

November 2019

the EATATORIAL

*a Monthly Food and Nutrition Publication
by the Student Dietetic Association of Cal State L.A.*

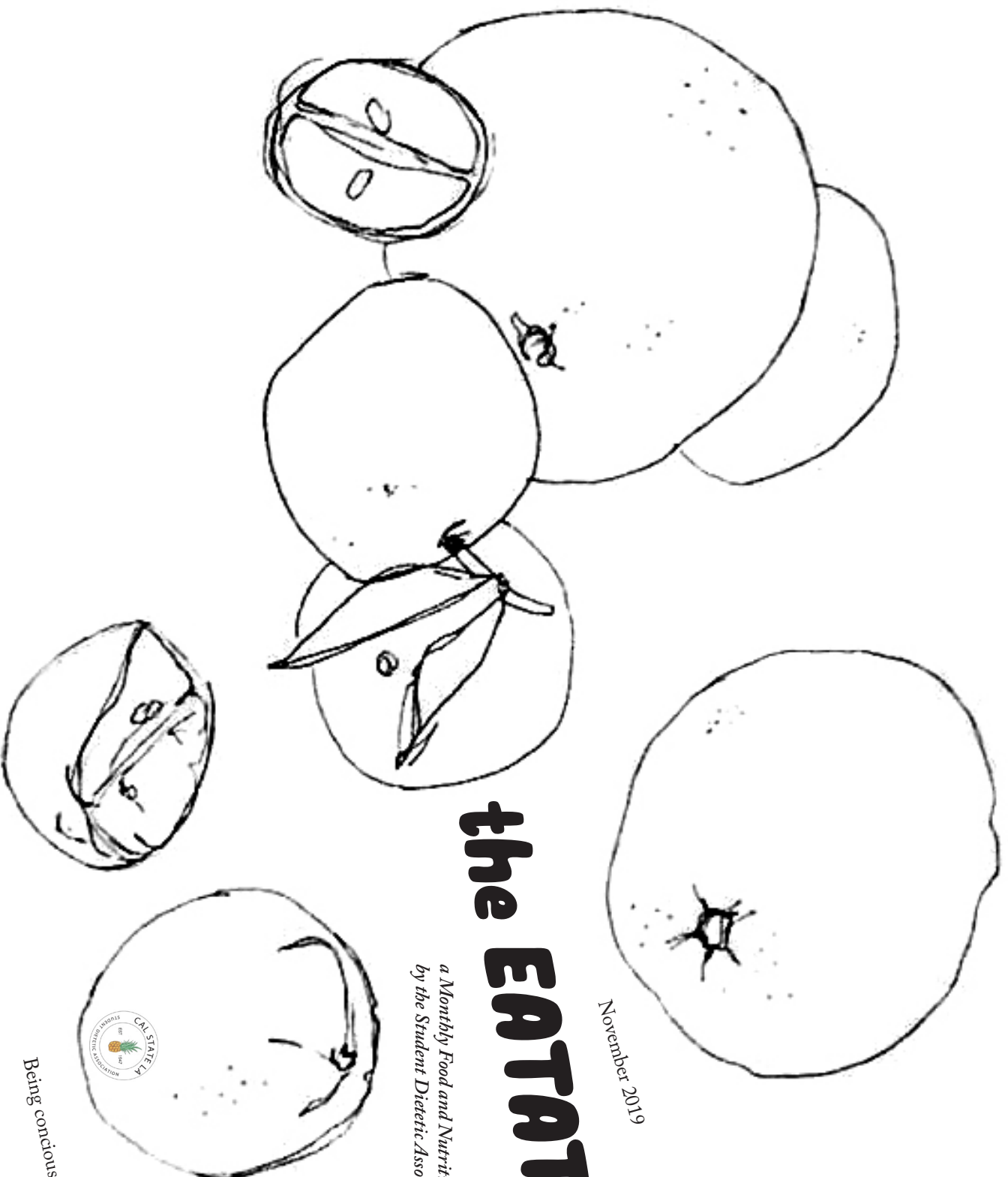
Fall recipes!

Two new board members!

Gluten-free tool kit

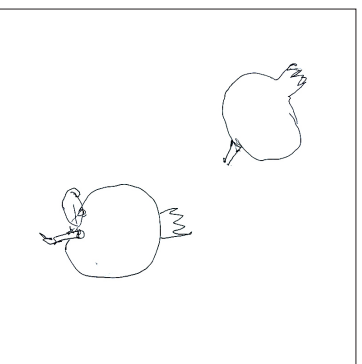
Farmer's market report!

