

WEBVTT

NOTE duration: "00:59:34.698"

NOTE Confidence: 0.6733587

00:00:00.160 --> 00:00:01.620 Go pass. Alright.

NOTE Confidence: 0.9910833

00:00:03.120 --> 00:00:04.559 Alrighty, folks. It looks like

NOTE Confidence: 0.9910833

00:00:04.559 --> 00:00:06.080 some people are joining here.

NOTE Confidence: 0.9910833

00:00:06.080 --> 00:00:06.960 As always, we'll give,

NOTE Confidence: 0.9891646

00:00:07.680 --> 00:00:09.360 any stragglers a couple minutes,

NOTE Confidence: 0.9891646

00:00:09.360 --> 00:00:10.240 and then we'll and then

NOTE Confidence: 0.9891646

00:00:10.240 --> 00:00:11.039 we'll jump right into it.

NOTE Confidence: 0.9891646

00:00:11.039 --> 00:00:11.840 We got a lot of

NOTE Confidence: 0.9891646

00:00:11.840 --> 00:00:13.039 exciting stuff to talk about

NOTE Confidence: 0.9891646

00:00:13.039 --> 00:00:13.540 tonight.

NOTE Confidence: 0.9701736

00:00:15.045 --> 00:00:16.645 If someone wants to do

NOTE Confidence: 0.9701736

00:00:16.645 --> 00:00:17.545 me a favor

NOTE Confidence: 0.9629078

00:00:17.925 --> 00:00:19.045 and throw in the the

NOTE Confidence: 0.9629078

00:00:19.045 --> 00:00:19.845 q and a just to

NOTE Confidence: 0.9629078

00:00:19.845 --> 00:00:21.125 make sure our microphones are
NOTE Confidence: 0.9629078

00:00:21.125 --> 00:00:22.845 working. Yes. If everyone wants
NOTE Confidence: 0.9629078

00:00:22.845 --> 00:00:23.945 to say hello
NOTE Confidence: 0.86376107

00:00:24.965 --> 00:00:26.885 Hello. Thanks for joining us.
NOTE Confidence: 0.86376107

00:00:26.885 --> 00:00:28.640 Yes. Great. Good. Bring it
NOTE Confidence: 0.86376107

00:00:28.640 --> 00:00:30.320 up close. Yep. Awesome. Okay.
NOTE Confidence: 0.86376107

00:00:30.320 --> 00:00:31.520 This sounds good. This sounds
NOTE Confidence: 0.86376107

00:00:31.520 --> 00:00:32.159 good. But, yeah, we can
NOTE Confidence: 0.86376107

00:00:32.159 --> 00:00:33.280 get confirmation to chat. My
NOTE Confidence: 0.86376107

00:00:33.280 --> 00:00:34.079 screen, I wanna make sure.
NOTE Confidence: 0.86376107

00:00:34.079 --> 00:00:34.800 Oh, yeah. Our native They
NOTE Confidence: 0.86376107

00:00:34.800 --> 00:00:36.239 are working. Great. Cool. We
NOTE Confidence: 0.86376107

00:00:36.239 --> 00:00:37.200 love it. Like, Leanne, do
NOTE Confidence: 0.86376107

00:00:37.200 --> 00:00:38.080 you wanna say hello as
NOTE Confidence: 0.86376107

00:00:38.080 --> 00:00:40.000 well? Hello? Share. Hopefully, you
NOTE Confidence: 0.86376107

00:00:40.000 --> 00:00:41.300 both hear me as well.

NOTE Confidence: 0.86376107

00:00:41.565 --> 00:00:42.685 Yeah. I think if we

NOTE Confidence: 0.86376107

00:00:42.685 --> 00:00:43.645 can hear you, everyone else

NOTE Confidence: 0.86376107

00:00:43.645 --> 00:00:44.284 should be able to hear

NOTE Confidence: 0.86376107

00:00:44.284 --> 00:00:45.425 you. So probably

NOTE Confidence: 0.9605052

00:00:45.885 --> 00:00:47.185 we're probably good.

NOTE Confidence: 0.9618351

00:00:48.845 --> 00:00:50.445 Alrighty. Wonderful. I think we

NOTE Confidence: 0.9618351

00:00:50.445 --> 00:00:51.325 can, you know, go ahead.

NOTE Confidence: 0.9618351

00:00:51.325 --> 00:00:53.005 We can start with some,

NOTE Confidence: 0.9618351

00:00:53.085 --> 00:00:54.620 some introductions unless there's anyone

NOTE Confidence: 0.9618351

00:00:54.620 --> 00:00:55.260 in the chat who can't

NOTE Confidence: 0.9618351

00:00:55.260 --> 00:00:56.220 hear us. Yeah. Yeah. The

NOTE Confidence: 0.9618351

00:00:56.220 --> 00:00:57.420 chat people are all happy.

NOTE Confidence: 0.9618351

00:00:57.420 --> 00:00:58.620 Yeah. They can hear everything,

NOTE Confidence: 0.9618351

00:00:58.620 --> 00:00:59.180 so we're good to go,

NOTE Confidence: 0.9618351

00:00:59.180 --> 00:01:01.180 I think. I'll start. Sure.

NOTE Confidence: 0.9618351

00:01:01.500 --> 00:01:02.460 Most of y'all, if you
NOTE Confidence: 0.9618351

00:01:02.460 --> 00:01:03.260 if you joined any of
NOTE Confidence: 0.9618351

00:01:03.260 --> 00:01:04.620 these webinars before, you probably
NOTE Confidence: 0.9618351

00:01:04.620 --> 00:01:05.740 know me. I'm Max. I
NOTE Confidence: 0.9618351

00:01:05.740 --> 00:01:06.620 am a chef and a
NOTE Confidence: 0.9618351

00:01:06.620 --> 00:01:07.520 registered dietitian.
NOTE Confidence: 0.9584973

00:01:07.845 --> 00:01:08.645 I run all the day
NOTE Confidence: 0.9584973

00:01:08.645 --> 00:01:09.605 to day operations here at
NOTE Confidence: 0.9584973

00:01:09.605 --> 00:01:10.645 the Teaching Kitchen as well
NOTE Confidence: 0.9584973

00:01:10.645 --> 00:01:11.845 as the patient classes. I
NOTE Confidence: 0.9584973

00:01:11.845 --> 00:01:12.805 think I have some of
NOTE Confidence: 0.9584973

00:01:12.805 --> 00:01:14.325 my patients joining virtually tonight,
NOTE Confidence: 0.9584973

00:01:14.325 --> 00:01:15.765 so I appreciate y'all joining
NOTE Confidence: 0.9584973

00:01:15.765 --> 00:01:16.965 us. But we have way
NOTE Confidence: 0.9584973

00:01:16.965 --> 00:01:17.925 more people in here than
NOTE Confidence: 0.9584973

00:01:17.925 --> 00:01:18.965 we usually do behind this

NOTE Confidence: 0.9584973

00:01:18.965 --> 00:01:19.845 counter. So if they wanna

NOTE Confidence: 0.9584973

00:01:19.845 --> 00:01:21.705 start by introducing themselves. Absolutely.

NOTE Confidence: 0.9584973

00:01:21.970 --> 00:01:23.569 Awesome. Hi. My name is

NOTE Confidence: 0.9584973

00:01:23.569 --> 00:01:25.009 Anne Monju, and I'm a

NOTE Confidence: 0.9584973

00:01:25.009 --> 00:01:27.490 colorectal surgeon at Yale. And

NOTE Confidence: 0.9584973

00:01:27.490 --> 00:01:29.490 this this project tonight with

NOTE Confidence: 0.9584973

00:01:29.490 --> 00:01:31.649 our wonderful guest from Brooklyn,

NOTE Confidence: 0.9584973

00:01:31.649 --> 00:01:32.390 Leigh Ann Brown,

NOTE Confidence: 0.96562535

00:01:32.930 --> 00:01:34.130 is something that we dreamt

NOTE Confidence: 0.96562535

00:01:34.130 --> 00:01:35.170 of last fall when we

NOTE Confidence: 0.96562535

00:01:35.170 --> 00:01:36.604 thought of how we can

NOTE Confidence: 0.96562535

00:01:36.604 --> 00:01:37.325 look at the food that

NOTE Confidence: 0.96562535

00:01:37.325 --> 00:01:38.765 we eat every day and

NOTE Confidence: 0.96562535

00:01:38.765 --> 00:01:40.125 find ways to improve our

NOTE Confidence: 0.96562535

00:01:40.125 --> 00:01:41.405 health and even try to

NOTE Confidence: 0.96562535

00:01:41.405 --> 00:01:43.084 prevent colon cancer through eating

NOTE Confidence: 0.96562535

00:01:43.084 --> 00:01:44.444 a better healthy diet. And

NOTE Confidence: 0.96562535

00:01:44.444 --> 00:01:45.485 Leanne's here to help us

NOTE Confidence: 0.96562535

00:01:45.485 --> 00:01:46.844 do that on a budget,

NOTE Confidence: 0.96562535

00:01:46.844 --> 00:01:48.125 which as we know today

NOTE Confidence: 0.96562535

00:01:48.125 --> 00:01:49.405 with everything that's going on

NOTE Confidence: 0.96562535

00:01:49.405 --> 00:01:50.980 is really, really important. So

NOTE Confidence: 0.96562535

00:01:51.300 --> 00:01:52.520 Absolutely. Fantastic.

NOTE Confidence: 0.9918818

00:01:52.820 --> 00:01:53.860 Thank you all for joining

NOTE Confidence: 0.9918818

00:01:53.860 --> 00:01:54.820 us. My name is Michelle

NOTE Confidence: 0.9918818

00:01:54.820 --> 00:01:56.020 Hughes. I am a physician,

NOTE Confidence: 0.9918818

00:01:56.020 --> 00:01:56.760 a gastroenterologist

NOTE Confidence: 0.98009425

00:01:57.140 --> 00:01:58.600 at Yale New Haven Health.

NOTE Confidence: 0.98067045

00:01:59.300 --> 00:02:00.420 I have been working with

NOTE Confidence: 0.98067045

00:02:00.420 --> 00:02:02.500 doctor Manju on our loving

NOTE Confidence: 0.98067045

00:02:02.500 --> 00:02:04.180 your guts campaign, which is

NOTE Confidence: 0.98067045
00:02:04.180 --> 00:02:04.680 really,
NOTE Confidence: 0.96116257
00:02:05.045 --> 00:02:07.284 where this, teaching kitchen event
NOTE Confidence: 0.96116257
00:02:07.284 --> 00:02:08.245 came from. So we thank
NOTE Confidence: 0.96116257
00:02:08.245 --> 00:02:09.605 our hosts for allowing us
NOTE Confidence: 0.96116257
00:02:09.605 --> 00:02:10.745 to bring this content,
NOTE Confidence: 0.9970027
00:02:11.365 --> 00:02:13.525 for, colon cancer awareness month
NOTE Confidence: 0.9970027
00:02:13.525 --> 00:02:14.264 in March.
NOTE Confidence: 0.98347855
00:02:14.965 --> 00:02:15.925 So we're really trying to
NOTE Confidence: 0.98347855
00:02:15.925 --> 00:02:17.700 promote colon health and really
NOTE Confidence: 0.98347855
00:02:17.780 --> 00:02:19.700 address food and the importance
NOTE Confidence: 0.98347855
00:02:19.700 --> 00:02:21.220 of food and maintaining your
NOTE Confidence: 0.98347855
00:02:21.220 --> 00:02:22.900 health of your colon as
NOTE Confidence: 0.98347855
00:02:22.900 --> 00:02:23.860 well as the ability to
NOTE Confidence: 0.98347855
00:02:23.860 --> 00:02:25.060 reduce your risk of colon
NOTE Confidence: 0.98347855
00:02:25.060 --> 00:02:25.560 cancers.
NOTE Confidence: 0.9878453

00:02:26.260 --> 00:02:27.060 So we thought it would
NOTE Confidence: 0.9878453

00:02:27.060 --> 00:02:28.040 be a really important,
NOTE Confidence: 0.97561425

00:02:28.419 --> 00:02:29.800 month to bring this content,
NOTE Confidence: 0.97561425

00:02:29.940 --> 00:02:31.220 and I'm looking forward to
NOTE Confidence: 0.97561425

00:02:31.220 --> 00:02:33.475 learning some quick, easy, affordable
NOTE Confidence: 0.97561425

00:02:33.475 --> 00:02:34.835 meals because being on the
NOTE Confidence: 0.97561425

00:02:34.835 --> 00:02:35.875 go, it is very hard
NOTE Confidence: 0.97561425

00:02:35.875 --> 00:02:37.555 to, meal prep at the
NOTE Confidence: 0.97561425

00:02:37.555 --> 00:02:38.595 beginning of the week. And
NOTE Confidence: 0.97561425

00:02:38.595 --> 00:02:39.555 so I I look forward
NOTE Confidence: 0.97561425

00:02:39.555 --> 00:02:40.355 to getting some tips and
NOTE Confidence: 0.97561425

00:02:40.355 --> 00:02:42.035 tricks. Yeah. Absolutely. Yeah. I'm
NOTE Confidence: 0.97561425

00:02:42.035 --> 00:02:42.755 I'm right there with you.
NOTE Confidence: 0.97561425

00:02:42.755 --> 00:02:43.875 Yeah. The quicker, the faster,
NOTE Confidence: 0.97561425

00:02:43.875 --> 00:02:45.435 the easier, the better. So
NOTE Confidence: 0.97561425

00:02:45.555 --> 00:02:46.595 and Michelle, thank you so

NOTE Confidence: 0.97561425

00:02:46.595 --> 00:02:47.395 much. They've done a lot

NOTE Confidence: 0.97561425

00:02:47.395 --> 00:02:48.330 of work in kind of

NOTE Confidence: 0.97561425

00:02:48.330 --> 00:02:49.370 putting this together, so we're

NOTE Confidence: 0.97561425

00:02:49.370 --> 00:02:50.330 super in their debt for

NOTE Confidence: 0.97561425

00:02:50.330 --> 00:02:51.209 for getting this together. So

NOTE Confidence: 0.97561425

00:02:51.209 --> 00:02:51.930 thank you so much for

NOTE Confidence: 0.97561425

00:02:51.930 --> 00:02:52.730 being here and for for

NOTE Confidence: 0.97561425

00:02:52.730 --> 00:02:53.769 doing all that. My name

NOTE Confidence: 0.97561425

00:02:53.769 --> 00:02:54.730 is Nate, Nate Wood. I'm,

NOTE Confidence: 0.97561425

00:02:54.889 --> 00:02:56.010 I'm the director of culinary

NOTE Confidence: 0.97561425

00:02:56.010 --> 00:02:57.230 medicine here at The Kitchen.

NOTE Confidence: 0.9729304

00:02:57.530 --> 00:02:58.730 I'm board certified in internal

NOTE Confidence: 0.9729304

00:02:58.730 --> 00:03:00.410 medicine, obesity medicine, and lifestyle

NOTE Confidence: 0.9729304

00:03:00.410 --> 00:03:01.209 medicine. I also went to

NOTE Confidence: 0.9729304

00:03:01.209 --> 00:03:02.169 culinary school, so you can

NOTE Confidence: 0.9729304

00:03:02.169 --> 00:03:03.615 imagine I'm really passionate about

NOTE Confidence: 0.9729304

00:03:03.615 --> 00:03:04.655 kind of this connection between

NOTE Confidence: 0.9729304

00:03:04.655 --> 00:03:05.615 diet and health and work

NOTE Confidence: 0.9729304

00:03:05.615 --> 00:03:07.615 really closely with Max, specifically

NOTE Confidence: 0.9729304

00:03:07.615 --> 00:03:08.655 with our medical trainees and

NOTE Confidence: 0.9729304

00:03:08.655 --> 00:03:09.775 in doing research to kind

NOTE Confidence: 0.9729304

00:03:09.775 --> 00:03:10.895 of bring this knowledge to

NOTE Confidence: 0.9729304

00:03:10.895 --> 00:03:12.675 the next generation of physicians.

