

## **Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover** **EPISODE #38- Winner Winner Thanksgiving Dinner**

Hey y'all, I'm Brooke Hoover. A Louisiana native, actor, writer and comedian. I've lost 100 pounds through diet and exercise or shall I say "lifestyle changes". My twenty year and counting health journey has taught me that just like taking a diet pill for weight loss, body positivity doesn't magically happen overnight. I'm working on re-gaining my self esteem and re-kindling my love affair with Cajun and Southern comfort food in a healthier way all the while juggling eating as clean as I can, re-establishing myself in the entertainment industry which, as we know, is historically fat phobic all the while showing my inner phat girl some love - that's phat with a PH - pretty hot and tempting. Let me tell y'all a tale or two...

Thanksgiving is my second or maybe third favorite holiday after Halloween and Easter because it's all about food. And, I have no shame in saying that. No shame anymore in saying that.

As we know, I've struggled, I continue to struggle with body image issues and with admitting that I LIKE FOOD - but I like good food. I like food as fuel and sometimes I like food that is just heavy, stank nasty crazy bad for your body but kinda good for your soul FOOD. And, that's what Thanksgiving is all about - a little bit of both.

There is probably an article in a magazine -if magazines still exist - titled "How Do I have a Healthier Thanksgiving" which implies that we're going to eat healthier food on one of the top three days out of the year where we are supposed to beast like crazed greedy Pilgrims. So, first off, how do I have a healthier Thanksgiving PHAT GIRL style is we STOP beating ourselves up right here and now about shaming ourselves for food that the surgeon general, ourselves or even this here phat girl Brooke Hoover labels as bad for you.

If you want to eat something that you feel is shameful, eat it and do NOT judge or guilt yourself or don't punish yourself by saying something like "I just ate five pieces of pie. Gotta go do two hours on the Peloton tomorrow." Just STOP THE INSANITY. Susan Powter. Yes. I've referred to her in previous episodes. But, for real, stop the insanity

So now that we have that behind us, if you ARE curious about ways that I've navigated eating and cooking healthier foods on Turkey Day over the years, here we go y'all.

I think the thing that helped me most is when I told tales with one of my acupuncturists about Thanksgiving foods being wonderful for you because at the core, they're nutrient dense. They're warming foods which are perfect for the cold weather because they support your body and make it worse less hard, therefore putting your system in a better flow - and I'm not just talking about the digestive tract, y'all.

Root vegetables and in season produce are wonderful for you. Turkey, if you're not vegetarian is a great lean source of protein.

So, instead of focusing on the foods you SHOULD not be eating this Thanksgiving, let's amp up the foods that ARE good for you and maybe make a little spin on foods that are sugar or refined carb laden.

First off we have SWEET POTATOES

Even before my weight loss journey began, y'all don't hate me - but I never understood a dish that was meant to be a sweet side dish but served along with the entrees. I kind of wanted to eat the sweet potatoes AFTER all the sides and turkey - almost like an after dinner drink - because the way they made them down south, all covered in marshmallows and what not, I felt weird eating them along with the more savory foods. Rarely will you ever hear me complain about something being too sweet - but I guess you could say candied jams or sweet potato casserole as I knew it in the 80s down South was too sweet for me. So, one Thanksgiving eve down in North Carolina I decided to just bake sweet potatoes with canned pineapples in juice (not in syrup) and top it with pecans. I went through renditions of using the Splenda sweetened canned pineapple but now I just use the pineapple in its own juice (not syrup - that's too much added sugar) and a little coconut sugar for that brown sugar feel and topping it with crush pecans. For me, it solved that "too sweet" battle while still keeping them juicy and flavorful enough and most importantly, keeping the nutrient denseness dense. They're high in fiber, antioxidants and beta carotene. However, they're also high in carbs. BUT they're a less refined carb and honestly sometimes you just have to choose what's right for you. If you are doing a carb restrictive diet, then avoid sweet potatoes. But, I think the benefits of these bad boys outweigh the carb factor.

Next we have GREEN BEAN CASSEROLE

Also don't kill me here y'all but I am NOT a fan - however my mom does make a good one and my boyfriend Harry LOVES it. I've just never been a big fan of creamy church lady food. I'd honestly rather just have green beans sautéed with a little olive oil and toasted almonds all bougie like and or Brussels sprouts because nothing says I love and hate my family at the same time like a Brussels sprouts fart. So, there IS not way to do green bean casserole in a healthy way that I know of and that's only because I don't like it enough to even try and experiment. I'd rather have one bite of Harry's in order to tell my momma it tastes good and then to keep it moving on to my beloved Brusselllllllls.

Next up we have STUFFING or is it DRESSING?

So, I was taught that stuffing was if you stuff it in the bird and dressing is if it's served on the side. Real Facts : I never had bread stuffing until I was eleven years old in my new school's cafeteria because down in the dirty South, my Cajun family only did rice dressing. Which is basically dirty rice - which sorry if you don't know what dirty rice is - basically it's just rice with ground meat and bell peppers and

onions and Tony Chacere's seasoning - so us crazy Cajuns were doing gluten free stuffing before that even became a thing. But, once I tried that bread stuffing, oh sweet Jesus I was in LOVE. In fact it was the ONLY cafeteria food I ever liked. But, it is nothing but bread as we know. And, even if you get the gluten free version it doesn't mean it isn't loaded with carbs. And, yes I'm talking about the boxed version or the bagged version if we're being fancy with Pepperidge Farms. I MUST say that one of our favorite stuffing mixes from the box is Trader Joe's gluten free stuffing - but again, just because it's gluten free does NOT mean it's necessarily healthier or lower in carbs. It is just without gluten. While I condone making everything from scratch, stuffing and boxed stuffing is like crack cocaine for me that I only eat twice a year (not including leftovers) so I say why NOT indulge - that's a case in point where I just indulge and love it and don't beat myself up later.

