

Guggie, you've told us that you work all day; how do you manage to also cook this way? Isn't cooking plant-based much harder and more time-consuming than cooking with meat, chicken, and dairy?

It's like anything new. In the beginning it's hard because you're not used to it, but now (I'm about six months in) I find it much easier. Shopping for ingredients can be done once a week. Food prep—washing, peeling, preparing dressings—I do the night before or early in the morning. I don't use a lot of gourmet ingredients. What's challenging sometimes is when others are cooking S.A.D. [Standard American Diet] in my kitchen, and I'm not. But I find it easier now that it's working for me. It's a commitment, and once you make it and keep it for a while, you start to see and feel the changes and that is very encouraging. Also, dialysis or chemo is also very time-consuming. Wouldn't you rather chop zucchini?

People think vegan they think plain, boring food, but your dishes look so beautiful! Did you really make all the food in these pictures?

I did. (I took the pictures to show my plant-based coach, Jill Goldberger. To succeed with going plant-based it is recommended that you get a nutrition coach, whether it's someone paid or a very knowledgeable friend, because there's a science to it especially if you're trying to regain lost health, yours or someone in your family's.)

I work on presentation. If life hands you lemons, make lemonade and serve it in a crystal pitcher! Making the table beautiful can be important but feeling good and being really healthy is much more important, and your taste buds adjust, and then you feel great. When you stop eating processed, sugary foods it takes a little while to start liking the food. If you go from Schmerling chocolate to beets with lemon at first it's just not good-tasting, but very soon it's delicious.

When you go off sugar and white flour and steaks and fried chicken, something interesting happens. You slow down inside. You calm down. You no longer have those cravings we are all so familiar with. Nobody gets out of bed at night to wolf down broccoli and quinoa in the dark.

Now that I'm eating this way, I sometimes forget to eat. Because I am eating totally differently and I'm no longer dreaming of food. We don't constantly plan where to eat out next. It's out of my head, it's not the main source of enjoyment and pleasure in my life. Now other things are.

Any other advice?

You can't be lazy about it. You must prepare ahead of time, and

make yourself the food. If you don't work for it, it won't work for you.

I like being limited; it helps me stay in control. I don't need lots of variety. I just need to like what I have in front of me. I'm not a food snob. I'm not a show-off. I just really *really* want to feel good and I want my family to be healthy. [Read Guggie's story in the plant-based feature in this issue. -Ed.]

How did your family take to the new way of cooking?

Look at it this way; the old way sure took a toll on our family. Our daughter gave away a kidney to save my husband's life which was in danger due to eating badly. I don't want that to be me needing a kidney.

I want good quality of life NOW, never mind preventing chronic disease and staying well for old age. I don't want to huff and puff from having to take a flight of stairs. I like being able to walk a few miles, no sweat.

I did this for my husband's survival. I faster expected to win the lottery than to lose weight. To my surprise, I did lose weight. That's a side effect of healthy eating.

My children did not go plant-based. My own mother thinks I've gone insane. But if you eat right and are therefore happy, healthy, and energetic, eventually the people you love may see that and come around. You can't control others but you can set a good example.

Guggie
Tzivin with
granddaughter
Mia Gaerman.

Q&A

WITH
GUGGIE
TZIVIN

on plant-based eating





Red Cabbage Steaks*

3 mini red cabbage or 1 regular red cabbage head

4-5 Tbsp. olive oil

1 Tbsp. coarse sea salt

1 tsp. freshly ground black pepper

spices such as garlic, thyme, ground mustard, red chili flakes, etc., to taste (or any of your favorite spice blends, I use Trader Joe's 21 Seasoning Salute.)

1. Preheat oven to 400 F. Line a baking sheet with parchment paper and set aside.
2. Cut the mini cabbage in half or the large cabbage head into 1 1/2 inch wheels (steaks) and arrange them on the baking sheet
3. Mix the oil, salt and pepper and the seasonings of your choice. Brush the cabbage steaks with the seasoned oil.
4. Roast for 18-20 minutes or until you notice that the outer edges are nicely crisp and the surface begins to caramelize.

For more about Guggie Tzivin, see the plant-based feature in this issue. We look forward to bringing you more recipes and photos by Guggie in future issues. Thank you, Gruný Tzivin, for your kind help. -Ed.

**Please check with your rov if you are not sure how to check vegetables for infestation.*

Baked Falafel Burgers

2 cups dried chickpeas (do NOT use canned or cooked chickpeas)

1/2 tsp. baking soda

1 cup fresh parsley leaves, stems removed

3/4 cup fresh cilantro leaves, stems removed

1/2 cup fresh dill, stems removed

1 small onion, quartered

7-8 garlic cloves, peeled

Salt to taste

1 Tbsp. ground black pepper

1 Tbsp. ground cumin

1 Tbsp. ground coriander

1 tsp. cayenne pepper, optional

1 tsp. baking powder

2 Tbsp. toasted sesame seeds

1. One day in advance, place the dried chickpeas and baking soda in a large bowl filled with water to cover the chickpeas by at least 2 inches. Soak overnight or for 18 hours (longer if the chickpeas are still hard). When ready, drain the chickpeas completely and pat them dry.
2. Add the chickpeas, herbs, onions, garlic and spices to the large bowl of a food processor fitted with an S blade. Run the food processor 40 seconds at a time until all is well combined forming the falafel mixture.
3. Transfer the falafel mixture to a container and cover tightly. Refrigerate for at least 1 hour or until ready to cook (up to one whole night).
4. Just before baking, add the baking powder and sesame seeds to the falafel mixture and stir with a spoon.
5. Scoop tablespoonfuls of the falafel mixture and form into patties 1/2 inch in thickness each. It helps to have wet hands as you form the patties.
6. Place on a lightly oiled sheet pan, and you might like to give the patties a quick brush of extra virgin olive oil before baking.
7. Bake the falafel patties in a preheated 350 degree F oven for about 15-20 minutes, turning them over midway through.
8. Serve over Israeli salad and drizzle with tahini sauce.