

**Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover**  
**Episode 4 - Three Easy Plant Based Quickies**

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...

Hey Y'all. Today I am going to talk about three easy plant based quickies. They are these recipes or concoctions I shall say. I dare not call them recipes that I always have in my fridge and/or freezer and/or pantry that are my go to's. Because while I may talk a good game about my love of Louisiana and Southern specific food, as we already know, these are occasional foods. They're not foods I eat every day.

The foods I eat every day are pretty much protein, lean protein. A lot of beans [Laughs] too many beans. Good things I'm recording this podcast alone in my closet. No I'm joking. I'm not joking. But, regardless it's beans and lean meats and a lot, a lot, a lot of vegetables. And, this whole plant based thing, it sounds so mmm like [Snobby voice] Snobby. Pretentious. And, I really shouldn't be.

To me, what "plant based" means is that you don't have to be vegan; you don't have to be Paleo. You can just be a person who wants to get more fruits and vegetables into your life. And, ideally for me, it's more vegetables because as I have talked about already with Poly Cystic Ovarian Syndrome, we want to keep the sugars low even if they are natural sugars like sugars occurring in apples.

So, let's tell some tales, right?

So, on a daily basis, I'm trying to eat a balance of complex carbohydrates. Yes. Carbohydrates can be the devil but they can also be wonderful. Especially complex carbohydrates. We will talk about my steel cut oat concoction on another episode. And, protein and of course these plants. It's not super easy to get vegetables into your life all the time. Fruit is a lot easier to eat on the go and if you're like, it is very hard to eat a lot of raw vegetables all the time and my acupuncturist actually has said it's better to eat cooked vegetables especially in the winter because it lines up with your body and your system. Your body's not having to work as hard to [says in a funky groovy voice] break all that down.

So, something I love is I love a good ole stir-fry. And, you may laugh but something my mom used to always go to, she loved that wok. Back in the 80s, it seems like the 70's, 80's, a wok was such a big thing. And it still is. And, it still should be. So,

imagine like this Cajun lady, my momma making stir fry, if you will. So, I kind of riff on that. And, while fresh vegetables are always best right because they're crunchier they taste just wonderful, they're not always the quickest, easiest or cheapest. So, I'm a big fan of keeping a couple bags of those frozen stir-fry mixes in your fridge. Now, fresh wise Trader Joe's does a wonderful job of having kind of this plastic box like I guess Tupperware of it already chopped up. That's fresh. That's great. But, again the frozen ones are just fine. And, when you cook them down, the frozen vegetables will leave off some water. And, that's okay cause I say let's use that to our advantage because we're going to make like a healthier sauce with it, if you will. So, to flavor stir-fries, the flavor profile as Chef Anne Burrell would say is GGS: garlic, ginger, scallions.

I had to think for a while because I call scallions green onions. I mean I know they're scallions. But, I always call them green onions because I get shallots and scallions mixed up and one time I was at Just Salad ordering and I said, "Please, can you add some green onions to the mix?" And they were like [pretentious voice], "Oh do you mean scallions?" And, I got schooled at Just Salad. One of those salad buffet kind of make your own salad concoction places and I felt really dumb.

So, anyways. Chef Anne Burrell calls it GGS: Ginger, Garlic, Scallions. I call it GGG: Ginger, Garlic, Green Onions. That is your flavor profile, right? So, what I will do is I will sauté down some fresh onions if I don't have green onions along with ginger, garlic, get that going. Add in your frozen vegetables or fresh if you like and again, if it's frozen, embrace that sauce. Because, they're you're going to add in either some soy sauce or some liquid aminos.

So, let's a little bit about liquid aminos versus soy sauce. So, I used to think liquid aminos was an alternative to soy sauce because at one point "soy is the devil." And, yes you do not want to intake a high level of soy because it can mess up your estrogen levels, right? But I think a little soy sauce occasionally will not kill you. Now, me I have to be careful for high blood pressure. Right? So, I have a family history of high blood pressure. I'm a hyper personality. I'm a crazy beast. So, my blood pressure is always a little bit more elevated. Don't worry my doctor is monitoring it. I do not need to hear a ton of schooling on this. There will probably be another episode about this or several episodes as I navigate lowering my blood pressure.

But, a low sodium soy sauce or let's talk about liquid aminos. So, back to what I was talking about. Liquid aminos do not replace the soy factor versus soy sauce. They replace the gluten factor. So, liquid aminos and tamari are gluten free. But, they are still made from soybeans. Liquid aminos are basically soybeans broken down. They don't contain the chemical preservatives. But, they have retained those building blocks of protein that's basically what amino acids are. I hope that makes sense. So, bottom line, if you are avoiding gluten, do tamari or do liquid aminos. If you are avoiding high sodium, do a low sodium soy sauce.