HOWEVER if you DO want to treat your stuffing fix but without the carbs, I have two recommendations that I love. First off, it's a recipe that my momma told me about years ago when I first got on my low carb kick and that's basically just getting onions, cubed eggplant and HOT Jimmy Dean breakfast sausage (you could easily substitute a vegan breakfast sausage here) and making an eggplant side dish reminiscent of stuffing - or dressing.

OR another recipe that I learned about while Harry and I were watching Food Network one night on one of those Thanksgiving cook off challenge things is a recipe by a Louisiana chef called Crab C'est Si Bon - there are many recipes out there on the web and I'll link it on my website [brookehoover.com/podcast](http://brookehoover.com/podcast) by this episode's transcript because it's basically just crab meat and artichokes and thyme and it is SO Good - which is what it translates to Crab C'est Si Bon - crab it's so good. It's great if you're one of those bougie people who actually do appetizers for Thanksgiving dinner (which my family never did growing up nor do we do now - we just jump right in to the main dish) OR if you're going lower carb, try dis cher!

Now, let's get down to business with one of my favorite things in the world - PIE. My dad and I tell tales about Pie on our YouTube tales of Catfish, Cows and Summer Camp - Pie has a strong place in my heart because my dad's mom, my grandma Ma-Maw would always make fruit pies with a slightly healthier spin. And, that's what I love about pie. There ARE ways you can make it healthier and here's the deal, why NOT make it healthier because if you're like me, you'll make a whole pie and then eat it for breakfast with your coffee with hickory for the next five days after Thanksgiving. While in general I'm a big fan of apple and cherry pie - and again you can hear all the tales about that on my dad and my video about Pie on YouTube - I'll be sharing the link for that also on the transcript part of [brookehoover.com/podcast](http://brookehoover.com/podcast) - for Thanksgiving, I'm definitely a pecan pie and a pumpkin pie WHORE. I LOVE THEM. I DREAM ABOUT THEM. I WOULD SWIM IN THEIR JUICES IF I HAD A POOL BIG ENOUGH. But, pecan pie has a base of Karo Syrup and I already have nightmares of Sissy Spacek in Carrie being dowsed in red Karo Syrup so this year I'm attempting a healthier version using maple syrup sweetened with monk fruit and using Bake Believe sugar free chocolate chips. I will keep y'all posted on my Instagram as to

how it comes out. Pecan pie is definitely my most favorite pie but it's also the pie that has the most sugar and is going to make me feel the worst - not because I ate a lot of calories - but because as we know from my other tales, sugar makes me feel like CRAP. And, I'm not the type to want to have just a slice. Same with pumpkin pie - I think that is one of the Thanksgiving pies that is THE easiest to make in a healthier way and this year I'll use a recipe that calls for coconut sugar in place of regular white sugar. There are ways to do it, there are recipes - there are so many photos and blogging you have to sift through before you get to the recipes - but they exist out there. I was also going to tell y'all to just save yourselves a lot of work and buy a store bought pie crust. But, upon further research don't. Make your own. And, again, it's not about oh I feel guilty for eating bad foods - it's to save all of us from a lot of hydrogenated crap and lard. In fact, I bought some the other day at Target and now I'm stuck with them because I won't use them. I'm going to use coconut butter or regular butter and a base of tapioca and almond flour instead because heart issues run in my family. On both sides. And while I don't fully believe genetics inform everything about you, the hypochondriac in my wants to err on the side of caution.

And, yes we could say oh but it's just one slice, it's just one day. No. With me, as we previously discussed y'all, I like to let that pie last for several days after. So, since I know I'll be blasting it, I'd rather be able to eat a piece of pie and go on my merry way instead of having a piece of pie and have a sugar high and a sugar low and ruin everyone's day. So, avoid the store bought pie crust and just make it on your own. Your heart will thank you. Your farts will thank you for the Brussels sprouts.

In a nutshell, in a pecan nut shell ahhhhhhhh see what I did there - focus on Thanksgiving being a nutrient packed feast instead of a "oh my gosh I'm going to eat all this bad food" holiday. Watch the Macy's parade. Watch the dog show (if you're me). And be grateful for the root vegetables and the nutrients they bring to your life.

And, yes exercise Thanksgiving morning, if you have time or the next day but to stay on track, to treat yourself well and NOT to beat yourself up for "going overboard". Rethink it y'all. Treat yourself and be good to yourself. And if you do make some crab c'est si bon, let me know how you like it!

Thanks so much for listening, y'all. It is my hope to inspire, uplift and entertain you with this Who's Dat Phat Girl podcast. So, if you're HUNGRY for more, you can book me to speak or perform my solo show that inspired this podcast Phat Girl Costumes written by yours truly and directed by my best bud Brian Lady at your virtual or in person event. Please visit [BrookeHoover.com/fluffybuttproductions](http://BrookeHoover.com/fluffybuttproductions) or email me at [contactbrookehoover@gmail.com](mailto:contactbrookehoover@gmail.com) for more information. And, let's follow each other on instagram - I'm @Br00keH00ver and those O's are not the letter O but they're ZEROS. Not because I want to be a size 0 but because I guess I'm just so clever with my late 90s Yahoo! self

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