

Health Corner ~ Holiday Edition

The holidays are fast approaching and I always like to go into them with a plan for health, but still be able to have fun. I don't know about you, but it's easy to overeat and not feel our best after that long awaited Thanksgiving meal. Here are some tips that might help.

Start your day with breakfast and exercise. We are less likely to overindulge if we eat breakfast. Eating at regular time intervals keeps our blood sugar stable which helps with cravings and overeating throughout the day.

Pre-COVID, many gyms were open for the morning or organizations hosted 5K Turkey Trot runs. Regular exercise is super important, but getting in that run, walk, or weights in the morning will help burn a few extra calories for the day. This year consider a walk or hike in nature before or after that meal.

Know what time you are eating Thanksgiving dinner. If it is at an odd time - a time you don't normally eat - plan ahead by adjusting your earlier meal times. For instance, if you normally eat Thanksgiving dinner at 1:30, plan a mid morning snack around 10-10:30 so you're not starved at noon and over do it with appetizers. Or eat a small dish of fruit salad or dip and veggies at noon as an appetizer to hold you over.



If you don't usually eat dessert, intentionally fill your holiday plate with less food. This sounds like a no brainer, but sometimes we are just so used to serving out a particular portion of food that we just do it automatically without thinking. Many people don't eat dessert everyday so they need to eat a bit more at mealtimes. Serving smaller portions can help with this.

Eat slowly. Savor each bite. Sometimes we eat so fast that it takes our bodies time to catch up with what we have just eaten. Avoid the temptation of a quick second helping. It's easy for our brain to want more food. Wait 20 minutes. Often it takes a few minutes for our brain to catch up with our hunger sensation. If you are still hungry after 20 minutes, go back for a small second portion. It's easy to over do it, so start small.

Go for a walk immediately after your dinner. Getting moving after eating a carb heavy meal helps with digestion and helps to start burning off those calories while giving you a boost of energy.

Wishing you a Happy and Healthy Thanksgiving!!



What's the holiday without great holiday recipes especially for those that don't eat meat. Over the years, Tofurky and other meatless creations have come out with their own line of holiday roasts; however, these roasts are often filled with preservatives. Why not make your own holiday roast?

Concord Church's very own chef, Ani Perry, has an amazing website filled with all kinds of vegan plant based creations. This newsletter features two of her holiday roasts and a pie recipe in case you are looking for a new holiday recipe to try or would like to steer away from processed veggie meats for the holiday. Check out her recipes in this newsletter or at her website chefani.com.



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GLUTEN-FREE VEGAN HOLIDAY ROAST WITH MUSHROOM FILLING

FILLING INGREDIENTS

2 cups fresh mushrooms, chopped
2 large garlic cloves, minced
1/2 cup nuts (pecans &/or walnuts) chopped
1/2 cup artichoke hearts
1/2 cup GF Glutino table crackers, crushed (or original water crackers if not GF)
1/4 teaspoon salt
1/8 teaspoon red crushed pepper
1 tablespoon olive oil

ROAST INGREDIENTS

1 pound extra firm tofu
1/4 cup tapioca starch
1/4 cup rice flour
1 tablespoon nutritional yeast
1/4 teaspoon thyme
1/2 teaspoon sage
1 teaspoon garlic powder
2 teaspoon onion powder
pinch of cayenne (optional)
2 tablespoons dried mushroom powder (powdered dried mushrooms)
1 teaspoon agar powder (dissolved in warm Bragg Liquid Aminos)
2 tablespoons Bragg Liquid Aminos
2 tablespoons oil (optional)
1/2 teaspoon salt
1 teaspoon Better Than Bouillon (or chicken-style seasoning)

FILLING INSTRUCTIONS: In a skillet sauté mushrooms in olive oil for a couple of minutes. Add minced garlic and sauté for another minute. Next add the mushroom garlic mixture to a food processor and the remaining ingredients: artichoke hearts, chopped nuts, crackers, salt, and red crushed pepper. Pulse a few times to combine. Set aside.

ROAST INSTRUCTIONS: Preheat oven to 350F. In a food processor add the extra firm tofu. Pulse to blend. In a small glass jar add the agar powder to the Bragg Liquid Aminos and stir. Place in microwave for a few seconds to heat. This is a crucial step. Add to the food processor. Next, add all the remaining ingredients. Blend until it forms a very soft dough. Transfer dough to parchment paper. Place another parchment paper on top. Flatten by using hands to get the desired rectangle shape. Gently remove the top parchment paper. Add the filling to the middle. Gently pull the parchment paper together over the filling. Squeeze the two edges of the dough together at the top using the parchment paper. Roll the parchment paper from top down until you reach the roast. Pull the parchment paper tightly around the roast, forming it into a roll. Twist the sides. Take your time, as this is the shape of the final roast. Cover with a piece of foil. (Foil is helpful to keep the shape of the roast, but not necessary)

Bake at 350F for 90 minutes, flipping the roast half way through cooking time. Let roast cool and store in the fridge for several hours before serving. This is a crucial step that will set the texture and make it easier to cut and handle. When ready to serve, heat in the oven at 350F for 20-30 minutes.

GLAZE:

1 tablespoon oil
2 teaspoons Bragg Liquid Aminos
1 tsp maple syrup
Whisk to combine. Brush on with pastry brush before reheating. Serve with blanched Brussels sprouts, cranberries, potatoes and gravy. The glaze can also be added in a skillet right before serving.

NOTES: This roast can be made without oil for an oil free option. Eliminate the oil in the roast and sauté mushrooms in a little water.

<https://chefani.com/gluten-free-vegan-holiday-roast-with-mushroom-filling/#tasty-recipes-2580>

