



FOOD DAY

OCTOBER 24, 2012

SPECIAL EDITION

Our Broken Food System: Can it be Fixed?



Food should be healthy. Affordable. And produced with care for the environment; the women and men who grow, harvest, and serve it; and farm animals. But too often, our food system puts those ideals out of reach. Our diets often cause more harm than good for ourselves and our environment, and many people don't have the money to eat a healthy diet. That's where Food Day comes in. Food Day is a nationwide celebration and a movement toward healthy, affordable, and sustainable food.

Food Day is a grassroots campaign to help solve food-related problems in our homes, on our farms, in our schools, and in our communities. Together we can build better food policies and a stronger, more united food movement.

Join the movement that's changing the way
America eats — visit FoodDay.org!

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A Celebration and a Day of Action

By Michael F. Jacobson, Founder, Food Day



On October 24th, people in every corner of America will be celebrating Food Day. It will be a time for all of us to learn about food issues and to push for healthy, affordable, and sustainable food.

America's "food system" greatly needs that kind of attention. On the one hand, there's much to celebrate: more organic foods, farmers markets popping up everywhere, the near-extinction of trans fat, low prices, and more healthful fresh and packaged foods at supermarkets. It wasn't too long ago that yogurt, tofu, and brown rice were considered exotic!

On the other hand, think of the obesity epidemic and the thousands of avoidable heart attacks, strokes, and cancers that strike each year. Think of the all-too-fre-



quent food-poisoning tragedies. Consider that many low-income people have no convenient access to produce—or the money to buy it.

Meanwhile, the huge industrial-scale farms, which garner the bulk of farm subsidies, use enormous amounts of energy

and water and pollute our land, rivers, and air with excess fertilizer and pesticides. Cattle feedlot operators and many poultry and hog farms also despoil the environment with mountains and cesspools of excrement, while housing the animals in torturous conditions. And the workers who plant and harvest much of our

fruits and vegetables or process meat and poultry endure miserable working conditions.

Many local and national groups are working hard to solve these problems, but I felt that it would benefit us tremendously to work together, building on one another's strengths—and educating everyone from kindergartners to government officials about healthy diets and smart food policies. Food Day aims to catalyze greater, faster progress by encouraging nutritionists to work with environmentalists to work with anti-hunger activists to work with food-justice advocates. My organization, the Center for Science in the Public Interest, created Food Day to advance the whole food movement.

Food Day's 2011 inaugural year was a huge success—a full-fledged national event. More than 2,300 events included a massive food festival in Savannah, GA; an Eat-in in Times Square attended by celebrity chefs, local activists, and New York's health

commissioner; and countless lectures, debates, and mayoral or gubernatorial proclamations in every corner of the country. One Alaska elementary school made the local news by conducting a blind taste test that compared local carrots with California carrots (sorry, California—they preferred the local ones by a two-to-one margin!) Some people celebrated quietly with a potluck dinner at home with friends (and maybe talked about healthy diets).

If you're participating in Food Day this year as an organizer, an event host, or by attending a Food Day event, thank you! If you're just learning about Food Day for the first time, I invite you to visit FoodDay.org (you can log in using your Facebook or Twitter account) and invite all of your friends to be a part of this movement for healthy, affordable, and sustainable food.

Jacobson is co-founder and Executive Director of the Center for Science in the Public Interest and the founder of Food Day.



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Michelle Obama: Gardener-in-Chief



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CSPI, 1220 L Street, NW, Suite 300, Washington, DC 20005

202-332-9110 | cspinet.org

In April of 2009, just several months after moving into the White House, first lady Michelle Obama recruited a classroom of Washington, DC fifth-graders to help tear up a plot of turf and plant the White House Kitchen Garden. Since then, tomatoes, lettuce, peas, spinach, broccoli, kale, and other produce from the garden has been served at everyday family meals as well as at state dinners. The South Lawn even sports a beehive, which pollinates the garden and provides honey used as a gift for visiting G20 spouses as well as in a home-brewed Honey Ale. But besides being a source of food, the White House garden serves as a focal point for the First Lady's advocacy work around healthy eating and childhood obesity.