NOTE Confidence: 0.9729304

00:03:12.735 --> 00:03:13.535 As you can see, these

NOTE Confidence: 0.9729304

00:03:13.535 --> 00:03:15.135 ones know it's important, and

NOTE Confidence: 0.9729304

00:03:15.135 --> 00:03:16.175 I feel it's important, but

NOTE Confidence: 0.9729304

00:03:16.175 --> 00:03:17.375 I think sometimes it's missed

NOTE Confidence: 0.9729304

00:03:17.375 --> 00:03:18.820 a lot, in our medical

NOTE Confidence: 0.9729304

00:03:18.820 --> 00:03:20.020 education. So we're bringing that

NOTE Confidence: 0.9729304

00:03:20.020 --> 00:03:21.220 back. And then, of course,

NOTE Confidence: 0.9729304

00:03:21.220 --> 00:03:22.419 we're joined here with by

NOTE Confidence: 0.9729304

00:03:22.419 --> 00:03:23.700 Leanne, who is kind of

NOTE Confidence: 0.9729304

00:03:23.700 --> 00:03:24.419 the, the star of the

NOTE Confidence: 0.9729304

00:03:24.419 --> 00:03:25.540 show here. Wrote a really

NOTE Confidence: 0.9729304

00:03:25.540 --> 00:03:26.740 amazing cookbook that we're gonna

NOTE Confidence: 0.9729304

00:03:26.740 --> 00:03:27.620 be cooking from. I'll let

NOTE Confidence: 0.9729304

00:03:27.620 --> 00:03:28.980 her introduce herself and and

NOTE Confidence: 0.9729304

00:03:28.980 --> 00:03:29.940 tell us more about what's,

NOTE Confidence: 0.9729304

00:03:30.100 --> 00:03:31.160 what's happening tonight.

NOTE Confidence: 0.9716565

00:03:32.635 --> 00:03:33.514 Well, thanks so much, you

NOTE Confidence: 0.9716565

00:03:33.514 --> 00:03:34.715 guys. It's really, really fun

NOTE Confidence: 0.9716565

00:03:34.715 --> 00:03:35.515 to be here. I am

NOTE Confidence: 0.9716565

00:03:35.515 --> 00:03:36.015 Leanne,

NOTE Confidence: 0.99893

00:03:36.635 --> 00:03:37.775 and I did write

NOTE Confidence: 0.9410944

00:03:38.155 --> 00:03:39.995 the solo cookbook over here,

NOTE Confidence: 0.9410944

00:03:39.995 --> 00:03:40.955 good and cheap, which we'll

NOTE Confidence: 0.9410944

00:03:40.955 --> 00:03:42.715 be working from today. And

NOTE Confidence: 0.9410944

00:03:42.715 --> 00:03:44.475 I it means actually so

NOTE Confidence: 0.9410944

00:03:44.475 --> 00:03:45.435 much to me to be

NOTE Confidence: 0.9410944

00:03:45.435 --> 00:03:46.975 here. It's so,

NOTE Confidence: 0.7898096

00:03:47.700 --> 00:03:48.200 feels,

NOTE Confidence: 0.94359916

00:03:49.060 --> 00:03:49.560 universe

NOTE Confidence: 0.97771865

00:03:49.940 --> 00:03:51.000 sent for me.

NOTE Confidence: 0.97225356

00:03:51.380 --> 00:03:53.460 My my father, about a

NOTE Confidence: 0.97225356

00:03:53.460 --> 00:03:54.260 year and a half ago,

NOTE Confidence: 0.97225356

00:03:54.260 --> 00:03:56.520 died of, of colon cancer.

NOTE Confidence: 0.9157784

00:03:56.900 --> 00:03:58.180 And so this is a

NOTE Confidence: 0.9157784

00:03:58.180 --> 00:03:59.380 a sort of cause and

NOTE Confidence: 0.9157784

00:03:59.380 --> 00:03:59.880 issue,

NOTE Confidence: 0.98424447

00:04:00.260 --> 00:04:00.900 you know, if we can

NOTE Confidence: 0.98424447

00:04:00.900 --> 00:04:01.985 call it that, that's really,

NOTE Confidence: 0.98424447

00:04:01.985 --> 00:04:03.185 really near and dear to

NOTE Confidence: 0.98424447

00:04:03.185 --> 00:04:04.165 my heart. I,

NOTE Confidence: 0.9932771

00:04:04.944 --> 00:04:05.825 and so I was so

NOTE Confidence: 0.9932771

00:04:05.825 --> 00:04:07.344 honored to have you guys

NOTE Confidence: 0.9932771

00:04:07.344 --> 00:04:08.305 reach out and to be

NOTE Confidence: 0.9932771

00:04:08.305 --> 00:04:09.844 able to contribute because

NOTE Confidence: 0.9856627

00:04:10.305 --> 00:04:12.064 it's an important issue. I

NOTE Confidence: 0.9856627

00:04:12.064 --> 00:04:12.944 mean, I have it I

NOTE Confidence: 0.9856627

00:04:12.944 --> 00:04:13.745 have it in my own

NOTE Confidence: 0.9856627

00:04:13.745 --> 00:04:14.625 family, and I know if

NOTE Confidence: 0.9856627

00:04:14.625 --> 00:04:15.504 my dad had been

NOTE Confidence: 0.98485595

00:04:16.250 --> 00:04:17.529 had realized that he had

NOTE Confidence: 0.98485595

00:04:17.529 --> 00:04:18.570 it sooner, he would have

NOTE Confidence: 0.98485595

00:04:18.570 --> 00:04:19.529 made a lot of different

NOTE Confidence: 0.98485595

00:04:19.529 --> 00:04:21.449 choices and probably extended his

NOTE Confidence: 0.98485595

00:04:21.449 --> 00:04:23.289 life quite a bit. And

NOTE Confidence: 0.98485595

00:04:23.289 --> 00:04:23.789 because
NOTE Confidence: 0.9824041

00:04:24.570 --> 00:04:26.009 of that, because of his
NOTE Confidence: 0.9824041

00:04:26.009 --> 00:04:27.770 experience, I found out that
NOTE Confidence: 0.9824041

00:04:27.770 --> 00:04:29.150 I, you know, have,
NOTE Confidence: 0.9812937

00:04:30.185 --> 00:04:31.785 have a tendency towards colon
NOTE Confidence: 0.9812937

00:04:31.785 --> 00:04:32.904 cancer myself, and so I'm
NOTE Confidence: 0.9812937

00:04:32.904 --> 00:04:34.605 able to get screened and,
NOTE Confidence: 0.9790384

00:04:35.865 --> 00:04:36.904 and keep it at bay
NOTE Confidence: 0.9790384

00:04:36.904 --> 00:04:38.345 and make healthy choices that
NOTE Confidence: 0.9790384

00:04:38.345 --> 00:04:39.464 mean that it shouldn't really
NOTE Confidence: 0.9790384

00:04:39.464 --> 00:04:40.265 be an issue in my
NOTE Confidence: 0.9790384

00:04:40.265 --> 00:04:41.464 life. And I'm so, so,
NOTE Confidence: 0.9790384

00:04:41.464 --> 00:04:43.145 so grateful for that, and
NOTE Confidence: 0.9790384

00:04:43.145 --> 00:04:44.505 I just always want to
NOTE Confidence: 0.9790384

00:04:44.505 --> 00:04:46.529 sort of spread that information
NOTE Confidence: 0.9602593

00:04:47.070 --> 00:04:48.690 to everybody because there's,

NOTE Confidence: 0.9566703
00:04:49.870 --> 00:04:51.150 yeah, there's just no need
NOTE Confidence: 0.9566703
00:04:51.150 --> 00:04:52.350 really to get it these
NOTE Confidence: 0.9566703
00:04:52.350 --> 00:04:53.330 days. And
NOTE Confidence: 0.98835707
00:04:53.870 --> 00:04:54.830 yeah. And so it's an
NOTE Confidence: 0.98835707
00:04:54.830 --> 00:04:56.350 honor to have been asked
NOTE Confidence: 0.98835707
00:04:56.350 --> 00:04:57.630 for something that matters so
NOTE Confidence: 0.98835707
00:04:57.630 --> 00:04:58.430 much to me and then
NOTE Confidence: 0.98835707
00:04:58.430 --> 00:04:59.710 to have the opportunity also
NOTE Confidence: 0.98835707
00:04:59.710 --> 00:05:02.025 to contribute what I what
NOTE Confidence: 0.98835707
00:05:02.025 --> 00:05:03.305 I have to offer here
NOTE Confidence: 0.98835707
00:05:03.305 --> 00:05:04.665 to you all. So I'm
NOTE Confidence: 0.98835707
00:05:04.665 --> 00:05:05.945 just feeling really, really grateful
NOTE Confidence: 0.98835707
00:05:05.945 --> 00:05:06.825 to be here and excited
NOTE Confidence: 0.98835707
00:05:06.825 --> 00:05:08.765 to get started. Yeah. Awesome.
NOTE Confidence: 0.98835707
00:05:09.065 --> 00:05:10.105 Yeah. Thank you for sharing
NOTE Confidence: 0.98835707

00:05:10.105 --> 00:05:11.225 that, and we're really happy.

NOTE Confidence: 0.98835707

00:05:11.225 --> 00:05:12.025 We're honored to have you

NOTE Confidence: 0.98835707

00:05:12.025 --> 00:05:12.825 here. So so thank you

NOTE Confidence: 0.98835707

00:05:12.825 --> 00:05:13.485 so much.

NOTE Confidence: 0.9843424

00:05:13.919 --> 00:05:15.199 Great. So, do you wanna

NOTE Confidence: 0.9843424

00:05:15.199 --> 00:05:15.839 tell us a little bit

NOTE Confidence: 0.9843424

00:05:15.839 --> 00:05:17.520 about the campaign that we're,

NOTE Confidence: 0.9843424

00:05:17.520 --> 00:05:18.880 you know, you you're launching

NOTE Confidence: 0.9843424

00:05:18.880 --> 00:05:19.839 and and in in charge

NOTE Confidence: 0.9843424

00:05:19.839 --> 00:05:20.440 of here? I mean, this

NOTE Confidence: 0.9843424

00:05:20.440 --> 00:05:21.600 is really important for reasons

NOTE Confidence: 0.9843424

00:05:21.600 --> 00:05:22.880 that you're all hearing about,

NOTE Confidence: 0.9843424

00:05:23.199 --> 00:05:24.400 why we should get screened

NOTE Confidence: 0.9843424

00:05:24.400 --> 00:05:25.440 and the importance of diet

NOTE Confidence: 0.9843424

00:05:25.440 --> 00:05:27.455 for preventing colon cancer. Absolutely.

NOTE Confidence: 0.9843424

00:05:27.514 --> 00:05:28.014 So,

NOTE Confidence: 0.9228099

00:05:28.555 --> 00:05:30.154 as I mentioned, we are,

NOTE Confidence: 0.9228099

00:05:30.395 --> 00:05:31.595 doctor Manju and I have,

NOTE Confidence: 0.97270095

00:05:32.555 --> 00:05:34.635 launched what, we're naming loving

NOTE Confidence: 0.97270095

00:05:34.635 --> 00:05:36.095 your guts campaign. So,

NOTE Confidence: 0.8946028

00:05:36.875 --> 00:05:39.294 this as, Anne pointed out,

NOTE Confidence: 0.97426116

00:05:40.070 --> 00:05:41.270 food is so important to

NOTE Confidence: 0.97426116

00:05:41.270 --> 00:05:42.330 our health. And,

NOTE Confidence: 0.9992536

00:05:43.110 --> 00:05:44.089 over the last

NOTE Confidence: 0.9824471

00:05:44.710 --> 00:05:46.310 nine, twelve months, we've started

NOTE Confidence: 0.9824471

00:05:46.310 --> 00:05:47.830 to delve into looking at

NOTE Confidence: 0.9824471

00:05:47.830 --> 00:05:49.350 access to good food. And

NOTE Confidence: 0.9824471

00:05:49.350 --> 00:05:50.310 and we don't mean, you

NOTE Confidence: 0.9824471

00:05:50.310 --> 00:05:50.970 know, good

NOTE Confidence: 0.96827364

00:05:51.270 --> 00:05:52.455 food in terms of its

NOTE Confidence: 0.96827364

00:05:52.455 --> 00:05:53.895 taste good, but, really, how

NOTE Confidence: 0.96827364

00:05:53.895 --> 00:05:55.014 can it help us achieve
NOTE Confidence: 0.96827364

00:05:55.014 --> 00:05:56.794 health and maintain health? And,
NOTE Confidence: 0.97333556

00:05:57.414 --> 00:05:58.694 you know, the colon is
NOTE Confidence: 0.97333556

00:05:58.694 --> 00:06:00.055 so susceptible in,
NOTE Confidence: 0.9330965

00:06:00.775 --> 00:06:02.875 to disease states and particularly
NOTE Confidence: 0.9330965

00:06:03.094 --> 00:06:04.630 when we talk about colon
NOTE Confidence: 0.9330965

00:06:04.630 --> 00:06:05.589 cancer and your risk of
NOTE Confidence: 0.9330965

00:06:05.589 --> 00:06:06.730 colorectal cancer,
NOTE Confidence: 0.9945314

00:06:07.190 --> 00:06:08.230 we can make some simple
NOTE Confidence: 0.9945314

00:06:08.230 --> 00:06:09.690 substitutions in our diet,
NOTE Confidence: 0.9847395

00:06:10.070 --> 00:06:11.029 to really help,
NOTE Confidence: 0.9926561

00:06:11.430 --> 00:06:12.810 maintain and promote health.
NOTE Confidence: 0.9995883

00:06:13.110 --> 00:06:14.470 And not all of us
NOTE Confidence: 0.9995883

00:06:14.470 --> 00:06:16.390 have access to the foods
NOTE Confidence: 0.9995883

00:06:16.390 --> 00:06:17.210 that we
NOTE Confidence: 0.97778475

00:06:17.695 --> 00:06:18.995 could or should eat.

NOTE Confidence: 0.98343545
00:06:19.375 --> 00:06:20.815 And so part of this
NOTE Confidence: 0.98343545
00:06:20.815 --> 00:06:22.415 campaign is really looking at
NOTE Confidence: 0.98343545
00:06:22.415 --> 00:06:24.015 what are those disparities in
NOTE Confidence: 0.98343545
00:06:24.015 --> 00:06:25.935 terms of accessing food. And
NOTE Confidence: 0.98343545
00:06:25.935 --> 00:06:26.895 then the other part is
NOTE Confidence: 0.98343545
00:06:26.895 --> 00:06:28.015 really what can we do
NOTE Confidence: 0.98343545
00:06:28.015 --> 00:06:29.375 to address it. And, you
NOTE Confidence: 0.98343545
00:06:29.375 --> 00:06:30.735 know, events like this where
NOTE Confidence: 0.98343545
00:06:30.735 --> 00:06:31.615 we can connect with the
NOTE Confidence: 0.98343545
00:06:31.615 --> 00:06:32.115 community
NOTE Confidence: 0.9688806
00:06:32.650 --> 00:06:33.770 and really help get some
NOTE Confidence: 0.9688806
00:06:33.770 --> 00:06:35.210 of this information out there
NOTE Confidence: 0.9688806
00:06:35.210 --> 00:06:36.729 that are simple sort of
NOTE Confidence: 0.9688806
00:06:36.729 --> 00:06:37.630 cheap things,
NOTE Confidence: 0.73142415
00:06:38.169 --> 00:06:39.150 as Leanne's book
NOTE Confidence: 0.9454825

00:06:39.849 --> 00:06:40.349 so
NOTE Confidence: 0.94153446

00:06:40.650 --> 00:06:41.310 so meaningfully,
NOTE Confidence: 0.96996206

00:06:41.770 --> 00:06:43.389 can offer to people,
NOTE Confidence: 0.7737362

00:06:44.089 --> 00:06:44.750 is really,
NOTE Confidence: 0.99162763

00:06:45.690 --> 00:06:47.449 using ingredients that are, you
NOTE Confidence: 0.99162763

00:06:47.449 --> 00:06:47.949 know,
NOTE Confidence: 0.9885328

00:06:48.355 --> 00:06:49.795 all combined less than four
NOTE Confidence: 0.9885328

00:06:49.795 --> 00:06:51.475 dollars per meal and can
NOTE Confidence: 0.9885328

00:06:51.475 --> 00:06:52.355 be whipped up in a
NOTE Confidence: 0.9885328

00:06:52.355 --> 00:06:53.015 few minutes,
NOTE Confidence: 0.99287236

00:06:53.555 --> 00:06:55.635 with minimal items. And so,
NOTE Confidence: 0.99287236

00:06:55.795 --> 00:06:56.755 for somebody who is on
NOTE Confidence: 0.99287236

00:06:56.755 --> 00:06:57.714 the go all the time,
NOTE Confidence: 0.99287236

00:06:57.714 --> 00:06:58.835 foods like that is so
NOTE Confidence: 0.99287236

00:06:58.835 --> 00:07:00.275 important where you don't necessarily
NOTE Confidence: 0.99287236

00:07:00.275 --> 00:07:00.995 have to put a lot

NOTE Confidence: 0.99287236

00:07:00.995 --> 00:07:02.195 of thought into it, but

NOTE Confidence: 0.99287236

00:07:02.195 --> 00:07:03.395 it really can impact your

NOTE Confidence: 0.99287236

00:07:03.395 --> 00:07:03.810 health,

NOTE Confidence: 0.972451

00:07:04.210 --> 00:07:04.710 over

NOTE Confidence: 0.9995152

00:07:05.010 --> 00:07:05.510 time.