Being concious about food waste



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Pomegranates meeting for the first time

STAY IN TOUCH

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All articles written by Cal State LA nutrition students
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i the Eatatorial, November 2019



BUCKWHEAT PEANUT BUTTER COOKIES

A TRADITIONAL
PEANUT BUTTER COOKIE
WITH A TWIST

Recipe by Jesse Ibarra

This simple recipe is a great way to incorporate fiber to your diet while reducing the amount of saturated fats in a typical peanut butter cookie. These cookies can be enjoyed in the morning, as a snack, for a post workout out, or on the go. The recipe can also be modified to fit the Low FODMAP diet criteria. Ingredients for the diet will be mentioned below.

Servings: 12, serving size: 2 cookies

Prep time: 15 minutes

Bake time: 15 minutes

Ingredients:

- 2 eggs
- ¼ cup brown sugar
- 1 ½ cups of natural peanut butter (make sure there are no other ingredients added, just roasted peanuts, and salt for suitable for FODMAP).
- 1 cup of Greek God's Greek Probiotic Nonfat yogurt (or lactose-free if required)
- 1 cup of buckwheat flour

Directions:

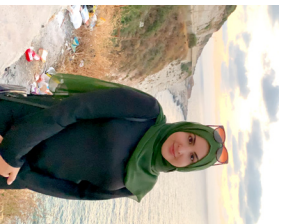
- 1. Preheat oven to 350 degrees Fahrenheit and prepare a sheet pan with parchment paper.
- 2. In a mixing bowl, blend eggs and brown sugar. Add peanut butter and Greek God's yogurt and stir until smooth.
- 3. Add the buckwheat flour and stir until well incorporated.
- 4. Scoop one tablespoon of batter onto sheet pan, placing each cookie about two inches apart. To add pattern, place a fork into cold water and flatten each mound of cookie dough using a crisscross pattern.
- 5. Bake for about 15 minutes, or until edges begin to slightly brown. Remove cookies with a spatula and cool on a wire rack.

NOTES / DOOBLES / PHILOSOPHICAL PONDERINGS

IDEAS FOR NEXT SEMESTER - EVENTS, INITIATIVES, PROJECTS

*HEALTHY SNACK STAND IDEAS -
- WHAT DO I WANT TO TEACH THE CAL STATE LA STUDENTS
ABOUT NUTRITION?
- WHAT COULD WE SELL?
- WHAT KIND OF EDUCATIONAL MATERIALS COULD WE
DISTRIBUTE?*

A FEW NEW AWESOME NEW BOARD MEMBERS



Najme Saleh is the newest treasurer, with a junior standing in receiving her bachelors in Nutritional Science. She wishes to achieve her Masters in nutritional science and start working as a clinical dietitian in hospitals. Najme comes from a middle eastern family, where her culture is big on cooking and healing foods, explaining her passion for nutrition. She believes that the SDA will help her learn about different cultures that can help her create new healthy ethnicity-mixed recipes such as a falafel burger or burrito. Her favorite activities include going to the beach, hiking during sunrise and of course trying all the new restaurants.



Priscilla Vega is a Junior at CSULA and majoring in Nutritional Science. The vastness of the field is exciting to her, as she strives to become a Nurse Practitioner and apply the benefits nutrition can have on overall health. She enjoys indulging in the cuisines that are offered in and around LA, and has an interest in holistic health. She is excited to gather knowledge on anything and everything in order to provide the same knowledge to anyone else and spare them the hardships. Additional hobbies include watching anime, bike riding, going to Disneyland, and sharing philosophies with her brother for hours.

A Letter From The Editor
Hello friends,

It's almost Thanksgiving, and we almost have an entire week off.

Congratulations, we're so close.

This is the third issue of the Eatorial under my editorship and while it's been a busy and rocky start getting our team assembled, things are looking up, and we're stoked to have Najme Saleh and Priscilla Vega on board. They've got a ton of great ideas, and are both highly poised to bring you more events, a buffed out healthy snack stand, etc. We, of course, desperately miss our very dedicated Hannah, but luckily she's gotten involved in a ton of other ways, so everyone is on the up and up.

This month's issue has a gluten free vibe—rather unintentionally actually, but as humans of the 21st century living in Los Angeles, the topic continuously re-presents itself, so we might as well have a good tool kit. Nicole Pimentel gives great information on what exactly to look for—all the surreptitious ways gluten appears in our processed food, plus eating out and cooking tips when you're trying to avoid it. And she and Jesse Ibarra each contributed a recipe—both of which also just happen to be gluten free.

