood, and vegetables. With a menu full of noodle-based dishes, we realized we had to try more than one! So, we ordered two – the Malaysia Shrimp Broth Noodle Soup and the *Chow Kuey Teow* (stir fry noodle with seafood).

Malaysia's cooking style embodies a blend of influences from its neighbors, including Thailand, India, and China. Various Malay dishes in Northern



states create a fusion of sweet, sour, and salty flavors characteristic of Thai cuisine –I could identify the balance of sweetness from the coconut rice and the saltiness of eggs and shrimp. Indian curries and cooking methods also made their way to Penang, Malaysia, by means of trading and cross-cultural marriages. Curry was a must for our meal! We ordered a chicken potato curry, which certainly added spiciness to my palate. Chinese settlers also introduced cooking methods to Panang, such as stir-frying, stewing, and steaming, and dishes such as *char kuay teow* (stir-fried flat noodles) and *Kari Kapitan* (chicken curry), which we happily tried. Furthermore, several Middle Eastern, Indonesian, and Indigenous ethnicities have influenced the country's cooking, enriching Malaysia with various spices and ingredients. Over time, these diverse foods, flavors, and cooking styles have evolved to become uniquely authentic to Malaysia.

There was no better way to enjoy each other's company than to sample a delicious array of Malaysian dishes. We left the restaurant with full bellies and full hearts (and a few bags of leftovers). We're looking forward to our next culinary adventure!

Malaysia Grill Address - 224 W 104th St, New York, NY 10025

Information sourced from: Albala, K. (2011). *Food Cultures of the World Encyclopedia*. Santa Barbara, CA: Greenwood/ABC-CLIO

<https://scholarlycommons.pacific.edu/cop-facbooks/23>



Trip to Peru: Food Sovereignty and the impacts of Covid-19 in Andean Highlands

By Emma Gangbar

Last December break, I had the opportunity to travel to the beautiful country of Peru for ten days. Though far too short, I still managed to peek inside a world vastly different from my own. While traveling with my family, I learned about the country's culture, from its agricultural methods, health beliefs, and traditional cuisine, to its way of life.

My family began the first leg of our journey exploring the Sacred Valley, a breathtaking region in Peru's Andean Highlands. Our wonderful expert guide, Fabricio, first led us to the animal sanctuary called *Cochabuaasi*, where we learned about many animals native to the Andes. The animals at *Cochabuaasi* ended up in the sanctuary because they had suffered severe abuse from their former owners or injuries from illegal hunters. My favourite species we had the chance to observe was the Andean Condor - the largest flying bird in the world, [Sadly, the Condor is near extinction due to anthropogenic reasons: Hunting due to the fallacy that they kill livestock and accidental pesticide poisoning.](#)



The Andean Condor

Next, my family stopped along the highway overlooking a beautiful Inca Terrace, a traditional method of growing crops. I learned from Fabricio that this way of farming creates different levels to grow distinct crops, as opposed to the mainstream destructive Western monoculture method. Relating to my classroom learning, Inca Terraces can be classified as agroecology: Working *with* nature to promote sustainable farming methods and reconnecting the farmer with their land. Fabricio explained that the terraces were constructed with a built-in irrigation system that allows water to travel from the highest point of the hillside to the ground. This Incan agricultural technique has proven to be quite productive in terms of crop growth and water use.

In addition, the Incans were known for planting and harvesting diverse crops of various colours, sizes, and textures specifically suited for climatic conditions. Common Peruvian staples grown along the terraces include quinoa, kiwicha, potatoes, corn, beans, and more (which I remembered learning from my Nutritional Ecology class with Drs. Gussow and Koch in the first semester)! Evidence of these agricultural endeavours remains visible throughout Peru.

The next day, my family took a pottery class in the local community of Cuyo Chico. We were introduced to traditional ceramic used by the local Andean community for generations. On the long drive to and from the art class, our guide, Karena, shared her Covid-19 experience while living in Cusco (a Peruvian city that was once the capital of the Inca Empire).