"When I first arrived in Washington, I wasn't even sure that we could plant a garden," the First



Lady writes in *American Grown: The Story of the White House Garden and Gardens Across America* (Crown, 2012, \$30)

"I didn't know whether we

would be allowed to change the landscaping on the White House grounds, or whether the soil would be fertile enough, or whether there would be enough

sunlight. And I had hardly any gardening experience, so I didn't even really know how to go about planting a garden in the first place. But one thing I did know was that I wanted this garden to be more than just a plot of land growing vegetables on the White House lawn. I wanted it to be the starting point for something bigger. As both a mother and a First Lady, I was alarmed by reports of skyrocketing childhood obesity rates and the dire consequences for our children's health. And I hoped this garden would help begin a conversation about this issue—a conversation about the food we eat, the lives we lead, and how all of that affects our children."

American Grown was published in May, with proceeds going to the National Park Foundation in support of its gardening promotion programs.

Pour One Out: Dumping Soda



Some families, workplaces, and schools are celebrating Food Day by staging Pour One Out events and sharing their videos or still photos on social media. Sugary drinks are the single biggest source of calories in the average American diet and promote obesity, diabetes, tooth decay, and other health problems.

Policymakers are increasingly seeking to reduce problems caused by soda pop and other sugary drinks. New York City has set a limit of 16 ounces for soft drinks at restaurants and movie theaters. (KFC has been selling 64-ounce—half gallon—drinks!) On Election Day, voters in Richmond, California, will decide whether or not to adopt a tax on

“Big corporations that sell sugary drinks are profiting while our kids grow sick and overweight.”

— Actor Danny Glover

sugary drinks—something that would raise desperately needed revenue and help decrease consumption of these nutritionally worthless products.

“I come from a basic family of working-class people who worked very hard and had solid values,” said actor and activist Danny Glover, who supports the soda tax in Richmond. “It’s important for people of color to link up with issues around food security, health, and the environment. Big corporations that sell sugary drinks are profiting while our kids grow sick and overweight.”



Going Organic: What’s the Payoff?

Interview with Charles Benbrook, chief scientist of the Organic Center



Sales of organic foods are growing by 10 to 20 percent each year in the United States. More than 10 percent of fruits and vegetables sold are now organic. By any measure, organic foods are starting to enter the mainstream American diet.

And with good reason. Organic produce often has higher levels of potentially healthy compounds. And organic farms may fare better in droughts, don’t use synthetic fertilizers that contaminate groundwater, and are more hospitable to critical pollinators like bees and butterflies.

If you’re trying to reduce your exposure to pesticide residues, “the data show that’s what you get when you buy organic foods,” says organics expert Charles Benbrook, a research professor at Washington State University’s Center for Sustaining Agriculture and Natural Resources in Pullman. He has served as executive director of the Board on Agriculture of the National Academy of Sciences and as chief science consultant for The Organic Center, a research and educational organization. Benbrook spoke to *Nutrition Action*’s David Schardt by phone from Troy, Oregon.

Q: Do organic foods have higher levels of nutrients and phytochemicals?

A: Yes. In about 60 percent of the studies, organic food is higher in some nutrients than conventionally produced food. About 30 to 35 percent of the time, there’s no statistical difference, and in 5 to 10 percent of the studies, the nutrient levels are higher in the conventional food. That’s based on studies that compare the same varieties of fruits and vegetables grown in similar locations, which is the ideal way to do these comparisons.

In a recent Stanford University review—which claimed that organic produce isn’t more nutritious than conventional—only half the studies were done that way.

Q: How much higher are the levels in organic foods?

A: Generally about 5 to 15 percent, but they can be 30 or even 100 percent higher. In a two-year study of tomatoes purchased in Barcelona markets published this spring, organic tomatoes had twice the level of some polyphenols as conventionally grown tomatoes. Polyphenols are antioxidants and may be one of the main reasons fruits and vegetables are healthy for us.