NOTE Confidence: 0.9920805

00:07:06.370 --> 00:07:07.810 Beautiful. Agree with all of

NOTE Confidence: 0.9920805

00:07:07.810 --> 00:07:08.130 that.

NOTE Confidence: 0.9549829

00:07:08.690 --> 00:07:09.650 We'll talk a little bit

NOTE Confidence: 0.9549829

00:07:09.650 --> 00:07:11.169 more about colon cancer screening

NOTE Confidence: 0.9549829

00:07:11.169 --> 00:07:12.850 at the end, and, let's

NOTE Confidence: 0.9549829

00:07:12.850 --> 00:07:14.530 get cooking. Alright. Yeah. Sounds

NOTE Confidence: 0.9549829

00:07:14.530 --> 00:07:15.650 like fun. Don't go too

NOTE Confidence: 0.9549829

00:07:15.650 --> 00:07:16.370 far. We'll have you back.

NOTE Confidence: 0.9549829

00:07:16.370 --> 00:07:17.570 Yeah. Sure. We're here for

NOTE Confidence: 0.9549829

00:07:17.570 --> 00:07:17.985 the tasting.

NOTE Confidence: 0.98490757

00:07:18.465 --> 00:07:19.844 Okay. Yeah. That sounds
NOTE Confidence: 0.89367694

00:07:20.145 --> 00:07:20.724 good. Alright.
NOTE Confidence: 0.9383796

00:07:21.185 --> 00:07:22.224 Nate, kick us off, please,
NOTE Confidence: 0.9383796

00:07:22.224 --> 00:07:23.264 with the delicious meal that
NOTE Confidence: 0.9383796

00:07:23.264 --> 00:07:23.985 you were making for us.
NOTE Confidence: 0.9383796

00:07:23.985 --> 00:07:24.865 Great. Yeah. Yeah. Yeah. So
NOTE Confidence: 0.9383796

00:07:24.865 --> 00:07:26.064 as was mentioned, we're cooking
NOTE Confidence: 0.9383796

00:07:26.064 --> 00:07:27.185 all recipes from good and
NOTE Confidence: 0.9383796

00:07:27.185 --> 00:07:28.305 cheap. And so I'm gonna
NOTE Confidence: 0.9383796

00:07:28.305 --> 00:07:29.745 start with a vegetable quiche
NOTE Confidence: 0.9383796

00:07:29.745 --> 00:07:30.705 hold the crust, which is
NOTE Confidence: 0.9383796

00:07:30.705 --> 00:07:31.660 kind of a a cool
NOTE Confidence: 0.9383796

00:07:31.660 --> 00:07:32.700 recipe that we'll talk about
NOTE Confidence: 0.9383796

00:07:32.700 --> 00:07:34.080 for a few different reasons.
NOTE Confidence: 0.9383796

00:07:34.140 --> 00:07:35.180 So we're holding the crust,
NOTE Confidence: 0.9383796

00:07:35.180 --> 00:07:36.300 which, you know, crushes for

NOTE Confidence: 0.9383796
00:07:36.300 --> 00:07:37.420 a quiche are usually gonna
NOTE Confidence: 0.9383796
00:07:37.420 --> 00:07:38.380 be made with some white
NOTE Confidence: 0.9383796
00:07:38.380 --> 00:07:39.340 flour, a whole bunch of
NOTE Confidence: 0.9383796
00:07:39.340 --> 00:07:40.860 butter. Takes a long time
NOTE Confidence: 0.9383796
00:07:40.860 --> 00:07:42.220 to make. It's cannot it's
NOTE Confidence: 0.9383796
00:07:42.220 --> 00:07:43.100 not the easiest thing to
NOTE Confidence: 0.9383796
00:07:43.100 --> 00:07:43.820 make, I'll say. I'm not
NOTE Confidence: 0.9383796
00:07:43.820 --> 00:07:44.860 too sure. It's time consuming.
NOTE Confidence: 0.9383796
00:07:44.860 --> 00:07:45.660 The butter has to be
NOTE Confidence: 0.9383796
00:07:45.660 --> 00:07:46.780 a specific temperature, and you
NOTE Confidence: 0.9383796
00:07:46.780 --> 00:07:47.474 have to make sure. Anyway,
NOTE Confidence: 0.9383796
00:07:47.474 --> 00:07:48.675 it's too much. So enough
NOTE Confidence: 0.9383796
00:07:48.675 --> 00:07:49.634 to mention a lot of
NOTE Confidence: 0.9383796
00:07:49.634 --> 00:07:51.634 fuss. What's that? You cut
NOTE Confidence: 0.9383796
00:07:51.634 --> 00:07:52.435 out so much of the
NOTE Confidence: 0.9383796

00:07:52.435 --> 00:07:53.395 fuss when you get rid
NOTE Confidence: 0.9383796

00:07:53.395 --> 00:07:54.835 of the crust. And even
NOTE Confidence: 0.9383796

00:07:54.835 --> 00:07:56.134 though, of course, it's delicious,
NOTE Confidence: 0.9383796

00:07:56.275 --> 00:07:57.314 these can be things can
NOTE Confidence: 0.9383796

00:07:57.314 --> 00:07:58.754 be worthwhile. It's just so
NOTE Confidence: 0.9383796

00:07:58.754 --> 00:08:00.275 nice to just get most
NOTE Confidence: 0.9383796

00:08:00.275 --> 00:08:01.555 of the nutrition out of
NOTE Confidence: 0.9383796

00:08:01.555 --> 00:08:02.294 it and
NOTE Confidence: 0.90995723

00:08:03.000 --> 00:08:04.120 skip a lot of the
NOTE Confidence: 0.90995723

00:08:04.120 --> 00:08:06.540 extra effort. Totally agree. Yes.
NOTE Confidence: 0.9593373

00:08:07.800 --> 00:08:08.680 So we're gonna zoom in.
NOTE Confidence: 0.9593373

00:08:08.680 --> 00:08:09.400 I'm gonna show you how
NOTE Confidence: 0.9593373

00:08:09.400 --> 00:08:10.360 we're skipping the fuss here
NOTE Confidence: 0.9593373

00:08:10.360 --> 00:08:11.880 to, my pan on the
NOTE Confidence: 0.9593373

00:08:11.880 --> 00:08:12.840 stove. So what we've done
NOTE Confidence: 0.9593373

00:08:12.840 --> 00:08:14.220 is we've taken some onions,

NOTE Confidence: 0.9905667

00:08:14.520 --> 00:08:15.880 and we've put them in

NOTE Confidence: 0.9905667

00:08:15.880 --> 00:08:16.760 a little bit of olive

NOTE Confidence: 0.9905667

00:08:16.760 --> 00:08:17.900 oil and some butter.

NOTE Confidence: 0.9733031

00:08:18.265 --> 00:08:19.385 And then what happens is

NOTE Confidence: 0.9733031

00:08:19.385 --> 00:08:20.745 they get nice and crispy

NOTE Confidence: 0.9733031

00:08:20.745 --> 00:08:21.545 here in the pan. And

NOTE Confidence: 0.9733031

00:08:21.545 --> 00:08:22.265 so, really, I just cut

NOTE Confidence: 0.9733031

00:08:22.265 --> 00:08:23.305 them into half moons, and

NOTE Confidence: 0.9733031

00:08:23.305 --> 00:08:23.945 I'm gonna show you how

NOTE Confidence: 0.9733031

00:08:23.945 --> 00:08:24.745 to do that. But then

NOTE Confidence: 0.9733031

00:08:24.745 --> 00:08:25.865 they end up really nice

NOTE Confidence: 0.9733031

00:08:25.865 --> 00:08:27.065 and crispy here. And then

NOTE Confidence: 0.9733031

00:08:27.065 --> 00:08:28.105 those are gonna actually be

NOTE Confidence: 0.9733031

00:08:28.105 --> 00:08:29.785 our quote, unquote crust. So

NOTE Confidence: 0.9733031

00:08:29.785 --> 00:08:30.665 I'm gonna pop back over

NOTE Confidence: 0.9733031

00:08:30.665 --> 00:08:31.465 to my cutting board here
NOTE Confidence: 0.9733031

00:08:31.465 --> 00:08:32.105 and show you how I
NOTE Confidence: 0.9733031

00:08:32.105 --> 00:08:33.225 sliced up that onion real
NOTE Confidence: 0.9733031

00:08:33.225 --> 00:08:34.809 quick. So an onion, of
NOTE Confidence: 0.9733031

00:08:34.809 --> 00:08:35.929 course, likes to roll around,
NOTE Confidence: 0.9733031

00:08:35.929 --> 00:08:36.570 but we don't want it
NOTE Confidence: 0.9733031

00:08:36.570 --> 00:08:37.690 to roll around because it's
NOTE Confidence: 0.9733031

00:08:37.690 --> 00:08:38.570 really hard to cut that
NOTE Confidence: 0.9733031

00:08:38.570 --> 00:08:39.929 way. So you're gonna cut
NOTE Confidence: 0.9733031

00:08:39.929 --> 00:08:41.130 off not the root end
NOTE Confidence: 0.9733031

00:08:41.130 --> 00:08:42.510 here, but the top end,
NOTE Confidence: 0.9733031

00:08:42.730 --> 00:08:43.770 and that's gonna give us
NOTE Confidence: 0.9733031

00:08:43.770 --> 00:08:44.429 a nice
NOTE Confidence: 0.98197705

00:08:44.809 --> 00:08:46.490 flat surface to go from.
NOTE Confidence: 0.98197705

00:08:46.490 --> 00:08:47.054 So So once you have
NOTE Confidence: 0.98197705

00:08:47.054 --> 00:08:48.735 your onion like that, make

NOTE Confidence: 0.98197705

00:08:48.735 --> 00:08:50.035 use of that flat surface.

NOTE Confidence: 0.98197705

00:08:50.175 --> 00:08:51.535 You're gonna kinda come down

NOTE Confidence: 0.98197705

00:08:51.535 --> 00:08:53.135 through the onion, and then

NOTE Confidence: 0.98197705

00:08:53.135 --> 00:08:54.434 we're able to cut off

NOTE Confidence: 0.98197705

00:08:54.735 --> 00:08:55.855 the root end, and that

NOTE Confidence: 0.98197705

00:08:55.855 --> 00:08:57.375 will allow us to peel

NOTE Confidence: 0.98197705

00:08:57.375 --> 00:08:58.515 it really evenly.

NOTE Confidence: 0.9606476

00:08:59.470 --> 00:09:00.750 So the onion, we're gonna

NOTE Confidence: 0.9606476

00:09:00.750 --> 00:09:01.870 cut into half moons. And

NOTE Confidence: 0.9606476

00:09:01.870 --> 00:09:02.750 the reason for that is,

NOTE Confidence: 0.9606476

00:09:02.750 --> 00:09:03.550 as you kinda saw on

NOTE Confidence: 0.9606476

00:09:03.550 --> 00:09:04.510 the pan, we want a

NOTE Confidence: 0.9606476

00:09:04.510 --> 00:09:05.790 lot of surface area from

NOTE Confidence: 0.9606476

00:09:05.790 --> 00:09:07.170 this onion to be contacting

NOTE Confidence: 0.9678902

00:09:07.550 --> 00:09:08.510 the pan, and then it

NOTE Confidence: 0.9678902

00:09:08.510 --> 00:09:09.790 gets nice and crispy and
NOTE Confidence: 0.9678902

00:09:09.790 --> 00:09:10.590 will allow us to make
NOTE Confidence: 0.9678902

00:09:10.590 --> 00:09:11.710 kind of an a flat
NOTE Confidence: 0.9678902

00:09:11.710 --> 00:09:13.090 even layer on the bottom
NOTE Confidence: 0.9678902

00:09:13.309 --> 00:09:14.190 of the pan, which is
NOTE Confidence: 0.9678902

00:09:14.190 --> 00:09:15.645 gonna, serve the purpose of
NOTE Confidence: 0.9678902

00:09:15.645 --> 00:09:16.785 being kind of that crust.
NOTE Confidence: 0.9678902

00:09:16.845 --> 00:09:17.485 So you see how I
NOTE Confidence: 0.9678902

00:09:17.485 --> 00:09:18.205 have the two halves of
NOTE Confidence: 0.9678902

00:09:18.205 --> 00:09:19.165 onion here, and now we're
NOTE Confidence: 0.9678902

00:09:19.165 --> 00:09:20.225 just gonna cut them into
NOTE Confidence: 0.9678902

00:09:20.445 --> 00:09:22.765 half moons. So thin, but
NOTE Confidence: 0.9678902

00:09:22.765 --> 00:09:24.125 not too thin because you
NOTE Confidence: 0.9678902

00:09:24.125 --> 00:09:25.725 want them to kinda still
NOTE Confidence: 0.9678902

00:09:25.725 --> 00:09:26.605 hold up some of their
NOTE Confidence: 0.9678902

00:09:26.605 --> 00:09:28.045 shape as they cook, but

NOTE Confidence: 0.9678902
00:09:28.045 --> 00:09:29.325 really thin enough that they
NOTE Confidence: 0.9678902
00:09:29.325 --> 00:09:30.385 can still get crispy.
NOTE Confidence: 0.916524
00:09:31.360 --> 00:09:32.240 So you see me kinda
NOTE Confidence: 0.916524
00:09:32.240 --> 00:09:33.199 using my hand as a
NOTE Confidence: 0.916524
00:09:33.199 --> 00:09:35.040 claw here that stabilizes the
NOTE Confidence: 0.916524
00:09:35.040 --> 00:09:36.399 onion without me being worried
NOTE Confidence: 0.916524
00:09:36.399 --> 00:09:37.920 about anything bad happening to
NOTE Confidence: 0.916524
00:09:37.920 --> 00:09:39.440 my fingertips, of course, and
NOTE Confidence: 0.916524
00:09:39.440 --> 00:09:40.820 then just having a nice
NOTE Confidence: 0.916524
00:09:40.959 --> 00:09:42.820 firm grip on the knife,
NOTE Confidence: 0.916524
00:09:42.885 --> 00:09:43.845 pinching the blade of the
NOTE Confidence: 0.916524
00:09:43.845 --> 00:09:45.065 knife in the right hand.
NOTE Confidence: 0.916524
00:09:45.205 --> 00:09:46.325 I have my eat more
NOTE Confidence: 0.916524
00:09:46.325 --> 00:09:48.485 fiber bracelet on for add
NOTE Confidence: 0.916524
00:09:48.485 --> 00:09:49.845 a whole bracelet. Bag all.
NOTE Confidence: 0.916524

00:09:49.845 --> 00:09:51.145 I've got our on
NOTE Confidence: 0.94949335

00:09:51.525 --> 00:09:53.445 here. You know? Yep. Yep.
NOTE Confidence: 0.94949335

00:09:53.445 --> 00:09:54.165 So we got lots of
NOTE Confidence: 0.94949335

00:09:54.165 --> 00:09:54.885 swag. So this is the
NOTE Confidence: 0.94949335

00:09:54.885 --> 00:09:55.765 onion here, and now we're
NOTE Confidence: 0.94949335

00:09:55.765 --> 00:09:56.565 gonna take it back out
NOTE Confidence: 0.94949335

00:09:56.565 --> 00:09:57.510 to the full view. And
NOTE Confidence: 0.94949335

00:09:57.670 --> 00:09:58.390 I'm actually what I'm gonna
NOTE Confidence: 0.94949335

00:09:58.390 --> 00:09:59.270 do is I'm gonna start
NOTE Confidence: 0.94949335

00:09:59.270 --> 00:10:01.190 getting these onions into the
NOTE Confidence: 0.94949335