Now, there's this whole thing on Healthline.com, there was a survey, a survey? A study about MSG. And, I was always taught MSG is a bad thing. Avoid MSG, avoid MSG. But the study said that the umami flavor in MSG and in a lot of Asian cooking actually is good about satiating you and making you feel full. I don't know. Again, I'm still a child of the 80's so I avoid MSG like the plague. But, I hope this little recipe helps. So, basically ginger, garlic, scallions or green onions. And, I like extra onions, if you don't have the [green] onions and frozen or fresh stir fry vegetables and add a little soy sauce or whatever to your liking, liquid aminos and hot sauce of course, sriracha is my favorite go to for Asian cooking. That's one of my go to's. And, it's no meat. You can add meat to it if you want. You could sometimes what I'll do is I'll heat up a piece of salmon separately but that's a huge way to get in your vegetables and you can make enough to have for the next couple of days.

Another thing I love to do, I love this gadget, I have so many kitchen gadgets, way too many kitchen gadgets, right? Like the Kitchen aid Mixer is the Jesus of my gadgets but I would say like the apostle is the spiralizer. And, there's another kitchen gadget I have which is the Houdini which is like a wine opener my mom got me ages ago. But, she still calls it the rabbit and so like at parties or when people come over my mom's always like [Momma's voice] "Brooke, where's your rabbit? Brooke, where's your rabbit? Brooke, where's your rabbit?" And, we all know that the rabbit is also something else other than a little bunny that hops. We're gonna leave it at that.

So, spiralize those bad boys. I'm a big fan of just getting a zucchini, you don't have to chop off the end. In fact, don't chop off the end because it will be much more difficult and just start spiralizing, spiralizing, spiralizing. I get a little bit of mushrooms, garlic, I sauté it down and I add pasta sauce and I have a lot of Italian friends because I live in the New York New Jersey area and they are probably going to kill me right now, all the Noni's in their graves are like oh my God I'm going to kill this girl. I can't do an Italian accent and I will not try. But, I use jarred pasta sauce. I know. I mean I'm from Louisiana. I can't make pasta sauce from scratch. Here's the deal with pasta sauce, though. That can have a lot, a lot, a lot of sugar like upwards of 12 grams or more and you especially do not want to have a lot of added sugar, right?

Like a serving of pasta sauce can have 5 grams of added sugar and that's about as much as two tablespoons of almond milk creamer. It just to me it's like no. I'm trying to get in my vegetables. I do not want too much sugar. So, here are a few brands - they're not sponsoring this - nobody's sponsoring this yet. Fingers crossed. Hey guys if you want to sponsor me, I'm here. But lower sugar brands include Rao's - I cannot pronounce it. Do not judge me. R-A-O-S. They usually sell them at Costco. A lot of stores, I'm sure you can buy it online. Honestly, I'm not crazy about this brand. I find it a little too runny. I prefer a chunkier pasta sauce. Especially when you are cooking with vegetables as your pasta base because zucchini is very water logged so obviously when you're spiralizing it, you do want to kind of squeeze that bad boy with a paper towel.

Also Prego no sugar added and Barilla low sugar. Those are two of my faves. And, again, you can also put meat into this, cook meat on the side, whatever you want to do. But again, plant based means plants are the primary - they're the star of the show, right? And, the meat and the cheese and whatever else you want to add, they're the co-stars. But, you don't even have to add meat or cheese.

And, another favorite go-to of mine is the Mexican style cauliflower rice from Trader Joe's. It's frozen and it's cauliflower rice with some chopped up peppers and a lot of spices. And, now we know I'm from Louisiana. I love my spice. But, to me it's too much spice in one bag of this cauliflower rice from Trader Joe's. So, with the Mexican style cauliflower rice, I also will add one bag of plain cauliflower rice so it's one to one. So, you just basically get that bad boy going down, you know, you cook the frozen stuff down. I like to also add some sautéed peppers like red and yellow peppers to it and a thing of canned black beans. And, it makes like this fun little rice and beans concoction.

Now, there's also a lot of tales about cauliflower and cruciferous vegetables wreaking havoc on the thyroid, if you have hypothyroidism and hypothyroidism is something I have also battled with. I'm just on the border to where I don't need meds and as we know, I don't like to go on prescription medication. So, I'm treating it with diet, acupuncture, herbs. So, there's this whole cruciferous vegetables mess me up and make my thyroid issue worse if I have hypothyroidism and I talked with my former acupuncturist about this in length and basically the good outweighs the bad with cauliflower and cruciferous vegetables because honestly, you'd have to eat like two pounds of cauliflower in a serving for it to really mess up your thyroid and honestly I don't want to be around anyone - I don't want to be around myself if I or this person, that person have eaten two pounds of cauliflower in a sitting [Makes a grossed out sound]

So, I hope all of these helps y'all. Remember they're basically three different types of cuisine we're going for - we're going for Asian, we're going for Italian or we're going for Mexican but it's all plant based and it's all things that are already done for you starting with fresh and/or frozen vegetables adding in a couple things and keeping in mind that the things you add in should be lower sugar, low sodium, if you want to be extra healthy. Well, thanks so much for listening. And, y'all go get some plants in. I sure am.

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](https://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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