Inca Terrace Farming



Traditional Crops



A woman from the town of Cuyo Chico selling potter

Trip to Peru: *Continued*

With the tragic information that Peru had the highest Covid-19 death rate in the world, I was curious to know why. Similar to North America, some Peruvians followed government lockdowns at the start of the pandemic, while others continued to break these restrictions, particularly in the coastal city of Lima. Karena also opened up and told us that she knew people who died in the hospitals alone, while their families found out days later. This was truly heartbreaking to hear. Upon research following my trip, I learned that Peru has a decentralised healthcare system with five different entities of both governmental and non-governmental coverage. As a result, there is little coordination in the healthcare sector.



Further, Peru is short on medical specialists, particularly in remote areas of the country. More reasons why Peru faced such dire circumstances during the pandemic include the fact that this country largely depends on imports for

crucial medical supplies, including PPE, Covid-19 tests, ventilators, and medical oxygen. To make matters worse, due to the unstable political leadership, when Latin American countries were scrambling to secure these necessities for the public, Peru could not compete. Finally, Peruvians tend to live in crowded homes, which makes distancing difficult. Almost half of the homes are without a refrigerator—forcing people to break lockdown in order to secure food. It is clear that Peru faced a multitude of factors that led to its devastatingly [high number of deaths, which is now at 217,496 as of December 2022](#)

Returning to the city of Cusco to end the trip, we had the opportunity to browse and shop at San Pedro Market - A bustling indoor and outdoor market enjoyed by both tourists and locals. Entering the market was stimulation overload, in the best possible way. I noticed vendors and shoppers joyfully conversing in Spanish and Quechua (the Indigenous language in Peru). The smells around me wafted through my nose as I navigated the hundreds of stalls; fresh rainbow coloured fruit and vegetable stuffed to the brim with lucuma, granadilla, chirimoya, alpaca garments of all kinds, local Coca tea made from the coca plant, quinoa infused chocolate and more. A highlight of mine was slurping a delicious fruit smoothie made of strawberry, mango, and passion fruit! Leaving the market, we saw women selling nuts, popcorn, and bags of dried fruit. They were dressed in traditional Andean attire of rainbow coloured capes, shawls, embroidered skirts, and hats.

Other memorable moments of the trip included walking through the majestic UNESCO World Heritage site Machu Picchu, cooking a five-course Peruvian meal, and hiking to see the icy blue water at Humantay Lake! Peru - I will be back.



Fruit Smoothie



Fruit Stall

Trip to Peru: *Continued*

If you wish to be transported to Peru just for a meal, try making this popular Peruvian dish - Tacu Tacu!

What: Peruvian dish made from leftover rice and beans. Typically served with steak, fried egg, plantains, and/or shrimp

Serves: 2-4

SALSA CRIOLLA

- ½ small red onion, thinly sliced
- 2 tbsp fresh cilantro leaves, chopped
- 2 tbsp fresh lime juice
- 1 tsp Tabasco
- ¼ tsp salt
- 1 avocado, sliced

TACU TACU

- 3 tbsp olive oil
- ½ small red onion, chopped
- 2 garlic cloves, chopped
- ½ tsp salt
- 2 tsp Tabasco
- 2 cans of pinto beans
- 1 cup broccoli florets
- 1 cup cold (preferably day-old) cooked white rice
- 1 tbsp fresh parsley leaves, chopped
- 1 ½ tsp dried oregano
- 1 lime, cut into wedges



Courtesy of Emma Gangbar

Salsa criolla:

1. In a bowl, combine the sliced onion with cold water to cover. Let sit for ~10 min, then drain.
2. Toss with the cilantro, lime juice, tabasco, and salt.