Q: Why do organically grown plants have more beneficial compounds?

A: The two key factors are the stronger natural defenses of organic plants and a dilution effect in conventional plants. Plants in

an organic field have to fend off a range of insects, so their natural defense mechanisms are turned on earlier and more fully manifest themselves. As a result, they have higher concentrations of defensive compounds that may keep us healthier.

Q: And the dilution effect?

A: If you keep putting on more and more nitrogen fertilizer the way conventional farms do, you drive yields up and produce bigger plants. But this dilutes the plants’ levels of vitamins, minerals, and polyphenols.

For example, in the fall, you see beautiful, huge apples in stores that are incredibly juicy and very sweet. Those apples were grown in conventional orchards where farmers have pushed up yields and pushed up sugar concentrations by using a lot of nitrogen and irrigation water.

The trees have to do something with the extra nutrients, and the easiest thing is to convert them into sugars. These apples are juicy and sweet, yes, but the concentration of vitamins, minerals, and phytonutrients in them goes down. That’s a classic example of the dilution effect.

Q: Does that affect shelf life?

A: Yes. Take apples. Organic apples store longer, and this has been shown all over the world. It’s because they’ve got a higher concentration of antibacterial phenolic acids right under their skin, which helps to retard the growth of molds and bacteria that lead to spoilage.

Conventionally grown apples have diluted levels of these natural antibacterial antioxidants. Plus their extra nitrogen and sugar is exactly what spoilage bacteria and molds need to grow.

Q: What about contaminants that cause food poisoning?

A: Both organic and conventional foods can be a source of food poisoning outbreaks. However, in an organic system, there’s a much higher level of microbial biodiversity, so there are more naturally beneficial microbes in the system and soil.

Studies show that when you introduce pathogens into an organic system, they often don’t survive very long because the biologically rich community of organisms that’s naturally there either competes effectively with them or uses them for lunch.

Q: Are organic foods pesticide-free?

A: No. Although organic foods are grown without the use of synthetic pesticides, they can pick up traces blown in the air from conventional farms or from water or packing materials in processing plants.

Q: Are pesticide levels on organic produce much lower than conventional?

A: Yes, but if you measure the difference only in terms of the number of residues found, it’s not nearly as dramatic as when you take into account the levels of the pesticides found and how toxic they are.

We developed and computed a Dietary Risk Index, or DRI, for the residues found in conventional versus organic strawberries, apples, grapes, blueberries, nectarines, pears, and peaches grown in the U.S. The conventional fruit’s DRI averaged 24, while the organic fruit’s DRI was only 3. That’s impressive.

Since most consumers first seek out organic food to reduce pesticide risks, this shows that people get what they pay for.

Enter the Pour One Out Contest by November 7 and you could win up to \$1000! For full contest details, visit our website: <http://cspinet.org/liquidcandy/pouroneout.html>

Great City and State Food Policies:

Does yours already have them?

States have been called “the laboratories of democracy,” because they provide an opportunity to test-drive policies before they go national. And now with Washington seeming perpetually gridlocked, state and local policies may play an even greater role in exploring new food policies. Here’s a sampling of such policies.

• Seattle created zoning and permitting processes to promote urban agriculture; the goal is to have “one dedicated community garden for each 2,500 households.”

• In 2011, San Francisco’s Board of Supervisors passed an urban agricultural zoning policy to encourage edible gardening and urban farming.

• Oregon, Michigan, Vermont, Maine, and other states have “bottle bills” that impose a small deposit (typically 5 cents) on containers to encourage recycling.

• Iowa imposes small taxes and fees on pesticides and fertilizer and uses some of the revenues to fund the Leopold Center for Sustainable Agriculture.

• Pennsylvania’s Fresh Food Financing Initiative provides grants and loans to bring fresh-food retailers into food deserts.