Jesse's recipe calls for buckwheat flour. Buckwheat, despite it's very confusing name, actually isn't a wheat and has no gluten. Wheats are grasses from which we harvest grain (where gluten is found), and buckwheat is a plant who's glutenless

seeds we culinarily cultivate for flour. When cooked or baked with, it lends a nutty, earthy flavor.

In the garden, buckwheat is a phosphorous and nitrogen fixer—an excellent cover crop, especially after soil nutrient-depleting plants like tomatoes or squash. It pulls phosphorus up from deep in the soil and stores it in its leaves. After it's been cultivated for it's seeds, you mow it down, or in my case, prune it at the base, chop it up and work it back into the soil. It slowly breaks down and restores the phosphorus back into the soil for the next plants to use. It's brilliant, really.

Anyway, as we imagine the next future months and how many hoards of meals we'll make over the holidays with our friends and family, knowing how to not totally overdo it is key. Holidays are a supreme time for excess (maybe yours aren't?), they create a bunch of waste (so many parties, so many uneaten pies), both with left overs and with things you ought to be composting. Christina enlightens us when it comes to food waste, and offers some great ways to be mindful.

I wish you all the smoothest of weeks, the most restful of breaks, the inspiredst of final project execution. May you all gather around warm tables with the most delicious of food that brings you joy and nostalgia, with the grandest of friends, and easy-goingist of families. And may you joyfully overeat.

In Solidarity, Until Next Year,
Alicia Papanek

IMPACTS OF FOOD WASTE AND WHAT YOU CAN DO TO HELP THE CAUSE

BY CHRISTINA ARMENDARIZ

Why is one-third of the food that is produced wasted if 1 in 9 people around the world do not have enough food to live a healthy life? According to the CDC, 31% of food waste comes from consumers (you and me) and retail businesses (restaurants and grocery stores). According to the Food Waste Foundation, poor nutrition causes 45% of deaths in children under five years old.

Environmental Impacts

Food waste also has environmental impacts that contribute to methane productions. When excess food is thrown in the trash, it eventually makes its way to a landfill. As food sits in a landfill under the hot sun, it produces methane, which traps heat and contributes to climate change. Composting is a great way to give your waste a purpose, but it needs to be done correctly. Soil is produced from composting waste and is used to help grow plants, which encourages the growth of beneficial bacteria. Composting at home reduces methane production, and the product can be used to grow your vegetables. If you are interested in learning how to compost at home, there are great resources online, plus, often the farmers markets in Los Angeles will host workshops.

Food Waste and Agriculture

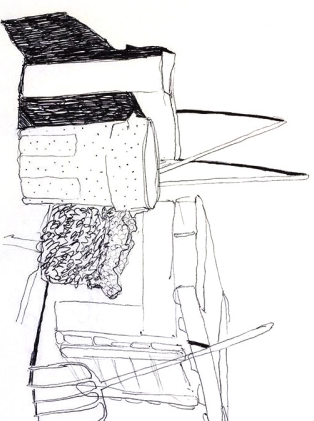
According to the CDC, we use 80% water, 10% of our available energy, and half of our land to produce food for one year. This indicates that not only is 31% of food wasted but that water, energy, land, and workforce is also wasted.

If none of these facts are appalling to you maybe this one will be...

**\$165 billion of food gets
thrown away annually.**

What can you do?

We can't ship our leftovers to a third world country to solve food waste, but we can address food waste by being conscious of how we treat the food we purchase.



@ingoodhealth

Reduce Fridge Clutter!

When your fridge is cluttered you may not notice the yogurt that was pushed to the back of the fridge

Being able to see all that is in the fridge will give you a better idea of what needs to be used up!

Remember, out of sight out of mind!

Shop Smart!

Shop smart! Write a grocery list & only buy what you need for the week!

Make frequent trips to the grocery store to avoid over buying vs. buying in bulk

Make a point to use up all your produce before going back to the grocery store

Take Your Leftovers!

When eating out ask your server how big their portion sizes are & share your plate if you can!