Tacu tacu:

1. In a skillet over medium-high heat, heat 1 tbsp of oil.
2. Stir in the onion and garlic and cook, stirring, until lightly browned, 5-6 min.
3. Stir in the salt and Tabasco.
4. Scrape the mixture into the bowl of a food processor. Wipe out the skillet.
5. Add 1 cup of the beans to the food processor and puree briefly until mostly smooth but still chunky.
6. Scrape the mixture into a large bowl. Add the remaining 1 cup beans (left whole), rice, broccoli, parsley, and oregano to the bowl. Stir to thoroughly combine.
7. Return the skillet to medium heat and pour in another 1 tbsp oil. Add the rice-and-bean mix and use a spatula to spread it around evenly and lightly pack it down. Cook until deeply browned on the bottom, ~ 7 min.
8. Remove from the heat, invert a plate or cutting board (preferably with no rim) on top of the skillet, and carefully flip the bean and rice cake onto the plate.
9. Return the skillet to medium heat, pour in the remaining 1 tbsp oil, and slide the cake back into the skillet.
10. Cook for another 7 min, or until deeply browned on the other side, then invert the plate and flip the skillet over again to land the cake onto the plate. If the cake cracks or breaks, just pat it back together.
11. Top with the salsa, avocado, and serve hot with lime wedges.

Original recipe: <https://www.washingtonpost.com/recipes/peruvian-beans-and-rice-tacu-tacu/17413/>

Recipe Corner: Flavorful Goodness

By: Oliver Gonzalez-Yoakum

Green Pozole

Ingredients

- 1 or 2 chicken breasts/thighs
- 1 or 2 cans of 28oz hominy
- 10-15 tomatillos (husked + washed)
- 3 jalapeño peppers (seeded + chopped)
- Note: for a spicier pozole, use more of the seeds
- Optional: 3 green Ancho chiles (smoky) or 3 Anaheim chiles (tangy)
- 1 yellow/white onion (diced)
- 6-8 cloves of garlic (diced)
- 8-ish cups of chicken/vegetable broth
- 1 tbsp dried Mexican oregano
- 1 tbsp cumin
- 1 tbsp ground coriander
- 1 tbsp sea salt
- 1 tbsp black pepper
- 2 cups cilantro (leaves + stems)
- Radish slices, lime wedges, avocado, salsa, chips, and cilantro to top

1. Place chicken, tomatillos, jalapeños, optional peppers, onion, garlic, oregano, cumin, coriander, sea salt, black pepper, and broth into a large pot. Bring to a boil and then let simmer (covered) for 40-50 minutes.
2. Once the chicken is tender, remove it from the pot and shred it. Set aside.
3. Scoop out solids from the simmering pot (peppers, onion, garlic) and place them into a blender. Toss in 1 cup of cilantro and blend until smooth. You can also use an immersion blender, but be careful of the hot splash-back. Repeat until the broth has reached your desired consistency. Mix the pureed soup back into the pot.
4. Mix in shredded chicken and hominy. Simmer while covered for 15-20 minutes.
5. Salt to taste and garnish with fixings of your choosing!



Pozole reminds me of home. It reminds me of sick days, “sick days,” and holidays with my family. Traditionally made with pork, this chicken-based iteration of a traditional Mexican stew suggests spice without ever getting too “capsaicin-y”. The blend of peppers and hominy give a complex, earthy taste while the brightness of the lime and the tang of the chiles add a sense of lightness and zest. It also doesn’t hurt that this soup is tantalizingly photogenic!

Buen provecho!

Recipe Corner: Cozy Sweetness

By Adriana Carrieri

I love this recipe because it is so easy to prepare. It may be served as a modest dessert, or you can take it with you as a snack!

At first, I did not consider this recipe because I always thought of citrus fruit as a summer food (lemonade, fresh-squeezed orange juice, etc). However, while searching the internet for winter veggies and fruits (in order to choose an appropriate recipe to share), lemons appeared in the first line! Therefore, I did not think twice and decided to share this super easy and delicious recipe with you!



Almond-Lemon Truffles

Ingredients

- 1/3 cup pitted dates
- 1/2 cup of almond meal
- Zest of 1 lemon
- 3 tablespoons of lemon juice
- Any creative, healthy “sprinkles”.
Some suggestions: shredded coconut,
ground pistachios, cocoa powder

Directions:

1. Add dates and almond meal to a food processor and mix until combined.
2. Turn off the food processor and fold in the lemon juice and lemon zest.
3. Turn the food processor back on and mix everything until well-combined and uniform.
4. Refrigerate the mixture for a few hours.
5. With a spoon, take some (20 to 30g) of the mixture and shape into little balls.
6. Sprinkle with grated coconut or any other creative and healthy option.