• Boston prohibits the sale of sugary drinks on city property.

• California, New York City, Philadelphia, and other jurisdictions require chain restaurants to list calories on menus and menu boards (a federal law is waiting to be implemented).

• St. Louis, Las Vegas, Los Angeles County, and New York City require restaurants to post their inspection grades (“A,” “B,” etc.) in their windows.

• California, New York, Chicago, and about 30 other jurisdictions levy a sales or other tax on soft drinks, but no other packaged foods.

• Baltimore expedited the installation of Electronic Benefits Transfer (EBT) machines at farmers markets to enable people to use food stamps.

• New York City and other cities and states have facilitated bonuses for using food stamps to buy fruits and vegetables at farmers’ markets and encouraged “green carts” in poor neighborhoods.
• New York City mandates more nutritious foods, increased physical activity time, and limited screen time in group child care.

• Los Angeles schools have been planning new procurement approaches that consider the environment and farm worker justice.

• Florida, California, and other states passed laws to require that pigs and layer hens are raised in humane ways.

Take the Food Day Challenge!

Besides being a celebration of healthy, affordable, and sustainable food, Food Day is a day of action. While activists around the country will be using Food Day to call for better food policies, Food Day can be observed in any number of smaller, personal ways.

Take the Food Day challenge by incorporating as many of these ideas as you can into your lifestyle.

• Drink water instead of soda and make that a habit.

- Cook at least one more meal at home per week using a healthy new recipe.
- Buy fruits and vegetables that are in season—they have more nutrients and may be cheaper.
- Choose cage-free eggs—the hens have happier lives.
- Start a windowsill garden—even a basil plant will do.
- Check your fridge and cupboards and throw out the sugary, salty foods.
- Skip a muffin; it would take a 45-minute run to burn off the 400 calories.

- Do some or most of your shopping at your local farmers market.
- Pack a healthy lunch instead of eating out.
- Read more Nutrition Facts labels, looking especially at calories, sodium, and portion size.
- Try whole grain bread, pasta, and rice, which are more nutritious than their white counterparts.

The Past and Future of Food

In the past 40 years, the ways our food is produced, distributed, and eaten have changed enormously. For instance:



While only 1 percent of American households had a microwave in 1970, today the appliance is included in more than 95 percent of American kitchens.

Forty years ago, people laughed at organic and sustainable farming and foods, but these ideas have now spread from the Rodale farm in Emmaus, PA, to mainstream supermarkets. The sustainable agriculture movement is now a vibrant, national phenomenon.

We're eating out much more, and that has often meant larger portions of junkier foods ... and has contributed (along with packaged foods and the disappearance of home economics classes) to the loss of cooking skills in the general public.

In 1970, the Big Mac had just been born (now 540 calories),

Only 1 percent of American households had a microwave in 1970.

but has now been dwarfed by such giants as McDonald's Angus Bacon & Cheese Sandwich (790 calories), Wendy's Triple w/Everything and Cheese (1030 calories), and the Cheesecake Factory's Farmhouse Cheeseburger (upwards of 1,500 calories).

1,500: approximate calorie content in the Cheesecake Factory's Farmhouse Cheeseburger.

40 years ago, few food labels had nutrition information, but since 1993 Nutrition Facts labels have been required on almost all packaged foods. Soon, calories will be required on menus at chain restaurants.

Dietary supplements were obscure products in 1970, but now Americans buy about \$30 billion worth of them annually, as the sale of herbal, protein, vitamin, and other supplements has exploded. Most of the products are worthless.

Partially hydrogenated oils were everywhere—but in

80 percent more food is imported now than was the case 40 years ago.

the 1990s they were found to contain the most harmful fat of all—trans fat. Amazingly, most artificial trans fat has been eliminated, saving thousands of lives a year.

Veggie burgers were rare and tasteless, but today a convenient mainstay in many diets. It's become a lot easier to find healthful convenience foods.