If you can't finish your meal take it to go & eat it later or the next day

Pay it forward, and give your leftovers to a homeless person you may see on the streets



HEALTHY SNACK STAND

UPCOMING

NOVEMBER 19, 2019
11:00 AM - 1:30 PM
Library North Main Walkway

GET INVOLVED!

e-mail

Priscilla:

scillav1534@gmail.com

or

Najme:

nsaleh4@calstatela.edu



Rachel Reidy & Estefania Ramos work the November 7, 2019 Healthy Snack Stand
Yes, we know we spelled “Dietetic” incorrectly. It was a long night, OK?

The Gluten Free Diet: A Cure for Intestinal Discomfort

by Nicole Pimentel

Do you suffer from abdominal pain, gas, and diarrhea? Do gluten containing foods trigger these symptoms? As the safest treatment for patients with celiac disease and other gluten-related disorders, it is also one of the most popular diets followed by the general population and patients affected with other clinical conditions. Removing gluten from your diet doesn't necessarily mean removing your favorite foods. Pizza, spaghetti, and donuts can still provide enjoyment without intestinal discomfort through simple modifications.

This article will give you three techniques on how to enjoy your favorite foods on the gluten free diet. You will learn how to decode nutrition labels to identify hidden sources of gluten, how to dine out on a gluten free diet, and how to make your favorite meals gluten free at home.

First, let's talk about decoding nutrition labels to recognize sneaky sources of gluten. Symptoms improve or disappear with the removal of gluten from the diet, but before we can avoid it, we need to first define it. The Celiac Disease Foundation defines gluten as a general name for the proteins found in wheat, rye, and barley. Unfortunately, food labels don't include the word "gluten" in their list of ingredients, and often they don't use the words "wheat", "barley",

or "rye" either, so we need to take on the role of detective. Terms like bulgur, malt, and couscous all mean gluten. Refer to the tables for reference lists of terms and ingredients to avoid.

Now let's go over how to dine out on a gluten free diet. The first step requires mastering the art of substitution. Success starts with consuming products that naturally do not contain gluten such as fruits, vegetables, meat, poultry, seafood, dairy, beans, legumes and nuts. Replace the gluten-containing item in the meal for something naturally gluten free!

Apply this technique at restaurants where you can "build-your-own-meal" like Chipotle Mexican Grill, Stacked, Sweetgarden, Cava, Poké Bar or Blaze Pizza. At these restaurants you can customize your meal using naturally gluten free options. At Chipotle, for example, instead of getting the burrito, choose the salad or burrito bowl to bypass the flour tortilla. At Blaze Pizza, choose a gluten free crust instead of the regular wheat crust for your pizza. At fan favorite In-N-Out, choose the "protein style" burger to replace the bun with lettuce to make your burger gluten free! Restaurants like Chili's bar and grill, Arby's, Outback Steakhouse, and P.F. Chang's China Bistro all carry a gluten-free menu to make your life easier. Next time you dine out, ask if they carry a gluten free menu, their options may surprise you!

Now let's go over how to make your favorite meals gluten free at home. Eating out isn't the only way to get a delicious gluten free meal. Once you master the art of substitution, you will never feel deprived again. For example, if you love to eat spaghetti don't eliminate it on the gluten free diet, we can easily make substitutions to keep spaghetti a staple in your home. The multiple gluten free pasta options on the market today make substitution easy. Target sells the Banza

Terms That Mean "Gluten" on Food Labels

- * Triticum vulgare
- * Triticale
- * Hordeum vulgare
- * Secale cereale
- * Triticum spelta

Ingredients That Always Contain Gluten

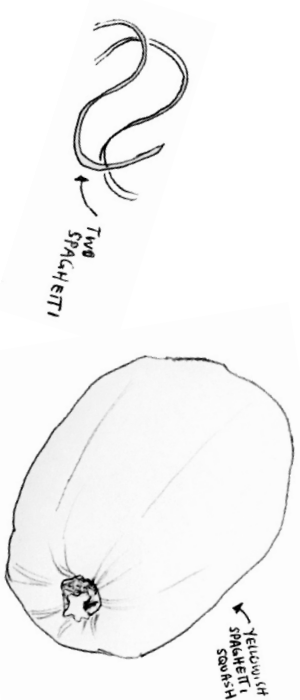
- * Bulgur
- * Malt
- * Rye
- * Couscous
- * Farina
- * Whole grain pasta
- * Seitan
- * Wheat/barley grass
- * Wheat germ oil or extract¹

brand which makes pasta from chickpeas. This brand reigns supreme in my opinion. But you can also get creative and use spaghetti squash as the noodles for a lower calorie meal. Check out the recipe on the next page!