00:10:01.190 --> 00:10:02.309 bottom of a pan. If
NOTE Confidence: 0.94949335

00:10:02.309 --> 00:10:03.590 you have, like, a cast
NOTE Confidence: 0.94949335

00:10:03.590 --> 00:10:04.950 iron skillet or a non
NOTE Confidence: 0.94949335

00:10:05.270 --> 00:10:06.710 a stainless steel pan, something
NOTE Confidence: 0.94949335

00:10:06.710 --> 00:10:07.590 that can go into the
NOTE Confidence: 0.94949335

00:10:07.590 --> 00:10:09.030 oven, you could actually just

NOTE Confidence: 0.94949335
00:10:09.030 --> 00:10:10.295 take these onions, cook them
NOTE Confidence: 0.94949335
00:10:10.295 --> 00:10:11.014 up on the stove, and
NOTE Confidence: 0.94949335
00:10:11.014 --> 00:10:11.975 then put the whole quiche
NOTE Confidence: 0.94949335
00:10:11.975 --> 00:10:13.014 without the crust in here,
NOTE Confidence: 0.94949335
00:10:13.014 --> 00:10:13.654 and then that can go
NOTE Confidence: 0.94949335
00:10:13.654 --> 00:10:14.214 in the oven. I mean,
NOTE Confidence: 0.94949335
00:10:14.214 --> 00:10:15.574 if we're truly talking about
NOTE Confidence: 0.94949335
00:10:15.574 --> 00:10:17.815 reducing fuss Right? That is
NOTE Confidence: 0.94949335
00:10:17.815 --> 00:10:18.694 about as low fuss as
NOTE Confidence: 0.94949335
00:10:18.694 --> 00:10:19.334 you can be a one
NOTE Confidence: 0.94949335
00:10:19.334 --> 00:10:20.855 pan meal. We love a
NOTE Confidence: 0.94949335
00:10:20.855 --> 00:10:22.295 one pot stovetop meal. Right?
NOTE Confidence: 0.94949335
00:10:22.295 --> 00:10:23.014 We're talking about it with
NOTE Confidence: 0.94949335
00:10:23.014 --> 00:10:24.054 pastas and rice dishes and
NOTE Confidence: 0.94949335
00:10:24.054 --> 00:10:25.175 everything. Right? But a one
NOTE Confidence: 0.94949335

00:10:25.175 --> 00:10:26.590 pot meal, especially again, it
NOTE Confidence: 0.94949335

00:10:26.590 --> 00:10:27.550 can go right from the
NOTE Confidence: 0.94949335

00:10:27.550 --> 00:10:28.750 stovetop into the oven. So
NOTE Confidence: 0.94949335

00:10:28.750 --> 00:10:30.750 it's way versatile. Fewer dishes
NOTE Confidence: 0.94949335

00:10:30.750 --> 00:10:32.270 to do. Yeah. Absolutely. Talking
NOTE Confidence: 0.94949335

00:10:32.270 --> 00:10:33.309 about reducing the fuss as
NOTE Confidence: 0.94949335

00:10:33.309 --> 00:10:34.429 well. Right? Of course. We
NOTE Confidence: 0.94949335

00:10:34.429 --> 00:10:35.309 love we love to harp
NOTE Confidence: 0.94949335

00:10:35.309 --> 00:10:36.690 on the great knife skills.
NOTE Confidence: 0.94949335

00:10:36.750 --> 00:10:38.429 Right? Get everyone, you know,
NOTE Confidence: 0.94949335

00:10:38.429 --> 00:10:39.809 really comfortable to it.
NOTE Confidence: 0.9240597

00:10:40.145 --> 00:10:41.425 Absolutely no reason though, you
NOTE Confidence: 0.9240597

00:10:41.425 --> 00:10:42.385 know, would be a little
NOTE Confidence: 0.9240597

00:10:42.385 --> 00:10:43.184 bit more expensive, but no
NOTE Confidence: 0.9240597

00:10:43.184 --> 00:10:44.865 reason you couldn't buy pre
NOTE Confidence: 0.9240597

00:10:44.865 --> 00:10:46.945 sliced onions. Oh, yeah. Absolutely.

NOTE Confidence: 0.9240597

00:10:46.945 --> 00:10:47.985 Especially especially sometimes the ones

NOTE Confidence: 0.9240597

00:10:47.985 --> 00:10:48.625 you buy in the grocery

NOTE Confidence: 0.9240597

00:10:48.625 --> 00:10:49.585 store. They're really nice. They're

NOTE Confidence: 0.9240597

00:10:49.745 --> 00:10:50.625 they got some nice, like,

NOTE Confidence: 0.9240597

00:10:50.625 --> 00:10:51.585 thickness to it. It'd be

NOTE Confidence: 0.9240597

00:10:51.585 --> 00:10:52.385 great for kind of this

NOTE Confidence: 0.9240597

00:10:52.385 --> 00:10:52.885 crustless,

NOTE Confidence: 0.9972116

00:10:53.800 --> 00:10:55.420 version that we're doing here.

NOTE Confidence: 0.9549716

00:10:56.120 --> 00:10:56.760 But the nice thing that

NOTE Confidence: 0.9549716

00:10:56.760 --> 00:10:57.880 we like to tell patients

NOTE Confidence: 0.9549716

00:10:57.880 --> 00:10:59.000 in these classes sometimes is

NOTE Confidence: 0.9549716

00:10:59.000 --> 00:11:00.200 that onions are cheap and

NOTE Confidence: 0.9549716

00:11:00.200 --> 00:11:02.040 have remained pretty consistently cheap.

NOTE Confidence: 0.9549716

00:11:02.040 --> 00:11:03.180 So that's a great opportunity

NOTE Confidence: 0.9549716

00:11:03.240 --> 00:11:04.520 to to practice your knife

NOTE Confidence: 0.9549716

00:11:04.520 --> 00:11:06.140 skills, of course. Yeah. Absolutely.

NOTE Confidence: 0.9549716

00:11:06.200 --> 00:11:06.700 Absolutely.

NOTE Confidence: 0.96428335

00:11:07.134 --> 00:11:07.855 And they I I should

NOTE Confidence: 0.96428335

00:11:07.855 --> 00:11:08.894 say with these cooked for

NOTE Confidence: 0.96428335

00:11:08.894 --> 00:11:10.574 maybe twenty or so minutes

NOTE Confidence: 0.96428335

00:11:10.574 --> 00:11:11.934 here. I flipped them just

NOTE Confidence: 0.96428335

00:11:11.934 --> 00:11:13.214 one time, and they're, like,

NOTE Confidence: 0.96428335

00:11:13.214 --> 00:11:14.334 almost like French fried onions.

NOTE Confidence: 0.96428335

00:11:14.334 --> 00:11:15.454 They're, like, crispy and brown

NOTE Confidence: 0.96428335

00:11:15.454 --> 00:11:16.975 and delicious. But while I'm

NOTE Confidence: 0.96428335

00:11:16.975 --> 00:11:18.255 transferring these from the pan

NOTE Confidence: 0.96428335

00:11:18.255 --> 00:11:19.134 over to the pan that's

NOTE Confidence: 0.96428335

00:11:19.134 --> 00:11:19.694 going to go in the

NOTE Confidence: 0.96428335

00:11:19.694 --> 00:11:20.495 oven, actually, Michelle, if you

NOTE Confidence: 0.96428335

00:11:20.495 --> 00:11:21.214 wanna come up here, I'm

NOTE Confidence: 0.96428335

00:11:21.214 --> 00:11:22.920 gonna ask for a sous

NOTE Confidence: 0.96428335
00:11:22.920 --> 00:11:24.440 chef here. I Fantastic. I
NOTE Confidence: 0.96428335
00:11:24.440 --> 00:11:25.000 I will tell you. I
NOTE Confidence: 0.96428335
00:11:25.000 --> 00:11:25.960 went to culinary school. I
NOTE Confidence: 0.96428335
00:11:25.960 --> 00:11:26.679 think I'm a pretty good
NOTE Confidence: 0.96428335
00:11:26.679 --> 00:11:28.280 cook. Not the best at
NOTE Confidence: 0.96428335
00:11:28.280 --> 00:11:29.260 cracking eggs.
NOTE Confidence: 0.97178453
00:11:30.520 --> 00:11:31.400 So so we're gonna let
NOTE Confidence: 0.97178453
00:11:31.400 --> 00:11:32.280 Michelle do that. I'll show
NOTE Confidence: 0.97178453
00:11:32.280 --> 00:11:33.000 you how I was taught,
NOTE Confidence: 0.97178453
00:11:33.000 --> 00:11:33.640 and we'll see if I
NOTE Confidence: 0.97178453
00:11:33.640 --> 00:11:34.760 can actually do it. You
NOTE Confidence: 0.97178453
00:11:34.760 --> 00:11:35.954 you wanna, like, hit it
NOTE Confidence: 0.97178453
00:11:35.954 --> 00:11:37.235 with some gusto. Right? You
NOTE Confidence: 0.97178453
00:11:37.235 --> 00:11:38.355 don't wanna be ginger about
NOTE Confidence: 0.97178453
00:11:38.355 --> 00:11:39.315 it, and you don't wanna
NOTE Confidence: 0.97178453

00:11:39.315 --> 00:11:39.875 do it on the side
NOTE Confidence: 0.97178453

00:11:39.875 --> 00:11:40.834 of a bowl because that
NOTE Confidence: 0.97178453

00:11:40.834 --> 00:11:42.035 causes those bits of eggshell
NOTE Confidence: 0.97178453

00:11:42.035 --> 00:11:43.475 to kinda come into the
NOTE Confidence: 0.97178453

00:11:43.475 --> 00:11:44.355 inside of the egg, and
NOTE Confidence: 0.97178453

00:11:44.355 --> 00:11:45.235 it can it can get
NOTE Confidence: 0.97178453

00:11:45.235 --> 00:11:46.274 stuck in the white part
NOTE Confidence: 0.97178453

00:11:46.274 --> 00:11:46.995 or it can crack the
NOTE Confidence: 0.97178453

00:11:46.995 --> 00:11:48.115 yolk. Right? So you wanna
NOTE Confidence: 0.97178453

00:11:48.115 --> 00:11:48.834 do it on a flat
NOTE Confidence: 0.97178453

00:11:48.834 --> 00:11:49.735 surface. So
NOTE Confidence: 0.83756393

00:11:50.600 --> 00:11:52.200 something like that. This is
NOTE Confidence: 0.83756393

00:11:52.200 --> 00:11:53.320 a very confident hit. Now
NOTE Confidence: 0.83756393

00:11:53.320 --> 00:11:54.920 you undersold yourself. There we
NOTE Confidence: 0.83756393

00:11:54.920 --> 00:11:55.420 go.
NOTE Confidence: 0.91957116

00:11:56.600 --> 00:11:57.320 I can do it if

NOTE Confidence: 0.91957116

00:11:57.320 --> 00:11:58.120 I have to, but she's

NOTE Confidence: 0.91957116

00:11:58.120 --> 00:11:59.000 gonna take over now. Okay,

NOTE Confidence: 0.91957116

00:11:59.000 --> 00:12:00.120 Dan. So I'm gonna continue

NOTE Confidence: 0.91957116

00:12:00.120 --> 00:12:01.160 kinda just moving these to

NOTE Confidence: 0.91957116

00:12:01.160 --> 00:12:02.440 the side. So so that

NOTE Confidence: 0.91957116

00:12:02.440 --> 00:12:03.480 was a very good confident

NOTE Confidence: 0.91957116

00:12:03.480 --> 00:12:04.684 hit. Yeah. We Yeah. And

NOTE Confidence: 0.91957116

00:12:04.684 --> 00:12:05.645 we have a garbage canner

NOTE Confidence: 0.91957116

00:12:05.645 --> 00:12:06.205 we can pull over to

NOTE Confidence: 0.91957116

00:12:06.205 --> 00:12:07.245 that. We knew we could

NOTE Confidence: 0.91957116

00:12:07.245 --> 00:12:08.304 ask you. Yeah.

NOTE Confidence: 0.9763437

00:12:09.245 --> 00:12:10.285 Yep. So a quiche, you

NOTE Confidence: 0.9763437

00:12:10.285 --> 00:12:11.964 know, what's what's nice about

NOTE Confidence: 0.9763437

00:12:11.964 --> 00:12:13.084 a quiche is, you know,

NOTE Confidence: 0.9763437

00:12:13.084 --> 00:12:13.964 back when eggs were cheap.

NOTE Confidence: 0.9763437

00:12:13.964 --> 00:12:14.524 First of all, it was
NOTE Confidence: 0.9763437

00:12:14.524 --> 00:12:15.024 cheap.
NOTE Confidence: 0.9730934

00:12:15.565 --> 00:12:16.445 But you can hide a
NOTE Confidence: 0.9730934

00:12:16.445 --> 00:12:17.640 lot of veggies in this.
NOTE Confidence: 0.9730934

00:12:17.640 --> 00:12:18.440 Right? And so it's kind
NOTE Confidence: 0.9730934

00:12:18.440 --> 00:12:19.559 of like whatever you have
NOTE Confidence: 0.9730934

00:12:19.559 --> 00:12:20.380 in your fridge,
NOTE Confidence: 0.96181947

00:12:21.000 --> 00:12:21.880 you can you can put
NOTE Confidence: 0.96181947

00:12:21.880 --> 00:12:22.680 into it. You can think
NOTE Confidence: 0.96181947

00:12:22.680 --> 00:12:24.040 about different flavor combinations. You
NOTE Confidence: 0.96181947

00:12:24.040 --> 00:12:24.760 know, if you wanna go
NOTE Confidence: 0.96181947

00:12:24.760 --> 00:12:26.220 super Italian, you could do
NOTE Confidence: 0.96181947

00:12:26.360 --> 00:12:28.380 kind of some maybe leeks
NOTE Confidence: 0.96181947

00:12:28.440 --> 00:12:29.580 and sun dried tomatoes,
NOTE Confidence: 0.87731916

00:12:30.040 --> 00:12:31.154 little bit of pesto.
NOTE Confidence: 0.9963862

00:12:31.455 --> 00:12:33.235 You could do some basil.

NOTE Confidence: 0.93387467

00:12:34.255 --> 00:12:35.135 Leanne, what are some of

NOTE Confidence: 0.93387467

00:12:35.135 --> 00:12:36.415 your favorites to to throw

NOTE Confidence: 0.93387467

00:12:36.415 --> 00:12:38.095 into, into this quiche? Or

NOTE Confidence: 0.93387467

00:12:38.095 --> 00:12:39.455 just in in in general?