Far more fruits, vegetables, seafood (80 percent or so), and other products are imported now than was the case 40 years ago.

Soooo, what do you think Americans will be eating 40 years from now, in the year 2052?



Will most fruits and vegetables be grown on small farms near cities...or will they be imported from Mexico and Angola?

Will any crops, or most crops (even organic ones), start with genetically modified seeds?

Will we be eating mostly fresh, unprocessed food, or will shelf-stable prepared meals be delivered daily to our door, or will we be swallowing pills containing most of the necessary nutrients (along with drugs to treat or prevent heart disease, diabetes, and obesity)?

Will we still be buying

most of our groceries from Walmart, Safeway, and other giant supermarket chains; or will they be broken into smaller companies by state attorneys general; or will they have morphed from physical stores into websites that take orders and send hot, prepared foods to your doorstep?

Will new homes even have kitchens?

In 2052, will grocery stores have morphed into websites that take orders and send meals to our doorsteps?



Food Day's 5 National Objectives

Food Day's national priorities address overarching concerns within the food system and provide common ground for building the food movement. We aim to:

1 Promote safer, healthier diets.

The foods we eat should improve, not undermine, our good health. Yet, every year we spend around \$150 billion on direct and indirect diet-related health-care costs.

- 80 percent of children do not eat the recommended five or more servings of fruit or vegetables each day.

- About two-thirds of American adults and one-third of children are pre-obese or obese.

- Poor diet and lack of physical activity account for about 300,000 deaths per year.

- About 46 percent of Americans' added-sugar intake comes from sugary drinks.

- One-third of children born after 2000 will likely develop diabetes in their lifetimes. If current

diabetes trends continue, this generation of kids is expected to live shorter lives than their parents.

The healthiest diets include plenty of fruits and veggies, whole grains, beans and nuts, and low-fat animal foods.

2 Support sustainable and organic farms.

Sustainable farms are those that not only provide food for today, but for many generations into the future. Many farmers employ practices that greatly protect the environment, but many others fail to rotate crops, over-use fertilizer that pollutes waterways, use pesticides that are toxic to wildlife and farm workers, and farm on fragile erodible land.

- Nitrogen and phosphorus runoff from synthetic fertilizers used on farms in the upper Midwest leads to an annual "dead zone" in the Gulf of Mexico. In 2011,

the dead zone was as large as the states of Rhode Island and Delaware combined. That has serious long-term consequences for the unique aquacultures and the local seafood economy.

- Sustainable and organic farming practices help reduce water and air pollution, increase organic material in soil, and make for healthier farm animals and communities.

- Of the roughly \$16 billion a year the federal government spends on farm subsidies, 74 percent goes to the largest 10 percent of farms, many of which devote too little attention to protecting the environment.

3 Reduce hunger.

Currently, around 50 million Americans are considered "food insecure," or near hunger, and SNAP (food stamp) participation is at an all-time high. The highly effective SNAP program is vital to reducing hunger in the United States, particularly among children, but the program's budget is under constant attack while federal measures to increase food access are minimal.

- The average SNAP (food stamp) benefit is just \$4.30 per person each day. That's barely enough to put decent meals on the table.

- About 11 percent of the poorest Americans without cars live in "food deserts"—where one-third or more of the residents are beyond walking distance to the nearest grocery store.

- In 2010, 20 percent of U.S. households with children reported food insecurity compared to 12 percent of households without children.

- In 2009, 3.4 million (8.9 percent) U.S. seniors 65 or older lived in poverty.

- Some health officials have urged that SNAP be made nutrition-oriented by giving discounts on purchases of produce and making sugary drinks ineligible for purchase.



4 Reform factory farms.

Concentrated Animal Feeding Operations (CAFOs) typically require huge amounts of feed grains laced with antibiotics used in human medicine and generate huge amounts of foul-smelling manure. That contributes to the problem of antibiotic-resistant, disease-causing bacteria and leads to air and water pollution. Moreover, the CAFOs confine poultry, pigs, and cattle in filthy, crowded, inhumane conditions.

