

Preheat oven to 425 F.
Place potato rounds into a steamer insert with about two inches of water in the sauce pan below. Cover and bring to a boil. Allow it to boil for seven minutes, then remove from heat.

Transfer potatoes to a parchment paper-lined baking sheet, doing your best not to overlap them.

In a small bowl, combine all the spices, then sprinkle the mixture evenly over the potatoes. Bake until slightly browned and crispy. About 20 minutes, but you may need up to 30 depending on your oven.

Sunflower salad dressing

1/2 cup raw sunflower seeds (soaked for about an hour, then drained)
1/2 to 3/4 cup water (to desired thickness)
3 teaspoons fresh squeezed lemon juice
2 cloves garlic
1 tablespoon fresh chives (finely chopped)
salt and pepper to taste

Place all ingredients except the chives in a Vitamix and blend on high for one to two minutes, until smooth. Scoop out and mix in the chives.

Salad

1-2 tablespoons raw walnuts
1/2 avocado (sliced)
desired amount red leaf lettuce, or lettuce of your choice
desired amount of kale
desired amount of rainbow chard
desired amount of tomato

RESOLUTION 4:

Learn a new skill

A plant-based diet will force you to hone your plant-based cooking skills. Creativity in the kitchen will not only help you thrive, but it's a great way to tempt your tastebuds through curiosity of all the new foods available to your palate. Learn some basics, and then you get three chances every day to practice them. Trying something new is the name of the game, so make a new recipe once a week.

Also, look for inspiration the next time you eat out for dinner.

RESOLUTION 5:

Lose weight

Large portions without overdoing it on calories? Sign me up! Since most whole plant foods contain 600 calories or fewer per pound (excluding nuts and seeds), you can eat a lot of high-volume food and not feel deprived on your journey to health.

On average, people adhering to a plant-based diet have a lower BMI (body mass index) than those on a SAD (standard American diet). Eating high-volume, lower-calorie plant foods allows you the freedom to feel satiated without blowing your daily calorie budget.

RESOLUTIONS CONTINUED ON PAGE 24



Get creative in the kitchen

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They are contracted with Medicare, Medi-Cal, CA Health & Wellness, and most major insurance companies including Anthem Blue Cross. Depending on your insurance, having your exam done at a non-hospital based facility could save you money.

To those affected by the recent Camp Fire, please remember to take care of your health during this stressful time.

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