NOTE Confidence: 0.93387467

00:12:39.455 --> 00:12:39.955 Broccoli,

NOTE Confidence: 0.99840873

00:12:40.415 --> 00:12:42.015 I love. I also just

NOTE Confidence: 0.99840873

00:12:42.015 --> 00:12:43.775 love to get random

NOTE Confidence: 0.976454

00:12:44.400 --> 00:12:45.920 like, if I have leftover

NOTE Confidence: 0.976454

00:12:45.920 --> 00:12:47.440 roasted vegetables or something from

NOTE Confidence: 0.976454

00:12:47.440 --> 00:12:49.040 another dish, I'll often just

NOTE Confidence: 0.976454

00:12:49.040 --> 00:12:50.160 use that in something like

NOTE Confidence: 0.976454

00:12:50.160 --> 00:12:51.360 this. The other thing I

NOTE Confidence: 0.976454

00:12:51.360 --> 00:12:52.800 want to mention actually was

NOTE Confidence: 0.976454

00:12:52.800 --> 00:12:53.300 frozen,

NOTE Confidence: 0.9514278

00:12:54.480 --> 00:12:56.080 vegetables are kind of nice

NOTE Confidence: 0.9514278

00:12:56.080 --> 00:12:57.360 in here too sometimes. Like,
NOTE Confidence: 0.9514278

00:12:57.360 --> 00:12:58.720 especially, like, green beans or
NOTE Confidence: 0.9514278

00:12:58.720 --> 00:12:59.965 something like that. You guys
NOTE Confidence: 0.9514278

00:12:59.965 --> 00:13:01.005 are talking about the pre
NOTE Confidence: 0.9514278

00:13:01.005 --> 00:13:01.505 chopped
NOTE Confidence: 0.9499753

00:13:02.125 --> 00:13:03.565 stuff. That can be nice
NOTE Confidence: 0.9499753

00:13:03.565 --> 00:13:05.165 to just it's already sort
NOTE Confidence: 0.9499753

00:13:05.165 --> 00:13:06.045 of ready to go, and
NOTE Confidence: 0.9499753

00:13:06.045 --> 00:13:06.925 then it cooks up in
NOTE Confidence: 0.9499753

00:13:06.925 --> 00:13:08.365 the time and can be
NOTE Confidence: 0.9499753

00:13:08.365 --> 00:13:10.765 really, really, really simple. It's
NOTE Confidence: 0.9499753

00:13:10.765 --> 00:13:12.125 actually funny that you mentioned
NOTE Confidence: 0.9499753

00:13:12.125 --> 00:13:13.485 frozen vegetables. So much for
NOTE Confidence: 0.9499753

00:13:13.485 --> 00:13:14.225 that segue.
NOTE Confidence: 0.97819823

00:13:14.880 --> 00:13:16.000 So we are using your
NOTE Confidence: 0.97819823

00:13:16.000 --> 00:13:17.600 favorite, broccoli, and it is

NOTE Confidence: 0.97819823
00:13:17.600 --> 00:13:18.559 frozen. So we bought this
NOTE Confidence: 0.97819823
00:13:18.559 --> 00:13:19.440 bag of broccoli. I don't
NOTE Confidence: 0.97819823
00:13:19.440 --> 00:13:20.240 know. It's probably a buck
NOTE Confidence: 0.97819823
00:13:20.240 --> 00:13:21.600 or two. It's five cups
NOTE Confidence: 0.97819823
00:13:21.600 --> 00:13:23.520 of broccoli. I just microwaved
NOTE Confidence: 0.97819823
00:13:23.520 --> 00:13:24.559 it in this dish for
NOTE Confidence: 0.97819823
00:13:24.559 --> 00:13:25.360 ten minutes with a little
NOTE Confidence: 0.97819823
00:13:25.360 --> 00:13:26.160 bit of water, drained off
NOTE Confidence: 0.97819823
00:13:26.160 --> 00:13:27.120 the excess water, and then
NOTE Confidence: 0.97819823
00:13:27.120 --> 00:13:28.080 this is what we're gonna
NOTE Confidence: 0.97819823
00:13:28.080 --> 00:13:29.440 use for the quiche. So
NOTE Confidence: 0.97819823
00:13:29.440 --> 00:13:30.985 as So why did we
NOTE Confidence: 0.97819823
00:13:30.985 --> 00:13:32.264 cook it first? Right? Why
NOTE Confidence: 0.97819823
00:13:32.264 --> 00:13:32.904 didn't we just take the
NOTE Confidence: 0.97819823
00:13:32.904 --> 00:13:33.865 frozen broccoli, throw it in
NOTE Confidence: 0.97819823

00:13:33.865 --> 00:13:35.065 there raw? Right. So if
NOTE Confidence: 0.97819823

00:13:35.065 --> 00:13:36.184 it's frozen, you know, it's
NOTE Confidence: 0.97819823

00:13:36.184 --> 00:13:37.625 gonna slow down the cooking
NOTE Confidence: 0.97819823

00:13:37.625 --> 00:13:38.665 process big time if you
NOTE Confidence: 0.97819823

00:13:38.665 --> 00:13:39.304 were just to throw it
NOTE Confidence: 0.97819823

00:13:39.304 --> 00:13:40.425 in frozen. Or if you
NOTE Confidence: 0.97819823

00:13:40.425 --> 00:13:41.785 had, like, a really crunchy
NOTE Confidence: 0.97819823

00:13:41.785 --> 00:13:43.080 vegetable that really has to
NOTE Confidence: 0.97819823

00:13:43.080 --> 00:13:43.720 to cook for a long
NOTE Confidence: 0.97819823

00:13:43.720 --> 00:13:44.220 time,
NOTE Confidence: 0.96480685

00:13:44.679 --> 00:13:45.400 you know, you might wanna
NOTE Confidence: 0.96480685

00:13:45.400 --> 00:13:46.280 cook that a little bit
NOTE Confidence: 0.96480685

00:13:46.280 --> 00:13:47.640 first before you throw it
NOTE Confidence: 0.96480685

00:13:47.640 --> 00:13:48.360 in. But, yeah, for the
NOTE Confidence: 0.96480685

00:13:48.360 --> 00:13:49.320 frozen veggies, I would cook
NOTE Confidence: 0.96480685

00:13:49.320 --> 00:13:49.960 it off first just to

NOTE Confidence: 0.96480685
00:13:49.960 --> 00:13:50.920 get it a little soft,
NOTE Confidence: 0.96480685
00:13:50.920 --> 00:13:51.720 do most of the cooking
NOTE Confidence: 0.96480685
00:13:51.720 --> 00:13:52.520 already, and then it won't
NOTE Confidence: 0.96480685
00:13:52.520 --> 00:13:53.480 slow down the cooking process
NOTE Confidence: 0.96480685
00:13:53.480 --> 00:13:54.280 once you get the eggs
NOTE Confidence: 0.96480685
00:13:54.280 --> 00:13:55.260 on top. Yeah.
NOTE Confidence: 0.97154397
00:13:55.595 --> 00:13:56.795 I do I sorry to
NOTE Confidence: 0.97154397
00:13:56.795 --> 00:13:57.675 interrupt. I love this, like,
NOTE Confidence: 0.97154397
00:13:57.675 --> 00:13:58.875 little layer of things that
NOTE Confidence: 0.97154397
00:13:58.875 --> 00:13:59.755 you have going on here
NOTE Confidence: 0.97154397
00:13:59.755 --> 00:14:00.875 again. Like, the onion on
NOTE Confidence: 0.97154397
00:14:00.875 --> 00:14:01.835 the bottom is gonna make,
NOTE Confidence: 0.97154397
00:14:01.835 --> 00:14:02.955 like yeah. Again, like that
NOTE Confidence: 0.97154397
00:14:02.955 --> 00:14:04.795 nice simulation of a crust.
NOTE Confidence: 0.97154397
00:14:04.795 --> 00:14:06.235 Exactly. Yep. So those onions
NOTE Confidence: 0.97154397

00:14:06.235 --> 00:14:06.955 are on the bottom there,
NOTE Confidence: 0.97154397

00:14:06.955 --> 00:14:07.755 which I layered, and then
NOTE Confidence: 0.97154397

00:14:07.755 --> 00:14:08.875 we've cooked a whole bunch
NOTE Confidence: 0.97154397

00:14:08.875 --> 00:14:10.420 of broccoli on here. So,
NOTE Confidence: 0.97154397

00:14:10.580 --> 00:14:12.360 a lot of, delicious fiber.
NOTE Confidence: 0.97154397

00:14:12.500 --> 00:14:13.720 There's gonna be some salt,
NOTE Confidence: 0.97154397

00:14:13.860 --> 00:14:15.140 some pepper, one teaspoon of
NOTE Confidence: 0.97154397

00:14:15.140 --> 00:14:16.679 salt, half teaspoon of pepper.
NOTE Confidence: 0.9960331

00:14:17.220 --> 00:14:18.679 There's one cup of milk.
NOTE Confidence: 0.9570841

00:14:19.460 --> 00:14:20.500 We're using fat free. I
NOTE Confidence: 0.9570841

00:14:20.500 --> 00:14:21.220 was gonna I was gonna
NOTE Confidence: 0.9570841

00:14:21.220 --> 00:14:22.100 ask, well, what kind of
NOTE Confidence: 0.9570841

00:14:22.100 --> 00:14:22.980 milk are we using? Yeah.
NOTE Confidence: 0.9570841

00:14:22.980 --> 00:14:24.099 We're using we're using fat
NOTE Confidence: 0.9570841

00:14:24.099 --> 00:14:25.240 free. You could use an
NOTE Confidence: 0.9570841

00:14:25.240 --> 00:14:26.381 unsweetened plant based milk if

NOTE Confidence: 0.9570841

00:14:26.381 --> 00:14:27.522 you're lactose intolerant or if

NOTE Confidence: 0.9570841

00:14:27.522 --> 00:14:28.892 that's what you prefer. And

NOTE Confidence: 0.9570841

00:14:28.892 --> 00:14:30.033 then we're using one cup

NOTE Confidence: 0.9570841

00:14:30.033 --> 00:14:31.174 of cheese. So I would

NOTE Confidence: 0.9570841

00:14:31.174 --> 00:14:32.315 say the cheese is gonna

NOTE Confidence: 0.9570841

00:14:32.315 --> 00:14:33.456 provide a lot of flavor.

NOTE Confidence: 0.9570841

00:14:33.456 --> 00:14:34.597 Yeah. And we're using one

NOTE Confidence: 0.9570841

00:14:34.597 --> 00:14:35.738 cup, and we're using a

NOTE Confidence: 0.9570841

00:14:35.738 --> 00:14:36.879 really, really sharp cheddar because

NOTE Confidence: 0.9570841

00:14:36.879 --> 00:14:38.020 then you can get away

NOTE Confidence: 0.9570841

00:14:38.020 --> 00:14:39.161 with using less and really

NOTE Confidence: 0.9570841

00:14:39.161 --> 00:14:40.590 kinda packs in the punch.

NOTE Confidence: 0.9570841

00:14:40.590 --> 00:14:41.630 You've seen me whisking this

NOTE Confidence: 0.9570841

00:14:41.630 --> 00:14:42.670 with the porcelain whisk, but

NOTE Confidence: 0.9570841

00:14:42.670 --> 00:14:43.630 you could use a fork.

NOTE Confidence: 0.9570841

00:14:43.630 --> 00:14:44.350 So if you're not so
NOTE Confidence: 0.9570841

00:14:44.350 --> 00:14:45.070 good with a whisk, if
NOTE Confidence: 0.9570841

00:14:45.070 --> 00:14:45.790 you don't have one at
NOTE Confidence: 0.9570841

00:14:45.790 --> 00:14:46.670 home, I I bet you
NOTE Confidence: 0.9570841

00:14:46.670 --> 00:14:47.710 have a fork. And that's
NOTE Confidence: 0.9570841

00:14:47.710 --> 00:14:48.430 all and that's all you
NOTE Confidence: 0.9570841

00:14:48.430 --> 00:14:49.550 need. Right? So this doesn't
NOTE Confidence: 0.9570841

00:14:49.550 --> 00:14:50.510 need a a crazy amount
NOTE Confidence: 0.9570841

00:14:50.510 --> 00:14:51.310 of whisking, but a light
NOTE Confidence: 0.9570841

00:14:51.310 --> 00:14:52.075 whisk here. Yeah. I I
NOTE Confidence: 0.9570841

00:14:52.075 --> 00:14:52.955 love the you know, worked
NOTE Confidence: 0.9570841

00:14:52.955 --> 00:14:53.755 with some chefs who, like,
NOTE Confidence: 0.9570841

00:14:53.755 --> 00:14:54.955 never have a single use
NOTE Confidence: 0.9570841

00:14:54.955 --> 00:14:55.995 tool. Right? So it's like
NOTE Confidence: 0.9570841

00:14:55.995 --> 00:14:56.635 if you do a lot
NOTE Confidence: 0.9570841

00:14:56.635 --> 00:14:57.755 of baking, then you probably

NOTE Confidence: 0.9570841

00:14:57.755 --> 00:14:58.394 have a nice whisk at

NOTE Confidence: 0.9570841

00:14:58.394 --> 00:14:59.595 home. But otherwise, yeah, a

NOTE Confidence: 0.9570841

00:14:59.595 --> 00:15:00.875 fork gets the job done.

NOTE Confidence: 0.9570841

00:15:00.875 --> 00:15:01.595 We have these nice kind

NOTE Confidence: 0.9570841

00:15:01.595 --> 00:15:03.035 of I I will admit

NOTE Confidence: 0.9570841

00:15:03.035 --> 00:15:04.394 these very kinda nice glass

NOTE Confidence: 0.9570841

00:15:04.394 --> 00:15:05.970 mixing bowls, but you could

NOTE Confidence: 0.9570841

00:15:05.970 --> 00:15:06.930 you could whisk together your

NOTE Confidence: 0.9570841

00:15:06.930 --> 00:15:08.310 eggs in a mug. Absolutely.

NOTE Confidence: 0.9570841

00:15:08.449 --> 00:15:09.829 Right? You do not need

NOTE Confidence: 0.9570841

00:15:10.050 --> 00:15:11.649 the fancy equipment to make,

NOTE Confidence: 0.9570841

00:15:11.649 --> 00:15:13.029 you know, this beautiful looking

NOTE Confidence: 0.98914605

00:15:13.490 --> 00:15:14.449 I've done this so many

NOTE Confidence: 0.98914605

00:15:14.449 --> 00:15:15.649 times late at night just

NOTE Confidence: 0.98914605

00:15:15.649 --> 00:15:16.230 to normalize.

NOTE Confidence: 0.94878966

00:15:16.610 --> 00:15:18.230 Yeah. Love it. The omelette
NOTE Confidence: 0.94878966

00:15:18.290 --> 00:15:19.235 made at night with a
NOTE Confidence: 0.94878966

00:15:19.235 --> 00:15:20.615 fork in a mug just
NOTE Confidence: 0.94878966

00:15:20.675 --> 00:15:22.115 doing everything as fast as
NOTE Confidence: 0.94878966

00:15:22.115 --> 00:15:23.315 possible. That's true. I mean,
NOTE Confidence: 0.94878966

00:15:23.315 --> 00:15:24.195 I you know, think about
NOTE Confidence: 0.94878966

00:15:24.195 --> 00:15:25.075 it. We're doing eight eggs.
NOTE Confidence: 0.94878966

00:15:25.075 --> 00:15:26.515 I mean, this makes quite
NOTE Confidence: 0.94878966

00:15:26.515 --> 00:15:27.475 a number of servings. You
NOTE Confidence: 0.94878966

00:15:27.475 --> 00:15:28.435 know, this is definitely something
NOTE Confidence: 0.94878966

00:15:28.435 --> 00:15:29.235 you could make for a
NOTE Confidence: 0.94878966

00:15:29.235 --> 00:15:30.115 crowd. I think it would
NOTE Confidence: 0.94878966

00:15:30.115 --> 00:15:30.995 freeze or, you know, and
NOTE Confidence: 0.94878966

00:15:30.995 --> 00:15:31.760 it would last in your
NOTE Confidence: 0.94878966

00:15:31.760 --> 00:15:32.640 fridge very well. But you
NOTE Confidence: 0.94878966

00:15:32.640 --> 00:15:33.680 could do a a smaller

NOTE Confidence: 0.94878966

00:15:33.680 --> 00:15:34.880 portion of this, Leanne. Right?

NOTE Confidence: 0.94878966

00:15:34.880 --> 00:15:35.920 And a little a little

NOTE Confidence: 0.94878966

00:15:35.920 --> 00:15:37.360 ramekin or something or whatever

NOTE Confidence: 0.94878966

00:15:37.360 --> 00:15:38.500 you have that's ovenproof.

NOTE Confidence: 0.94902766

00:15:39.040 --> 00:15:40.320 Absolutely. Yeah. And it doesn't

NOTE Confidence: 0.94902766

00:15:40.320 --> 00:15:41.279 have to be breakfast food

NOTE Confidence: 0.94902766

00:15:41.279 --> 00:15:42.320 to your point. Yeah. You

NOTE Confidence: 0.94902766

00:15:42.320 --> 00:15:43.120 see me tearing a little

NOTE Confidence: 0.94902766

00:15:43.120 --> 00:15:44.000 bit of parsley on here.