- A single concentrated CAFO might house well over a million hens or 50,000 cattle and produce as much waste as a good-sized city.

- Only nine states have laws mandating that some farm animals be given enough room to stand up, sit down, turn around, and extend their limbs.

- Overcrowding on CAFOs requires some farmers to feed medically important antibiotics to animals.

- On average, about 1/3 of a pound of fertilizer, 1,900 gallons of water, and seven pounds of grain are required to produce one pound of grain-fed beef.

- Agricultural practices are responsible for 70 percent of all pollution in U.S. rivers and streams.

5 Support fair working conditions.

Food and farm workers are some of the most marginalized in the United States. Many farm workers earn well below poverty levels, are forced to work when ill or

lose their jobs, have no access to health care, and are exposed to poisonous chemicals on a daily basis.

- The average annual income for crop workers is between \$10,000 and \$12,499 for individuals and \$15,000 and \$17,499 for families.

- Many farm workers are exposed to chemical pesticides that have been linked to birth defects, Alzheimer's disease, diabetes, cancer, and reproductive problems.

- The farm workers around Immokalee, Florida, are some of the most marginalized in the country. Since 1997, federal civil-rights officials have successfully prosecuted seven slavery(!) operations involving over 1,000 workers in Florida's tomato fields and orange groves.

- Almost 90 percent of restaurant workers don't receive a single paid sick day per year. Because of that, two-thirds of those workers report cooking, preparing, or serving food while sick—which is not healthy for the workers or diners.

- The current federal minimum wage for someone who earns tips is \$2.13/hour and has not been increased for the last 20 years (though some states have higher rates). Partly because of that, waiters and waitresses have three times the poverty rate of the rest of the U.S. workforce.



Photo: © Chepko Danil - Fotolia.com (lower left); ORV (upper right).

**It's time
to Eat
Real!**

www.FoodDay.org

Want to Eat a Perfect Diet?

Adapted from the July/August 2012 issue of Nutrition Action Healthletter, By Bonnie Liebman & Kate Sherwood

While there's actually not just one perfect diet—humans are remarkably adaptable to different diets in different parts of the world—here's one diet that's terrific. It's not vegetarian, but will have you eating gobs of fruits and veggies. Vegetarians can adapt it by substituting tofu for the chicken or fish. This is designed for someone who

needs 2,100 calories a day. (It may look skimpy if you typically eat more.) It is low in saturated fat, added sugars, and salt but high in potassium, magnesium, and fiber. Grains are limited to leave room for more fruits and vegetables. Choose locally and organically grown when you can.



BREAKFAST

Whole-grain cereal served with banana and a sprinkling of nuts plus a cup of fat-free milk (shown here in a glass). Add a second serving of seasonal fruit. Unsweetened coffee or tea (not shown) is unlimited.

LUNCH & AFTERNOON SNACK
A grilled chicken salad includes a generous serving of greens plus tomato, avocado slices, nuts, and onion, dressed with creamy Parmesan and served with a whole-grain roll. Snack on fruit or veggies if you want an afternoon snack or an appetizer before dinner.



DINNER & EVENING SNACK

Grilled salmon with sautéed vegetables seasoned with teriyaki sauce and a side of brown rice. Dessert is two petite cookies. Snack on a cup of fat-free plain yogurt garnished with berries and toasted sliced almonds after dinner (or any time of day). We used the day's "wild card" (see below) for the salmon, a second serving from the Poultry, Fish, & Meat group.

A DAY'S FOOD

Below are the OmniHeart study's targets for a day's worth of food. The nutrient targets for a 2,100-calorie diet are: *sat fat*—no more than 14 grams; *protein*—105 grams; *fiber*—at least 30 grams; *potassium*—4,700 mg; *magnesium*—500 mg; *calcium*—1,200 mg; *sodium*—no more than 2,300 mg; *cholesterol*—no more than 150 mg. Our day's worth of food (pictured above) roughly matches those targets.