Continuing with the Italian food theme, pizza's gluten free modification is just about adjusting the crust. To make a gluten free crust that everyone will love, substitute wheat flour for a gluten-free flour mixture. Grains used in traditional baking, such as wheat, consist of two components: protein and starch. Gluten is the protein in wheat that binds dough in recipes and starch is the thickening agent. Therefore, to replace wheat flour with gluten-free flour, you'll need to combine both gluten free flour with gluten free starch and sometimes add a binding agent. My personal favorite gluten free flour blend includes brown rice flour, white rice flour, tapioca starch, and xanthan gum as the binding agent.

Short on time? Try purchasing a gluten free cauliflower crust from Trader Joe's or even Costco to cut your meal preparation time in half!

When sticking to a gluten-free diet, It's important to know how to decode nutrition labels to identify sneaky sources of gluten, how to dine out, and how to make your favorite meals gluten free at home. If you need more information on gluten and nutrition labels visit celiac.org. The internet is full of gluten free resources for you to uncover. An easy Pinterest search for "gluten free recipes" will provide you with a lifetime supply of recipes. You deserve to enjoy your favorite foods without discomfort. Start tonight by trying the easy spaghetti squash pasta recipe with your family!



EASY SPAGHETTI SQUASH PASTA

Ingredients:

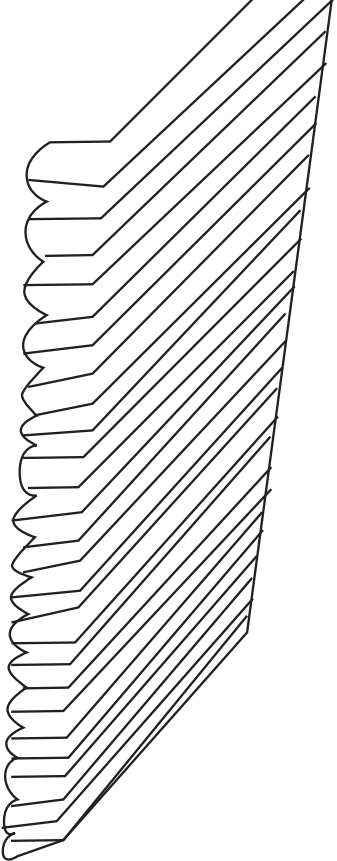
- 1 medium spaghetti squash
- 1/2 tbsp. olive oil
- 1 tbsp. basil, minced
- 1/2 tsp. sea salt
- 1/2 tsp. ground black pepper

Instructions:

1. Preheat oven to 375°F and line a baking pan with parchment paper.
2. Cut spaghetti squash in half and scrape out seeds with a spoon.
3. Brush each half with olive oil and sprinkle with salt and pepper.
4. Place each half on the pan with the cut side facing upwards.
5. Roast for 45-50 minutes.
6. Remove squash from oven and use a fork to scrape out the "spaghetti."
7. Top with the basil, salt, and pepper seasoning².

¹ <https://www.verywellhealth.com/how-to-identify-gluten-on-food-labels-562666>

² <http://thefitchen.com/easy-spaghetti-squash-pasta/>



EATIN' FRESH 'N LOCAL AT THE FARMERS MARKET

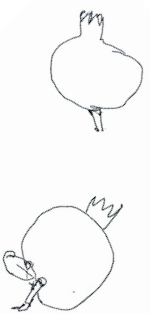
with Alicia Papanek

NOVEMBER / DECEMBER

Fall is upon us, and to be honest, more than half of this list is actually from my garden or foraging in Los Angeles at various family member's houses. The sweet dense winter squash, the fruits ripening to warm shades of reds, oranges, and yellows as the pomegranates, persimmons, and lemons soften on their branches—a Southern California autumn. Not unexpectedly, with the beautiful serendipity of seasonal produce, everything tastes good together. Pomegranate seeds on a roasted delicata squash salad with walnuts; purple ninya, watermelon, and black radishes squeezed with meyer lemon juice and topped with flakey sea salt and left to sweat and lightly pickle for a mid-afternoon snack. Sweet sliced persimmons and an escarole salad with a super tart meyer lemony olive oily dressing... maybe a few pomegranate seeds on top... I love the intensity of the spicy radishes, the tinge of sweetness we get in a meyer lemon, the profound mess of tearing through a perfectly ripe pomegranate to excavate its goods. It's chilly, the mornings are crisp, evenings crispier, and finally they warrant a hot oven.