NOTE Confidence: 0.94902766

00:15:44.000 --> 00:15:44.880 We had some parsley in

NOTE Confidence: 0.94902766

00:15:44.880 --> 00:15:45.985 the fridge that, you know,

NOTE Confidence: 0.94902766

00:15:45.985 --> 00:15:47.105 it's life expectancy. It was

NOTE Confidence: 0.94902766

00:15:47.105 --> 00:15:47.905 maybe a day or so

NOTE Confidence: 0.94902766

00:15:47.905 --> 00:15:48.785 more. And I think it

NOTE Confidence: 0.94902766

00:15:48.785 --> 00:15:50.065 was a to life a

NOTE Confidence: 0.94902766

00:15:50.065 --> 00:15:50.865 little bit, and this is
NOTE Confidence: 0.94902766

00:15:50.865 --> 00:15:52.145 the perfect chance to use
NOTE Confidence: 0.94902766

00:15:52.145 --> 00:15:53.105 greens like that. And so
NOTE Confidence: 0.94902766

00:15:53.105 --> 00:15:53.985 a little bit of parsley
NOTE Confidence: 0.94902766

00:15:53.985 --> 00:15:55.505 going in. Right. Spinach in
NOTE Confidence: 0.94902766

00:15:55.505 --> 00:15:56.545 your fridge. You have that
NOTE Confidence: 0.94902766

00:15:56.545 --> 00:15:57.585 bag in the back. We
NOTE Confidence: 0.94902766

00:15:57.585 --> 00:15:58.625 know you do. Sad. We've
NOTE Confidence: 0.94902766

00:15:58.800 --> 00:16:00.480 everyone has a bag of
NOTE Confidence: 0.94902766

00:16:00.480 --> 00:16:01.600 greens in the fridge. So
NOTE Confidence: 0.94902766

00:16:01.760 --> 00:16:02.720 Yep. If we can use
NOTE Confidence: 0.94902766

00:16:02.720 --> 00:16:03.760 that up in something like
NOTE Confidence: 0.94902766

00:16:03.760 --> 00:16:04.959 this where it kinda it
NOTE Confidence: 0.94902766

00:16:04.959 --> 00:16:06.720 kinda hides the the the
NOTE Confidence: 0.94902766

00:16:06.720 --> 00:16:08.440 sadness Right. Of the green
NOTE Confidence: 0.94902766

00:16:08.440 --> 00:16:09.440 beans. It's still good. Yeah.

NOTE Confidence: 0.94902766
00:16:09.440 --> 00:16:10.399 Especially when it's cooked, that
NOTE Confidence: 0.94902766
00:16:10.399 --> 00:16:11.565 texture kinda cooks down anyway.
NOTE Confidence: 0.94902766
00:16:11.565 --> 00:16:12.445 Yeah. So we're just gonna
NOTE Confidence: 0.94902766
00:16:12.445 --> 00:16:13.245 zoom in here on my
NOTE Confidence: 0.94902766
00:16:13.245 --> 00:16:14.125 quiche. As you can see,
NOTE Confidence: 0.94902766
00:16:14.125 --> 00:16:14.685 it looks like a whole
NOTE Confidence: 0.94902766
00:16:14.685 --> 00:16:15.645 bunch of vegetables because that's
NOTE Confidence: 0.94902766
00:16:15.645 --> 00:16:17.005 what it is. And then
NOTE Confidence: 0.94902766
00:16:17.005 --> 00:16:18.625 this, this kind of,
NOTE Confidence: 0.9918052
00:16:19.325 --> 00:16:20.445 mixture of the cheese and
NOTE Confidence: 0.9918052
00:16:20.445 --> 00:16:21.185 the eggs
NOTE Confidence: 0.9909332
00:16:21.565 --> 00:16:22.525 and the milk and the
NOTE Confidence: 0.9909332
00:16:22.525 --> 00:16:23.485 salt and the pepper, that's
NOTE Confidence: 0.9909332
00:16:23.485 --> 00:16:24.365 gonna go on top. Feel
NOTE Confidence: 0.9909332
00:16:24.365 --> 00:16:25.405 free to go crazy with
NOTE Confidence: 0.9909332

00:16:25.405 --> 00:16:27.030 whatever seasonings you like. Yep.

NOTE Confidence: 0.98630714

00:16:27.750 --> 00:16:29.270 And, as is written in

NOTE Confidence: 0.98630714

00:16:29.270 --> 00:16:30.150 the book, which I really

NOTE Confidence: 0.98630714

00:16:30.150 --> 00:16:32.070 liked, enjoy watching the egg

NOTE Confidence: 0.98630714

00:16:32.070 --> 00:16:32.870 kind of get into all

NOTE Confidence: 0.98630714

00:16:32.870 --> 00:16:34.230 these nooks and crannies. Mhmm.

NOTE Confidence: 0.98630714

00:16:34.230 --> 00:16:35.190 This is gonna make a

NOTE Confidence: 0.98630714

00:16:35.190 --> 00:16:35.750 really nice

NOTE Confidence: 0.987191

00:16:36.390 --> 00:16:37.430 once it's done, it's gonna

NOTE Confidence: 0.987191

00:16:37.430 --> 00:16:39.270 be, obviously solidified, and this

NOTE Confidence: 0.987191

00:16:39.270 --> 00:16:40.310 cheese is gonna be delicious

NOTE Confidence: 0.987191

00:16:40.310 --> 00:16:41.530 and melty on top.

NOTE Confidence: 0.9346403

00:16:41.925 --> 00:16:43.205 And, yeah, that looks great.

NOTE Confidence: 0.9346403

00:16:43.445 --> 00:16:44.245 Rise. A little bit of

NOTE Confidence: 0.9346403

00:16:44.245 --> 00:16:45.045 rise. It's gonna get some

NOTE Confidence: 0.9346403

00:16:45.045 --> 00:16:46.565 nice puff to it. Yep.

NOTE Confidence: 0.9346403

00:16:46.805 --> 00:16:48.565 It's gonna look well. Okay.

NOTE Confidence: 0.9346403

00:16:48.565 --> 00:16:49.605 Great. So this is going

NOTE Confidence: 0.9346403

00:16:49.605 --> 00:16:50.325 to go into a four

NOTE Confidence: 0.9346403

00:16:50.325 --> 00:16:51.445 hundred degree oven. It takes

NOTE Confidence: 0.9346403

00:16:51.445 --> 00:16:52.404 roughly an hour. We'll see

NOTE Confidence: 0.9346403

00:16:52.404 --> 00:16:53.765 if with some TV magic

NOTE Confidence: 0.9346403

00:16:53.765 --> 00:16:54.485 here, we can get it

NOTE Confidence: 0.9346403

00:16:54.485 --> 00:16:55.525 done a little faster. And

NOTE Confidence: 0.9346403

00:16:55.525 --> 00:16:56.245 then you let it sit

NOTE Confidence: 0.9346403

00:16:56.245 --> 00:16:57.432 and congeal for just a

NOTE Confidence: 0.9346403

00:16:57.432 --> 00:16:58.540 second, and then we're gonna,

NOTE Confidence: 0.9535167

00:16:58.940 --> 00:16:59.579 plate it up and eat

NOTE Confidence: 0.9535167

00:16:59.579 --> 00:17:00.779 it. So that's as easy

NOTE Confidence: 0.9535167

00:17:00.779 --> 00:17:01.579 as it looks. I don't

NOTE Confidence: 0.9535167

00:17:01.579 --> 00:17:02.800 know. Six or so ingredients,

NOTE Confidence: 0.9535167

00:17:02.860 --> 00:17:03.819 ten minutes, and it's gonna
NOTE Confidence: 0.9535167

00:17:03.819 --> 00:17:04.700 be delicious. As easy as
NOTE Confidence: 0.9535167

00:17:04.700 --> 00:17:05.900 it can be. Let's get
NOTE Confidence: 0.9535167

00:17:05.900 --> 00:17:06.700 that in the oven. Alright.
NOTE Confidence: 0.9535167

00:17:06.700 --> 00:17:07.500 So I'm gonna pop this
NOTE Confidence: 0.9535167

00:17:07.500 --> 00:17:08.059 in the oven, and I
NOTE Confidence: 0.9535167

00:17:08.059 --> 00:17:08.859 think we're gonna head over
NOTE Confidence: 0.9535167

00:17:08.859 --> 00:17:09.659 to Leanne, and she's gonna
NOTE Confidence: 0.9535167

00:17:09.659 --> 00:17:10.380 take care of our next
NOTE Confidence: 0.9535167

00:17:10.380 --> 00:17:11.200 recipe. Beautiful.
NOTE Confidence: 0.99946964

00:17:12.494 --> 00:17:12.994 Okay.
NOTE Confidence: 0.9981806

00:17:13.455 --> 00:17:13.955 So
NOTE Confidence: 0.92611593

00:17:14.255 --> 00:17:15.295 we are now going to
NOTE Confidence: 0.92611593

00:17:15.295 --> 00:17:17.375 switch over into a slightly
NOTE Confidence: 0.92611593

00:17:17.375 --> 00:17:18.335 different mode. We're gonna make
NOTE Confidence: 0.92611593

00:17:18.335 --> 00:17:19.535 the peanut butter and jelly

NOTE Confidence: 0.92611593
00:17:19.535 --> 00:17:22.115 granola bars. So these Sounds
NOTE Confidence: 0.92611593
00:17:22.335 --> 00:17:24.095 right. I've sold. Awesome to
NOTE Confidence: 0.92611593
00:17:24.095 --> 00:17:24.595 make
NOTE Confidence: 0.9395767
00:17:25.090 --> 00:17:26.450 in advance, but these could
NOTE Confidence: 0.9395767
00:17:26.450 --> 00:17:28.210 also be a dessert. These
NOTE Confidence: 0.9395767
00:17:28.210 --> 00:17:29.570 could be just a snack
NOTE Confidence: 0.9395767
00:17:29.570 --> 00:17:30.450 that you have around late
NOTE Confidence: 0.9395767
00:17:30.450 --> 00:17:32.130 late night snack. And they're
NOTE Confidence: 0.9395767
00:17:32.130 --> 00:17:33.650 really made with I was
NOTE Confidence: 0.9395767
00:17:33.650 --> 00:17:35.010 inspired by just, like, the
NOTE Confidence: 0.9395767
00:17:35.010 --> 00:17:36.530 most simple and cheap things
NOTE Confidence: 0.9395767
00:17:36.530 --> 00:17:37.170 that we tend to have
NOTE Confidence: 0.9395767
00:17:37.170 --> 00:17:38.130 around, like peanut butter and
NOTE Confidence: 0.9395767
00:17:38.130 --> 00:17:39.430 jelly and oats.
NOTE Confidence: 0.6141749
00:17:39.970 --> 00:17:40.470 And
NOTE Confidence: 0.98314655

00:17:41.065 --> 00:17:41.705 we've all eaten a lot
NOTE Confidence: 0.98314655

00:17:41.705 --> 00:17:42.425 of peanut butter and jelly
NOTE Confidence: 0.98314655

00:17:42.425 --> 00:17:43.705 sandwiches. We've all eaten many
NOTE Confidence: 0.98314655

00:17:43.705 --> 00:17:44.605 bowls of oatmeal.
NOTE Confidence: 0.9960465

00:17:44.984 --> 00:17:46.425 But when you combine their
NOTE Confidence: 0.9960465

00:17:46.425 --> 00:17:48.025 powers, you get something slightly
NOTE Confidence: 0.9960465

00:17:48.025 --> 00:17:49.005 different and exciting.
NOTE Confidence: 0.4997557

00:17:50.185 --> 00:17:51.645 So it's not thinking anyhow.
NOTE Confidence: 0.9986161

00:17:52.025 --> 00:17:52.525 So
NOTE Confidence: 0.8209239

00:17:52.825 --> 00:17:53.805 you have a bowl.
NOTE Confidence: 0.98115516

00:17:55.020 --> 00:17:56.400 Just any mixing bowl,
NOTE Confidence: 0.9963759

00:17:56.780 --> 00:17:58.000 and we do two
NOTE Confidence: 0.99959356

00:17:58.300 --> 00:17:59.840 to three cups of oats.
NOTE Confidence: 0.9982722

00:18:00.619 --> 00:18:01.740 I'm gonna do about two
NOTE Confidence: 0.9982722

00:18:01.740 --> 00:18:02.960 and a half cups.
NOTE Confidence: 0.9326116

00:18:07.665 --> 00:18:08.865 And I'll say Leanne, you

NOTE Confidence: 0.9326116

00:18:08.865 --> 00:18:09.905 have that beautiful if I

NOTE Confidence: 0.9326116

00:18:09.985 --> 00:18:11.505 if my eyesight from across

NOTE Confidence: 0.9326116

00:18:11.505 --> 00:18:12.225 the room looking at the

NOTE Confidence: 0.9326116

00:18:12.225 --> 00:18:13.185 screen looks great there, that's

NOTE Confidence: 0.9326116

00:18:13.185 --> 00:18:14.705 our our Bob's Red Mill

NOTE Confidence: 0.9326116

00:18:14.705 --> 00:18:16.145 oats. But really, right, any

NOTE Confidence: 0.9326116

00:18:16.145 --> 00:18:16.945 kind of oats that you

NOTE Confidence: 0.9326116

00:18:16.945 --> 00:18:17.985 get at the grocery store

NOTE Confidence: 0.9326116

00:18:17.985 --> 00:18:18.865 could work for something like

NOTE Confidence: 0.9326116

00:18:18.865 --> 00:18:20.440 this. Right? Exactly what I

NOTE Confidence: 0.9326116

00:18:20.440 --> 00:18:21.400 was just gonna say was

NOTE Confidence: 0.9326116

00:18:21.400 --> 00:18:22.460 they could be I usually

NOTE Confidence: 0.99828887

00:18:23.080 --> 00:18:23.580 get,

NOTE Confidence: 0.8796392

00:18:24.200 --> 00:18:25.420 like, old fashioned.

NOTE Confidence: 0.9697998

00:18:25.880 --> 00:18:26.920 Mhmm. But you could do

NOTE Confidence: 0.9697998

00:18:26.920 --> 00:18:28.600 quick oats or, like, thicker
NOTE Confidence: 0.9697998

00:18:28.600 --> 00:18:30.620 cut is all totally fine.
NOTE Confidence: 0.9374121

00:18:31.160 --> 00:18:32.060 It'll all work.
NOTE Confidence: 0.9800963

00:18:32.595 --> 00:18:33.554 And so I'm doing two
NOTE Confidence: 0.9800963

00:18:33.554 --> 00:18:35.075 and a half cups. Basically,
NOTE Confidence: 0.9800963

00:18:35.075 --> 00:18:36.355 you need three cups total
NOTE Confidence: 0.9800963

00:18:36.355 --> 00:18:37.955 of this sort of dry
NOTE Confidence: 0.9800963

00:18:37.955 --> 00:18:39.554 ingredient portion. And then I
NOTE Confidence: 0.9800963

00:18:39.554 --> 00:18:41.794 like to basically take some
NOTE Confidence: 0.9800963

00:18:41.794 --> 00:18:43.155 cereals that I happen to
NOTE Confidence: 0.9800963

00:18:43.155 --> 00:18:44.434 have around when I do
NOTE Confidence: 0.9800963

00:18:44.434 --> 00:18:46.169 or, like, other little bits
NOTE Confidence: 0.9800963

00:18:46.169 --> 00:18:47.770 of dried. And so it's
NOTE Confidence: 0.9800963

00:18:47.770 --> 00:18:49.529 slightly hilarious and embarrassing, but
NOTE Confidence: 0.9800963

00:18:49.529 --> 00:18:50.490 the only cereal that I
NOTE Confidence: 0.9800963

00:18:50.490 --> 00:18:51.369 have right now are these

NOTE Confidence: 0.9800963
00:18:51.369 --> 00:18:52.190 weird strawberries.
NOTE Confidence: 0.7057197
00:18:52.809 --> 00:18:54.169 I love that. Yeah. Then
NOTE Confidence: 0.7057197
00:18:54.169 --> 00:18:55.309 that is what people
NOTE Confidence: 0.9814154
00:18:56.090 --> 00:18:57.369 actually have in their pantries
NOTE Confidence: 0.9814154
00:18:57.369 --> 00:18:58.875 at home. Yeah. And I
NOTE Confidence: 0.9814154
00:18:58.875 --> 00:19:00.475 was just like, what? We
NOTE Confidence: 0.9814154
00:19:00.475 --> 00:19:01.515 have not eaten this in
NOTE Confidence: 0.9814154
00:19:01.515 --> 00:19:03.355 many months. So let's just
NOTE Confidence: 0.9814154
00:19:03.355 --> 00:19:04.315 try adding a little bit
NOTE Confidence: 0.9814154
00:19:04.315 --> 00:19:05.675 of this for fun. So
NOTE Confidence: 0.9814154
00:19:05.675 --> 00:19:06.635 I'm gonna do about a
NOTE Confidence: 0.9814154
00:19:06.635 --> 00:19:07.455 half a cup
NOTE Confidence: 0.9419896
00:19:07.835 --> 00:19:09.195 of these flakes just, like,
NOTE Confidence: 0.9419896
00:19:09.195 --> 00:19:10.815 for texture and for fun.
NOTE Confidence: 0.9419896
00:19:11.109 --> 00:19:11.990 And, of course, these have
NOTE Confidence: 0.9419896

00:19:11.990 --> 00:19:12.789 sugar in them if you're
NOTE Confidence: 0.9419896

00:19:12.789 --> 00:19:13.830 really wanting to stay away
NOTE Confidence: 0.9419896

00:19:13.830 --> 00:19:15.669 from that. Do not go
NOTE Confidence: 0.9419896

00:19:15.669 --> 00:19:16.630 here, but this could be
NOTE Confidence: 0.9419896

00:19:16.630 --> 00:19:18.309 Cheerios. This could be, like,
NOTE Confidence: 0.9419896

00:19:18.309 --> 00:19:20.230 raisin bran. This could be
NOTE Confidence: 0.9419896

00:19:20.309 --> 00:19:21.590 Chex. I'm trying to think
NOTE Confidence: 0.9419896

00:19:21.590 --> 00:19:23.269 about our other good, whole
NOTE Confidence: 0.9419896

00:19:23.269 --> 00:19:24.710 grain cereals. Yeah. But the
NOTE Confidence: 0.9419896

00:19:24.710 --> 00:19:25.510 raisin bran is a great
NOTE Confidence: 0.9419896

00:19:25.510 --> 00:19:26.309 idea. I like the raisin
NOTE Confidence: 0.9419896

00:19:26.309 --> 00:19:27.645 bran idea. Yeah. Yeah. Raisin
NOTE Confidence: 0.9419896

00:19:27.645 --> 00:19:28.865 bran is great. Right. Cool.
NOTE Confidence: 0.9794973

00:19:31.565 --> 00:19:32.925 Yeah. So so that's what
NOTE Confidence: 0.9794973

00:19:32.925 --> 00:19:34.465 we've got so far. Just
NOTE Confidence: 0.96383876

00:19:35.085 --> 00:19:36.205 simple, simple. And then we're

NOTE Confidence: 0.96383876

00:19:36.205 --> 00:19:37.085 gonna add a little bit

NOTE Confidence: 0.96383876

00:19:37.085 --> 00:19:37.965 of salt. I think it's

NOTE Confidence: 0.96383876

00:19:37.965 --> 00:19:39.585 half teaspoon, quarter teaspoon.

