

Plant Powered Earth Holder Newsletter, January 2018

Getting the New Year Off to a Great Start!

The Plant Powered Earth Holders are here to support your **mindful, compassionate eating** as the new year begins. We will be hosting an **online sangha gathering on Saturday, February 3, 2018**, with the focus of **"Getting the New Year Off to a Great Start!"**. This will be an inspiring gathering to share our insights about plant-centered eating, talk about the joys and successes of mindful eating, and hear one another's inspiring comments about moving in a plant-based food direction. The Plant Powered Earth Holders will facilitate and together represent decades of cooking and eating this way. Brother Phap The from Blue Cliff be a part of the event and will share his insights into the ways a plant-based diet fits into our practice. This will be a Dharma sharing time, and people are welcome to participate whether they have been eating this way for a long time or are very new to considering a more plant-centered diet. All Plum Village practitioners are welcome! If you haven't already downloaded the free Zoom program that allows us to see and hear each other, please do so before February 3 at <https://zoom.us>.

Call Details:

Saturday, February 3, 9:00-10:30 am Pacific Time; 12:00-1:30 pm Eastern Time; 5:00 pm Greenwich Mean Time

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/827541891>

Or iPhone one-tap: US: +16699006833, 827541891# or +16465588656,,827541891#

Or Telephone: Dial(for higher quality, dial a number based on your current location):

US: +1 669 900 6833 or +1 646 558 8656

Meeting ID: 827 541 891

International numbers are

available: <https://zoom.us/join?j=827541891>

Plant Powered Earth Holder Survey Fall 2017, Results

We want to share the results of the survey we invited you to complete before the holidays, and 42 of you responded. Thank you! Please see the attached results and a sampling of the many wonderful and insightful comments we received.

Mindful Cooking Project, Coordinated by Plant Powered Earth Holder Eve Heidtmann

Did you know we have a website full of plant-based recipes? All of them are "friend-tested", meaning they have been made and liked by someone in our Mindful Cooking online community. Our group has a mailing list of 215 people in 16 countries, all of us exploring plant-based cooking together. We send an email every couple of weeks with a recipe and news of our group. Please help yourself to our recipes on The Joy of Mindful Cooking (<http://mindfulcooking.org/>) and just click "Join the mailing list" if you would like to receive the email.

Menu for a plant-based day

Many of you asked for a 'day's worth' of plant-based recipes. Here is the first day!

Breakfast - Easy Fruited Oats Breakfast

Lunch - Deliciously Simple Sandwich, accompanied by some baked tortilla chips and a piece of fruit

Dinner - Lemony Red Lentil Soup, along with some whole grain bread and a simple salad

Breakfast: Easy Fruited Oats Breakfast (makes 1 serving)

Recipe by Veg-Appeal

It doesn't get much simpler than this for a filling, delicious, unprocessed breakfast! This is a great idea for breakfast on-the-go because the oats soften after soaking for a short period of time! Prep Time: 5 minutes

- ¼ - ¾ cup rolled oats, depending on your appetite
- Cinnamon and nutmeg spice containers
- Soy or almond milk to cover
- About ¾ cup fresh seasonal fruit, defrosted frozen berries, and/or dried fruit of choice (blueberries, bananas, strawberries, apples, peaches, pears, and raisins all taste great)
- 2 tablespoons walnuts or other nuts of choice
- ½ teaspoon vanilla flavoring
- 1 teaspoon maple syrup (optional)
- 1 tablespoon chia seeds, ground flax seeds, or hemp seeds (optional, but very nutritious!)

Directions

1. Place raw rolled oats in a bowl.
2. Sprinkle on a thin layer of cinnamon and small amount of nutmeg.
3. Pour plant-based milk of choice over the top to cover.
4. Add vanilla and maple syrup and stir.
5. Top with seeds and nuts and let sit for a couple of minutes. You may have to add more milk, since flax or chia seeds absorb a lot of the liquid.
6. Stir and enjoy.

Lunch: Deliciously Simple Sandwich (makes 1 sandwich)

Recipe by Marge Wurgel

2 slices whole grain bread or 1 whole wheat bagel cut in half

¼ cup hummus (any type works well, roasted red pepper is great)

2 slices of fresh tomato

2 leaves of lettuce or a few leaves of arugula or fresh basil

½ avocado, sliced

3 slices of Tofurky Brand Smoked Turkey Sandwich "Meat" (optional, can be added if you are used to eating meat in sandwiches)

Slices of any other of your favorite veggies or shredded carrots (optional)

1. Start with bread/bagel as it is or toast it.
2. Put hummus on both sides of the bread/bagel.
3. Add avocado and other veggies.

Dinner: Lemony Red Lentil Soup (makes 6-8 servings)

Recipe by Veg-Appeal

It's difficult to believe this tasty soup requires so little time and effort to prepare. There are many options to serve with this soup: green salad, whole grain bread, brown rice, quinoa, or simply by itself.

- 2 cups dry red lentils
- 7 cups water
- 1 large onion, chopped into small pieces
- 1 teaspoon ground turmeric
- 2 teaspoons ground cumin
- 1 teaspoon salt
- 1 tablespoon olive oil
- juice of 2 or 3 lemons or limes
- Small bag of fresh baby spinach

Optional additions: (Cutting vegetables into smaller pieces allows them to cook faster.)

1 cup sweet potato (1 small) (cut into smallish cubes) and/or

1 cup cauliflower (cut into small pieces)

1. Pour dry lentils into soup pot and rinse with cold water a few times, until water looks fairly clear. Pour out any remaining rinse water.
2. Add 7 cups water to lentils plus the chopped onion, turmeric, cumin, salt and olive oil. Optional additions of sweet potato and/or cauliflower should be added at this time.
3. Simmer for 20 to 30 minutes until lentils fall apart and the soup looks creamy.
4. Add lemon or lime juice, stir, and it's ready to eat.
5. Place some of the raw spinach leaves in each soup bowl before pouring in the soup.

If there are any leftovers, this soup will keep in refrigerator for several days for a quick lunch or dinner. It may also be frozen in individually sized portions and defrosted for fast food.