Vegetables & Fruit

11 servings per day
What's 1 serving?
½ cup cooked vegetables
½ cup raw vegetables
1 cup salad greens
1 piece fruit
½ cup fresh fruit
¼ cup dried fruit

Grains

4 servings per day
What's 1 serving?
1 slice bread
½ cup cereal, pasta, or rice
Low-Fat Dairy
2 servings per day
What's 1 serving?
1 cup milk or yogurt
1½ oz. cheese

Legumes & Nuts

2 servings per day
What's 1 serving?
¼ cup nuts
½ cup cooked beans
4 oz. tofu
Poultry, Fish, & Meat
1 serving per day
What's 1 serving?
¼ lb. cooked

Oils & Fats

2 servings per day
What's 1 serving?
1 Tbs. oil
1 Tbs. margarine or mayo
Desserts & Sweets
2 servings per day
What's 1 serving?
1 small cookie
1 tsp. sugar

Wild Card

1 serving per day of Poultry, Fish, & Meat or Desserts & Sweets or Oils & Fats or Grains

Delicious Recipes

What would Food Day be without great, healthy food? We've asked some of America's leading chefs and cookbook authors to contribute easy, nutritious recipes in which fresh vegetables or hearty whole grains take center stage. You can find these and recipes from Dan Barber, Rick Bayless, Emeril Lagasse, Nina Simonds, and others at foodday.org/recipes.

QUICK TOSTADOS*

Adapted from *Mexican Everyday*

by Rick Bayless

Makes 6 servings

- 1 tablespoon canola oil
- 2 cloves garlic, minced
- 2 15-ounce cans no-salt-added black beans
- ¼ teaspoon kosher salt
- 2 cups cooked shredded chicken breast or diced smoked tofu
- 6 cups shredded romaine
- ¼ cup low-fat sour cream
- 2 tablespoons Mexican hot sauce
- 12 tostados
- 1 avocado, diced
- ½ cup grated Mexican cheese (queso anejo or blanco)
- ½ cup chopped cilantro

1. Heat the oil in a medium skillet over medium heat. Add the garlic and stir for about a minute. Then add the beans with their liquid. Mash the beans with a potato masher or the back of a spoon until you have a coarse puree, then cook, stirring regularly, until the beans are thickened just enough to hold their shape in a spoon, about 10 minutes. Taste and add up to ¼ teaspoon salt.

2. Place the romaine in a large bowl. Mix together the sour cream and hot sauce. Drizzle over the romaine and toss to combine.

3. Spread each tostado with a portion of beans. Top with chicken and lettuce. Dot with avocado. Sprinkle with cheese and cilantro. Serve right away with more hot sauce for doctoring.

Per Serving: Calories 420; Fat 18 g; Sat Fat 4 g; Protein 24 g; Carbs 42 g; Fiber 12 g; Cholesterol 40 mg; Sodium 430 mg.

*Tostados are flat, crisp-fried corn tortillas.

SHREDDED TUSCAN KALE, TOMATO, & AVOCADO SALAD

Adapted from *Fresh and Fast Vegetarian*

by Marie Simmons

Makes 4 servings

SALAD

- 1 small bunch (about 10 ounces) Tuscan kale,* washed and dried
- 2 tablespoons fresh lime juice
- 1 tablespoon extra-virgin olive oil
- ⅛ teaspoon coarse salt

SALSA

- 1 avocado, halved, pitted, peeled and cut into ¼-inch dice
- 1 ripe tomato, cut into ¼-inch dice with seeds and juice
- ½ cup diced (¼ inch) red onion
- 1 teaspoon finely chopped seeded jalapeño pepper, plus more to taste
- 1 small garlic clove, grated
- 1 tablespoon lime juice
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon coarse salt
- ¼ cup unsalted roasted pepitas (pumpkin seeds) or roasted sunflower seeds

1. To prepare the kale, cut along both sides of the stem of each leaf with a sharp knife or pull the ruffled leaves away from the stems with your hands. Discard the stems. Gather a bunch of the long kale leaves together on the cutting board and slice into thin (⅛-inch) cross-wise slices. You should have 4 to 6 cups lightly packed.