DELICATA SQUASH are hard to fail with. They're small enough that you don't walk away feeling like, "what the eff am I gonna do with all this god squash," they cook up really quickly in the oven, they're easy to handle with a knife, and they're beautiful. You can buy them on Sunday market and leave them on your counter cornucopia until the following Saturday to get out of them the most joy with out compromising their integrity. They are a winter squash, afterall. Slice them thin, toss with olive oil and maybe some herbs (of the rosemary, sage, oregano variety), roast them in a 350 oven for like 20 minutes, or until they brown and crisp a bit. Take them out, sprinkle a bit of salt on top, eat them directly off the baking sheet but not before adding a small dollop of ricotta and maybe a pomegranate seed or two, perhaps a walnut.

RADISHES surprise me every time with their insane balance of spicy, bitter, juicy, and sweet, all at the same time, while being incredibly crunchy. The three varieties that have been showing up strong at the market are purple ninya radishes—they are a long radish with slightly purple skin and a purple pattern that lines the edge and bleeds into the center when you slice them open. Not super spicy, very sweet, very juicy, very crunchy. The watermelon radish, deemed for it's green skin and red flesh, is not nearly as spicy, but still packs a punch, and is seriously one of the most beautiful things you'll see all day. And lastly, the ultra spicy black radish, with it's midnight skin and moon-bright flesh. Truly a spectacular root vegetable. I personally like to keep them pickled in my fridge in a bit of vinegar and salt (whatever I have lying around: rice wine vinegar, apple cider, a bit of water, a big old pinch of salt, maybe a garlic clove or two), but be warned: they smell absolutely god awful terrible everytime you open the jar. I can't recommend them enough.



POMEGRANATES are here, and I know there's a "right way" to open one up, but when I was growing up we just cracked them on the driveway, pryed them open with our hands, and rambunctiously tore through them, unphased by the stains they were leaving on our clothes and skin. They are wildly messy, but worth it. If you're slightly more neurotic about the way you do things in the kitchen (no judgement), unfurl the jeweled seeds in a bowl of cold water in the sink - they come apart very easily and you can separate the inner membrane from the edible bits with little hassle. Eat them by the fist full, or add them to squash or green salads to add a bit of tart crunch.

There are two types of *PERSIMMONS* at the market right now: fuyu's and hachiyas. Persimmons are kind of strange, but their bright orange color delights me to no end, and despite not being the biggest fan of their flavor, their aesthetic alone has me excited for them all year. They have a white-sugary sweetness, can be kind of tannic, with very little acid, but can generally fulfill a sweet fruit craving. While the two varieties may look similar and have similar flavor, the major difference is texture. The fuyu persimmon is meant to be eaten like an apple. It should be kind of crunchy, stay intact when you slice it (so you can put cheese on it, for example), but not quite melt in your mouth. The hachiya, when in perfect and truest form, should almost be like slurping down an oyster. The hachiya has a slightly longer shape with a thin, delicate, and soft skin, and an undeniably rich and sweet flesh. They are a delicacy. Make no mistake, buy these when they are so soft you think they might have gone bad.

ESCAROLE looks like a giant head of lettuce but in fact, it is a member of the endive family, making it actually quite bitter and not super palatable on it's bare own. They are generally huge, so buy one if you want to feed a large group with a hot chicken & escarole soup finished with a squeeze of meyer lemon, or to make a massive salad with a sweet tangy dressing that you massage tenderly into it's leaves, and maybe top with sunflower seeds and goat cheese. The bitterness of these magical winter greens is sharp and bright, and much on them raw if you can handle it, soak them in icy water for a few minutes to draw out the bitterness if you can't.

MEYER LEMONS may or may not be at the market yet, but they are surely ripening up quickly here in Altadena. Meyer lemons, unlike the eureka lemons we're used to, are a cross between a mandarin orange and lemon, giving them more sweetness and a thinner rind than your typical eureka. Their rind makes supremely excellent zest and candy garnishes for holiday treats. Their juice makes the sweetest tartest lemonade you've ever tasted, diluted with a bit of fizzy water over ice, a sprig of rosemary (because that's how you winter a seemingly summer beverage) to really push it over the edge. Maybe the mixer for a holiday cocktail. You can find them, and the soon-to-be in-season navel oranges on the cover of this zine. Look for a slightly darker-yellowed lemon with a thin skin and a fragrant tart aroma. Ask your farmer about them, as always.

WHERE IS YOUR LOCAL FARMERS MARKET?

VISIT <http://projects.latimes.com/farmers-markets/> TO FIND OUT!