NOTE Confidence: 0.9640426

00:19:42.000 --> 00:19:43.280 The recipe says. And then

NOTE Confidence: 0.9640426

00:19:43.280 --> 00:19:44.480 that is it. And then

NOTE Confidence: 0.9640426

00:19:44.480 --> 00:19:45.920 again so I don't have

NOTE Confidence: 0.9640426

00:19:45.920 --> 00:19:46.960 a lot going on here.

NOTE Confidence: 0.9640426

00:19:46.960 --> 00:19:48.800 I found some almonds earlier.

NOTE Confidence: 0.9640426

00:19:48.800 --> 00:19:50.260 So I'm gonna just add

NOTE Confidence: 0.9640426

00:19:50.320 --> 00:19:51.360 a little bit of almonds,

NOTE Confidence: 0.9640426

00:19:51.360 --> 00:19:52.480 but you could add, like,

NOTE Confidence: 0.9640426

00:19:52.480 --> 00:19:54.734 coconut, cranberries. Like, anything you

NOTE Confidence: 0.9640426

00:19:54.734 --> 00:19:56.115 would add in granola,

NOTE Confidence: 0.9563381

00:19:56.494 --> 00:19:57.855 you could add into this

NOTE Confidence: 0.9563381

00:19:57.855 --> 00:19:59.055 if you want. We'll keep

NOTE Confidence: 0.9563381

00:19:59.055 --> 00:20:00.175 it very, very simple and
NOTE Confidence: 0.9563381

00:20:00.175 --> 00:20:00.675 plain.
NOTE Confidence: 0.9672395

00:20:01.055 --> 00:20:01.855 But this is sort of
NOTE Confidence: 0.9672395

00:20:01.855 --> 00:20:02.915 our dry ingredient
NOTE Confidence: 0.9967374

00:20:04.494 --> 00:20:04.994 portion.
NOTE Confidence: 0.80580854

00:20:06.430 --> 00:20:06.930 Oh,
NOTE Confidence: 0.9407989

00:20:07.390 --> 00:20:08.830 I should have mentioned. Set
NOTE Confidence: 0.9407989

00:20:08.830 --> 00:20:10.270 your oven to three fifty
NOTE Confidence: 0.9407989

00:20:10.270 --> 00:20:11.390 just before this because this
NOTE Confidence: 0.9407989

00:20:11.390 --> 00:20:13.170 is gonna bake. Mhmm. Great.
NOTE Confidence: 0.95861995

00:20:14.350 --> 00:20:15.310 Yeah. I like how flexible
NOTE Confidence: 0.95861995

00:20:15.310 --> 00:20:16.350 this is. Oh, whatever nuts
NOTE Confidence: 0.95861995

00:20:16.350 --> 00:20:17.230 you have, whatever cereal you
NOTE Confidence: 0.95861995

00:20:17.230 --> 00:20:18.590 have, or make it complicated
NOTE Confidence: 0.95861995

00:20:18.590 --> 00:20:19.630 or don't. You know? It's
NOTE Confidence: 0.95861995

00:20:19.630 --> 00:20:20.510 a nice part about all

NOTE Confidence: 0.95861995

00:20:20.510 --> 00:20:22.034 those ingredients, right, is the

NOTE Confidence: 0.95861995

00:20:22.034 --> 00:20:22.994 things that we know are

NOTE Confidence: 0.95861995

00:20:22.994 --> 00:20:24.034 naturally gonna be good for

NOTE Confidence: 0.95861995

00:20:24.034 --> 00:20:24.835 us. Right? Of course, you

NOTE Confidence: 0.95861995

00:20:24.835 --> 00:20:26.595 know, between the oats and,

NOTE Confidence: 0.95861995

00:20:26.914 --> 00:20:28.434 you know, and our our

NOTE Confidence: 0.95861995

00:20:28.434 --> 00:20:29.955 our our nuts in there

NOTE Confidence: 0.95861995

00:20:29.955 --> 00:20:31.475 and whatever cereal potentially, we're

NOTE Confidence: 0.95861995

00:20:31.475 --> 00:20:32.595 getting a lot of fiber

NOTE Confidence: 0.95861995

00:20:32.595 --> 00:20:33.720 from that, which, of course,

NOTE Confidence: 0.95861995

00:20:33.799 --> 00:20:34.679 we will talk until we're

NOTE Confidence: 0.95861995

00:20:34.679 --> 00:20:35.799 blue in the face about

NOTE Confidence: 0.95861995

00:20:35.799 --> 00:20:37.799 fiber. Looking off camera at

NOTE Confidence: 0.95861995

00:20:37.799 --> 00:20:38.919 our at our medical panel

NOTE Confidence: 0.95861995

00:20:38.919 --> 00:20:39.880 here to make sure I

NOTE Confidence: 0.95861995

00:20:39.880 --> 00:20:41.320 stay on scribble talking about
NOTE Confidence: 0.95861995

00:20:41.320 --> 00:20:42.600 fiber. We love fiber. Love
NOTE Confidence: 0.95861995

00:20:42.600 --> 00:20:43.559 fiber. But then, of course,
NOTE Confidence: 0.95861995

00:20:43.559 --> 00:20:44.119 you know, when we get
NOTE Confidence: 0.95861995

00:20:44.119 --> 00:20:45.080 to something like the the
NOTE Confidence: 0.95861995

00:20:45.080 --> 00:20:45.880 nuts in there, especially if
NOTE Confidence: 0.95861995

00:20:45.880 --> 00:20:47.000 we did something like walnuts,
NOTE Confidence: 0.95861995

00:20:47.000 --> 00:20:48.119 we get those part healthy
NOTE Confidence: 0.95861995

00:20:48.119 --> 00:20:49.695 fats in, which we love,
NOTE Confidence: 0.95861995

00:20:49.695 --> 00:20:50.975 helps reduce inflammation a little
NOTE Confidence: 0.95861995

00:20:50.975 --> 00:20:52.095 bit. Also a very important
NOTE Confidence: 0.95861995

00:20:52.095 --> 00:20:53.455 factor for reducing our our
NOTE Confidence: 0.95861995

00:20:53.455 --> 00:20:55.215 overall cancer risk. Right.
NOTE Confidence: 0.95343524

00:20:55.535 --> 00:20:56.975 Right. Dried fruit has a
NOTE Confidence: 0.95343524

00:20:56.975 --> 00:20:57.855 little bit of sweetness, but
NOTE Confidence: 0.95343524

00:20:57.855 --> 00:20:58.975 without adding a lot of

NOTE Confidence: 0.95343524

00:20:58.975 --> 00:20:59.794 added sugar.

NOTE Confidence: 0.84520596

00:21:00.095 --> 00:21:01.455 Right? There's a naturally occurring

NOTE Confidence: 0.84520596

00:21:01.455 --> 00:21:02.254 sugar in there, but no

NOTE Confidence: 0.84520596

00:21:02.414 --> 00:21:03.535 comes with the fiber. Yeah.

NOTE Confidence: 0.84520596

00:21:03.535 --> 00:21:04.710 Again, comes with the fiber.

NOTE Confidence: 0.84520596

00:21:04.710 --> 00:21:05.350 You're gonna hear it say

NOTE Confidence: 0.84520596

00:21:05.350 --> 00:21:06.470 fiber, I think, a lot.

NOTE Confidence: 0.84520596

00:21:06.470 --> 00:21:07.270 So that's what you're gonna

NOTE Confidence: 0.84520596

00:21:07.270 --> 00:21:07.990 have to do. That's yeah.

NOTE Confidence: 0.84520596

00:21:07.990 --> 00:21:09.109 That's key. The more fiber.

NOTE Confidence: 0.84520596

00:21:09.109 --> 00:21:09.609 Yeah.

NOTE Confidence: 0.99875414

00:21:10.230 --> 00:21:10.730 Wonderful.

NOTE Confidence: 0.95242345

00:21:11.109 --> 00:21:11.909 Sweet. What you got going

NOTE Confidence: 0.95242345

00:21:11.909 --> 00:21:12.470 on with it? Is that

NOTE Confidence: 0.95242345

00:21:12.470 --> 00:21:13.909 peanut butter? I am measuring

NOTE Confidence: 0.95242345

00:21:13.909 --> 00:21:14.789 out a half a cup
NOTE Confidence: 0.95242345

00:21:14.789 --> 00:21:16.390 of peanut butter. So this
NOTE Confidence: 0.95242345

00:21:16.390 --> 00:21:17.669 is the key ingredient, peanut
NOTE Confidence: 0.95242345

00:21:17.669 --> 00:21:18.795 butter and jelly. So we're
NOTE Confidence: 0.95242345

00:21:18.795 --> 00:21:19.835 gonna put half a cup
NOTE Confidence: 0.95242345

00:21:19.835 --> 00:21:20.875 of it into this little
NOTE Confidence: 0.95242345

00:21:20.875 --> 00:21:22.795 pot. This is, like, not
NOTE Confidence: 0.95242345

00:21:22.795 --> 00:21:24.395 one hundred percent necessary. I
NOTE Confidence: 0.95242345

00:21:24.395 --> 00:21:25.695 just find it really helpful.
NOTE Confidence: 0.9607715

00:21:26.555 --> 00:21:27.435 So we're doing a half
NOTE Confidence: 0.9607715

00:21:27.435 --> 00:21:28.655 a cup of peanut butter,
NOTE Confidence: 0.9607715

00:21:28.795 --> 00:21:29.295 then
NOTE Confidence: 0.9510147

00:21:30.155 --> 00:21:32.160 a quarter cup of water,
NOTE Confidence: 0.9510147

00:21:32.179 --> 00:21:34.160 like, hot water that's boiling
NOTE Confidence: 0.9510147

00:21:34.220 --> 00:21:35.260 if you want, but I'm
NOTE Confidence: 0.9510147

00:21:35.260 --> 00:21:36.940 just gonna use tap water

NOTE Confidence: 0.9510147
00:21:36.940 --> 00:21:37.600 right now.
NOTE Confidence: 0.89644164
00:21:39.100 --> 00:21:39.820 Thin it out a little
NOTE Confidence: 0.89644164
00:21:39.820 --> 00:21:40.780 bit. With a quarter cup
NOTE Confidence: 0.89644164
00:21:40.780 --> 00:21:42.300 of water and then a
NOTE Confidence: 0.89644164
00:21:42.300 --> 00:21:43.520 quarter cup of jelly,
NOTE Confidence: 0.95518315
00:21:43.934 --> 00:21:44.815 And I'm going to just
NOTE Confidence: 0.95518315
00:21:44.815 --> 00:21:46.014 put it quickly on the
NOTE Confidence: 0.95518315
00:21:46.014 --> 00:21:47.134 stovetop over here, which I
NOTE Confidence: 0.95518315
00:21:47.134 --> 00:21:48.734 can't quite show you. I'm
NOTE Confidence: 0.95518315
00:21:48.734 --> 00:21:49.455 just gonna put it on
NOTE Confidence: 0.95518315
00:21:49.455 --> 00:21:50.414 there and mix it all
NOTE Confidence: 0.95518315
00:21:50.414 --> 00:21:51.534 together. I'll show you that
NOTE Confidence: 0.95518315
00:21:51.534 --> 00:21:52.195 in a second.
NOTE Confidence: 0.9749381
00:21:52.975 --> 00:21:53.774 What kind of jelly are
NOTE Confidence: 0.9749381
00:21:53.774 --> 00:21:54.595 you gonna use?
NOTE Confidence: 0.90696365

00:21:55.774 --> 00:21:56.274 Blackcurrant.

NOTE Confidence: 0.9539403

00:21:57.520 --> 00:21:59.280 Yeah. Oh, alright. Yeah. Fantastic.

NOTE Confidence: 0.9539403

00:21:59.280 --> 00:22:00.480 But, again, any kind of

NOTE Confidence: 0.9539403

00:22:00.480 --> 00:22:02.260 jelly would work. Right? Absolutely

NOTE Confidence: 0.9539403

00:22:02.320 --> 00:22:03.680 anything. And people make this

NOTE Confidence: 0.9539403

00:22:03.680 --> 00:22:04.720 with this is one of

NOTE Confidence: 0.9539403

00:22:04.720 --> 00:22:06.400 the most popular recipes in

NOTE Confidence: 0.9539403

00:22:06.400 --> 00:22:07.440 the book as far as

NOTE Confidence: 0.9539403

00:22:07.440 --> 00:22:08.160 I can tell. You know,

NOTE Confidence: 0.9539403

00:22:08.160 --> 00:22:09.200 it's always hard to say,

NOTE Confidence: 0.9539403

00:22:09.200 --> 00:22:09.920 but it's the one people

NOTE Confidence: 0.9539403

00:22:09.920 --> 00:22:11.040 talk to me about so

NOTE Confidence: 0.9539403

00:22:11.040 --> 00:22:11.540 much.

NOTE Confidence: 0.9734319

00:22:11.945 --> 00:22:13.065 There are just so many

NOTE Confidence: 0.9734319

00:22:13.065 --> 00:22:14.825 infinite variations, and a lot

NOTE Confidence: 0.9734319

00:22:14.825 --> 00:22:15.705 of people like to make

NOTE Confidence: 0.9734319

00:22:15.705 --> 00:22:16.905 this with their kids because

NOTE Confidence: 0.9734319

00:22:16.905 --> 00:22:18.184 they can just learn how

NOTE Confidence: 0.9734319

00:22:18.184 --> 00:22:19.545 to make it. Right. It's

NOTE Confidence: 0.9734319

00:22:19.545 --> 00:22:20.045 simple

NOTE Confidence: 0.972491

00:22:20.505 --> 00:22:21.465 that they can just make

NOTE Confidence: 0.972491

00:22:21.465 --> 00:22:22.505 it themselves, and then they

NOTE Confidence: 0.972491

00:22:22.505 --> 00:22:23.804 have, like, their own version.

NOTE Confidence: 0.972491

00:22:23.865 --> 00:22:24.365 And,

NOTE Confidence: 0.9799363

00:22:24.930 --> 00:22:25.650 you know, you get the

NOTE Confidence: 0.9799363

00:22:25.650 --> 00:22:26.690 opportunity to kind of, like,

NOTE Confidence: 0.9799363

00:22:26.690 --> 00:22:27.970 branch out and try some

NOTE Confidence: 0.9799363

00:22:27.970 --> 00:22:29.970 new flavors in a, like,

NOTE Confidence: 0.9799363

00:22:29.970 --> 00:22:31.990 low stakes kind of situation.