2. Combine the kale, lime juice, oil, and salt in a large bowl. Rub the ingredients together with your hands (as though giving the kale a massage) until the leaves wilt, 1 to 2 minutes. Set aside.

3. To make the salsa: Combine the avocado, tomato, red onion, jalapeño, garlic, lime juice, oil, and salt and stir to blend.

4. Add the salsa to the kale and toss to combine. Sprinkle the salad with the pepitas. Serve at room temperature.

Per Serving: Calories 240; Total Fat 19 g; Sat Fat 3 g; Protein 6 g; Carbs 16 g; Fiber 6 g; Cholesterol 0 mg; Sodium 220 mg.

*Tuscan kale is also known as lacinato kale, black kale, and dinosaur kale.



Cookbook author Ellie Krieger served up this Autumn Vegetable Curry at the inaugural Food Day "Eat In" in Times Square.

BAKED PUMPKIN-ORANGE CUSTARD

Adapted from *Food Matters Cookbook* by Mark Bittman

Makes 6-8 servings

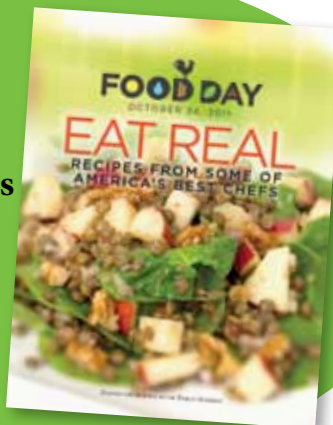
- 2 tablespoons unsalted butter, melted, plus more for greasing the pan
- 2 eggs
- ¾ cup brown sugar
- 12 ounces soft silken tofu
- 3 cups (two 15-ounce cans) puréed pumpkin (unsweetened and unseasoned)
- ½ teaspoon cinnamon, or more to taste
- ¼ teaspoon nutmeg
- ¼ teaspoon allspice
- Grated zest and juice of 1 orange
- Pinch of salt

1. Heat the oven to 350°F. Grease an 8- or 9-inch square pan or pie plate with a little butter. Use an electric mixer or a whisk to beat the eggs and sugar in a large bowl until light. Add the tofu and beat until smooth, a minute or 2 longer.

2. Add the 2 tablespoons melted butter and remaining ingredients and beat until everything is thoroughly combined. Pour the mixture into the prepared pan and bake until set around the edges but still a little jiggly at the center, about 1 hour. Let cool completely before serving, or refrigerate for up to a day and serve cold.

Per Serving (for ⅓ of the custard): Calories 180; Fat 5 g; Sat Fat 2.5 g; Protein 5 g; Carbs 30 g; Fiber 3 g; Cholesterol 55 mg; Sodium 30 mg.

See more healthy, delicious meal ideas from America's best chefs at FoodDay.org/recipes!



Do You Eat Real? Take the Eat Real Quiz!

How does your diet rate? How about your friends' diets? The new Eat Real Quiz at FoodDay.org invites carnivores, vegetarians, flexitarians and eaters of all stripes to score their diets' impact on their health, the environment, and farm animals—and to share their results on Facebook or Twitter. Find it at FoodDay.org/quiz.

Food Day is a day to push for better food policies at all levels of government, as well as an opportunity to improve the way we eat individually. The Eat Real Quiz aims to point people in a healthier direction, and in a way that benefits the earth and farm animals. Getting from a 'C' to a 'B' might mean eating more fruit, cutting back on cheese, or elimi-

nating sugary drinks. And you might be surprised to find out how your consumption of meat impacts your environmental score. If the mostly plant-based recipes on this page look good to you, see more at FoodDay.org/recipes.

Sharing your results on social media is a great way to spread the Food Day message!