NOTE Confidence: 0.9196437

00:22:32.610 --> 00:22:34.369 Yeah. Well, really something that

NOTE Confidence: 0.9196437

00:22:34.369 --> 00:22:35.650 people talk about. Right? If

NOTE Confidence: 0.9196437

00:22:35.650 --> 00:22:36.690 they they wanna change how
NOTE Confidence: 0.9196437

00:22:36.690 --> 00:22:37.994 they're eating, they want to
NOTE Confidence: 0.9196437

00:22:38.075 --> 00:22:39.355 eat healthier, but in their
NOTE Confidence: 0.9196437

00:22:39.355 --> 00:22:40.475 brain, I think they people
NOTE Confidence: 0.9196437

00:22:40.475 --> 00:22:41.994 immediately perceive that to mean,
NOTE Confidence: 0.9196437

00:22:41.994 --> 00:22:42.795 well, it's gonna be more
NOTE Confidence: 0.9196437

00:22:42.795 --> 00:22:44.475 expensive. Right? Yeah. What is
NOTE Confidence: 0.9196437

00:22:44.475 --> 00:22:45.695 ingredients that
NOTE Confidence: 0.8899101

00:22:46.395 --> 00:22:47.915 Won't be as fun. Like,
NOTE Confidence: 0.8899101

00:22:47.915 --> 00:22:49.535 all those worries come up.
NOTE Confidence: 0.8410549

00:22:49.994 --> 00:22:51.355 So so so many worries.
NOTE Confidence: 0.8410549

00:22:51.355 --> 00:22:52.015 And, really,
NOTE Confidence: 0.9989654

00:22:52.530 --> 00:22:53.750 the good news is it's
NOTE Confidence: 0.9991352

00:22:54.050 --> 00:22:55.730 it's actually quite simple. It's
NOTE Confidence: 0.9991352

00:22:55.730 --> 00:22:56.869 just about simplification
NOTE Confidence: 0.96506035

00:22:57.330 --> 00:22:59.010 more than anything else, actually

NOTE Confidence: 0.96506035
00:22:59.010 --> 00:22:59.830 eating healthy
NOTE Confidence: 0.809674
00:23:00.530 --> 00:23:02.050 and and going towards what
NOTE Confidence: 0.809674
00:23:02.050 --> 00:23:02.550 actually
NOTE Confidence: 0.88844603
00:23:02.930 --> 00:23:03.970 not only tastes good, but
NOTE Confidence: 0.88844603
00:23:03.970 --> 00:23:05.090 also makes you feel good
NOTE Confidence: 0.88844603
00:23:05.090 --> 00:23:06.450 because we forget about, like,
NOTE Confidence: 0.88844603
00:23:06.450 --> 00:23:06.950 how
NOTE Confidence: 0.9969038
00:23:07.265 --> 00:23:09.025 foods that are really nutritious
NOTE Confidence: 0.9969038
00:23:09.025 --> 00:23:10.865 for us make us actually
NOTE Confidence: 0.9969038
00:23:10.865 --> 00:23:11.985 feel better. You don't need
NOTE Confidence: 0.9969038
00:23:11.985 --> 00:23:13.445 to, like, feel exhausted
NOTE Confidence: 0.9859261
00:23:14.305 --> 00:23:15.345 and full at the end
NOTE Confidence: 0.9859261
00:23:15.345 --> 00:23:16.625 of every like, full in
NOTE Confidence: 0.9859261
00:23:16.625 --> 00:23:17.985 an unpleasant way, but to
NOTE Confidence: 0.9859261
00:23:17.985 --> 00:23:18.965 actually feel energized
NOTE Confidence: 0.9784358

00:23:19.279 --> 00:23:20.480 after you eat. You know?
NOTE Confidence: 0.9784358

00:23:20.480 --> 00:23:21.919 What a concept. Yeah. Absolutely.
NOTE Confidence: 0.9784358

00:23:21.919 --> 00:23:22.880 And, I mean, like, even
NOTE Confidence: 0.9784358

00:23:22.880 --> 00:23:24.080 tying it to, like, sentimental
NOTE Confidence: 0.9784358

00:23:24.080 --> 00:23:25.119 value as you're talking about
NOTE Confidence: 0.9784358

00:23:25.119 --> 00:23:26.320 this, I'm thinking I would
NOTE Confidence: 0.9784358

00:23:26.320 --> 00:23:27.519 wanna use strawberry jam because
NOTE Confidence: 0.9784358

00:23:27.519 --> 00:23:28.480 my mom used to make
NOTE Confidence: 0.9784358

00:23:28.480 --> 00:23:30.340 strawberry jam, you know, every
NOTE Confidence: 0.9784358

00:23:30.480 --> 00:23:31.440 June after we would go
NOTE Confidence: 0.9784358

00:23:31.440 --> 00:23:32.240 and pick them. And, you
NOTE Confidence: 0.9784358

00:23:32.240 --> 00:23:33.359 know, there's nothing like my
NOTE Confidence: 0.9784358

00:23:33.359 --> 00:23:34.825 mom's strawberry freezer jam. And
NOTE Confidence: 0.9784358

00:23:34.825 --> 00:23:35.545 so, you know, I think
NOTE Confidence: 0.9784358

00:23:35.545 --> 00:23:36.984 people are naturally tied to
NOTE Confidence: 0.9784358

00:23:36.984 --> 00:23:37.865 recipes like this from their

NOTE Confidence: 0.9784358

00:23:37.865 --> 00:23:38.744 childhood too. It has some

NOTE Confidence: 0.9784358

00:23:38.744 --> 00:23:39.865 sentimental value in addition to

NOTE Confidence: 0.9784358

00:23:39.865 --> 00:23:40.825 making you feel good. Yeah.

NOTE Confidence: 0.9784358

00:23:40.825 --> 00:23:42.025 I'm making it seasonal too.

NOTE Confidence: 0.9784358

00:23:42.025 --> 00:23:42.825 Like, I love what you're

NOTE Confidence: 0.9784358

00:23:42.825 --> 00:23:44.345 saying. Like, oh, strawberry jam

NOTE Confidence: 0.9784358

00:23:44.345 --> 00:23:45.385 would be perfect for right

NOTE Confidence: 0.9784358

00:23:45.385 --> 00:23:47.225 now. Right. Well, that's one

NOTE Confidence: 0.9784358

00:23:47.225 --> 00:23:48.105 of the fun things when

NOTE Confidence: 0.9784358

00:23:48.105 --> 00:23:49.705 you start to get into

NOTE Confidence: 0.9784358

00:23:49.705 --> 00:23:50.205 cooking,

NOTE Confidence: 0.8892797

00:23:50.609 --> 00:23:51.109 really.

NOTE Confidence: 0.9856525

00:23:51.650 --> 00:23:52.930 And what is so empowering

NOTE Confidence: 0.9856525

00:23:52.930 --> 00:23:53.809 about it is getting to

NOTE Confidence: 0.9856525

00:23:53.809 --> 00:23:54.930 make little choices like that

NOTE Confidence: 0.9856525

00:23:54.930 --> 00:23:56.130 that just have meaning and
NOTE Confidence: 0.9856525

00:23:56.130 --> 00:23:57.090 value for you that are
NOTE Confidence: 0.9856525

00:23:57.090 --> 00:23:57.590 beyond
NOTE Confidence: 0.97141564

00:23:58.130 --> 00:23:59.890 even the the sort of
NOTE Confidence: 0.97141564

00:23:59.890 --> 00:24:01.250 nutrition even of them, but
NOTE Confidence: 0.97141564

00:24:01.250 --> 00:24:02.290 what they how they make
NOTE Confidence: 0.97141564

00:24:02.290 --> 00:24:03.410 you feel in touch with,
NOTE Confidence: 0.97141564

00:24:03.410 --> 00:24:04.630 like, nature and
NOTE Confidence: 0.8698805

00:24:05.014 --> 00:24:05.975 experiences you've had in the
NOTE Confidence: 0.8698805

00:24:05.975 --> 00:24:07.255 past and with different people
NOTE Confidence: 0.8698805

00:24:07.255 --> 00:24:08.695 and Pretty much. You do
NOTE Confidence: 0.8698805

00:24:08.695 --> 00:24:09.195 that.
NOTE Confidence: 0.9842964

00:24:09.494 --> 00:24:10.774 And I think, I think
NOTE Confidence: 0.9842964

00:24:10.774 --> 00:24:11.894 empowering is a is a
NOTE Confidence: 0.9842964

00:24:11.894 --> 00:24:12.934 great word for this. Right?
NOTE Confidence: 0.9842964

00:24:12.934 --> 00:24:13.815 It's it's what we try

NOTE Confidence: 0.9842964

00:24:13.815 --> 00:24:14.774 to instill with the patients

NOTE Confidence: 0.9842964

00:24:14.774 --> 00:24:15.654 in the teaching kitchen. It's

NOTE Confidence: 0.9842964

00:24:15.654 --> 00:24:16.455 what we try to instill

NOTE Confidence: 0.9842964

00:24:16.455 --> 00:24:17.494 with the the trainees, you

NOTE Confidence: 0.9842964

00:24:17.494 --> 00:24:18.855 know, med students, PA students,

NOTE Confidence: 0.9842964

00:24:18.855 --> 00:24:20.190 residents that this is something

NOTE Confidence: 0.9842964

00:24:20.190 --> 00:24:21.409 that you you can

NOTE Confidence: 0.9023345

00:24:21.710 --> 00:24:22.510 do. You can do this.

NOTE Confidence: 0.9023345

00:24:22.510 --> 00:24:23.149 And you can and you

NOTE Confidence: 0.9023345

00:24:23.149 --> 00:24:24.029 can teach other people to

NOTE Confidence: 0.9023345

00:24:24.029 --> 00:24:24.590 do. You know? And it

NOTE Confidence: 0.9023345

00:24:24.669 --> 00:24:25.950 and it's it can be

NOTE Confidence: 0.9023345

00:24:25.950 --> 00:24:27.789 enjoyable and fun. Exactly. Right?

NOTE Confidence: 0.9023345

00:24:27.789 --> 00:24:29.230 Exactly. Is, like, we're not

NOTE Confidence: 0.9023345

00:24:29.230 --> 00:24:30.289 asking you to do something

NOTE Confidence: 0.9186559

00:24:30.990 --> 00:24:32.830 boring and annoying. We're asking

NOTE Confidence: 0.9186559

00:24:32.830 --> 00:24:33.869 you to do something that's

NOTE Confidence: 0.9186559

00:24:33.869 --> 00:24:35.524 gonna enhance your life. And

NOTE Confidence: 0.9186559

00:24:35.524 --> 00:24:36.484 you get a reward at

NOTE Confidence: 0.9186559

00:24:36.484 --> 00:24:37.365 the end. You get to

NOTE Confidence: 0.9186559

00:24:37.365 --> 00:24:39.304 eat. That's the best part.

NOTE Confidence: 0.9186559

00:24:39.524 --> 00:24:40.965 Right. So I have here

NOTE Confidence: 0.9186559

00:24:41.044 --> 00:24:42.244 I'm just I'm just doing

NOTE Confidence: 0.9186559

00:24:42.244 --> 00:24:43.284 an awkward angle, but I

NOTE Confidence: 0.9186559

00:24:43.284 --> 00:24:44.265 have this lovely

NOTE Confidence: 0.9606688

00:24:45.044 --> 00:24:45.544 gloop

NOTE Confidence: 0.7980699

00:24:46.005 --> 00:24:47.544 as we call it. Yeah.

NOTE Confidence: 0.7980699

00:24:47.765 --> 00:24:49.365 Very official term. I hope

NOTE Confidence: 0.7980699

00:24:49.365 --> 00:24:50.424 it's repeated it.

NOTE Confidence: 0.921753

00:24:51.980 --> 00:24:52.859 But but the peanut butter

NOTE Confidence: 0.921753

00:24:52.859 --> 00:24:53.519 and jelly

NOTE Confidence: 0.96871495

00:24:53.820 --> 00:24:55.340 mixed together, which looks a

NOTE Confidence: 0.96871495

00:24:55.340 --> 00:24:57.580 bit, you know, suspect, but

NOTE Confidence: 0.96871495

00:24:57.580 --> 00:24:58.379 come on. We know what

NOTE Confidence: 0.96871495

00:24:58.379 --> 00:24:59.440 this is. Uh-huh.

NOTE Confidence: 0.95626897

00:25:00.220 --> 00:25:01.659 This is our wonderful familiar

NOTE Confidence: 0.95626897

00:25:01.659 --> 00:25:03.019 stuff. So we have peanut

NOTE Confidence: 0.95626897

00:25:03.019 --> 00:25:04.220 butter and jelly going in

NOTE Confidence: 0.95626897

00:25:04.220 --> 00:25:04.720 here,

NOTE Confidence: 0.91103333

00:25:06.164 --> 00:25:08.005 and it smells really, really

NOTE Confidence: 0.91103333

00:25:08.005 --> 00:25:08.505 nice.

NOTE Confidence: 0.9581895

00:25:09.284 --> 00:25:10.804 And, officially, it's very important

NOTE Confidence: 0.9581895

00:25:10.804 --> 00:25:11.845 part of the recipe that

NOTE Confidence: 0.9581895

00:25:11.845 --> 00:25:13.445 you stop and enjoy that

NOTE Confidence: 0.9581895

00:25:13.445 --> 00:25:14.184 it smells

NOTE Confidence: 0.99731153

00:25:14.484 --> 00:25:16.644 really good Yeah. And feels

NOTE Confidence: 0.99731153

00:25:16.644 --> 00:25:17.465 really good.
NOTE Confidence: 0.98654646

00:25:19.020 --> 00:25:20.060 All of this is so,
NOTE Confidence: 0.98654646

00:25:20.060 --> 00:25:20.880 so important
NOTE Confidence: 0.98062855

00:25:21.420 --> 00:25:22.400 for us to create
NOTE Confidence: 0.91970336

00:25:22.780 --> 00:25:24.460 a good healthy sort of
NOTE Confidence: 0.91970336

00:25:24.460 --> 00:25:25.520 practice of cooking
NOTE Confidence: 0.9678054

00:25:26.140 --> 00:25:27.420 is just to actually stop
NOTE Confidence: 0.9678054

00:25:27.420 --> 00:25:28.700 and relax for a moment
NOTE Confidence: 0.9678054

00:25:28.700 --> 00:25:29.420 in the midst of it
NOTE Confidence: 0.9678054

00:25:29.420 --> 00:25:30.700 and realize, like, wow. I'm
NOTE Confidence: 0.9678054

00:25:30.700 --> 00:25:31.200 actually
NOTE Confidence: 0.9995105

00:25:31.740 --> 00:25:32.859 having a good time right
NOTE Confidence: 0.9995105

00:25:32.859 --> 00:25:33.359 now.
NOTE Confidence: 0.9248503

00:25:33.705 --> 00:25:34.744 I love that. Sometimes we
NOTE Confidence: 0.9248503

00:25:34.744 --> 00:25:35.544 just need to get food
NOTE Confidence: 0.9248503

00:25:35.544 --> 00:25:36.505 on the table, but other

NOTE Confidence: 0.9248503

00:25:36.505 --> 00:25:37.304 times, I think it yeah.

NOTE Confidence: 0.9248503

00:25:37.304 --> 00:25:38.265 It's a great reminder to

NOTE Confidence: 0.9248503

00:25:38.265 --> 00:25:39.225 slow down a little bit,

NOTE Confidence: 0.9248503

00:25:39.225 --> 00:25:40.505 you know, enjoy what you're

NOTE Confidence: 0.9248503

00:25:40.505 --> 00:25:42.184 doing, appreciate how good your

NOTE Confidence: 0.9248503

00:25:42.184 --> 00:25:43.784 kitchen's gonna smell while you're

NOTE Confidence: 0.9248503

00:25:43.784 --> 00:25:46.684 cooking. And here's honestly my

NOTE Confidence: 0.99701744

00:25:47.369 --> 00:25:48.890 potentially unpopular opinion, but I

NOTE Confidence: 0.99701744

00:25:48.890 --> 00:25:49.950 think it's the truth.

NOTE Confidence: 0.9444261

00:25:50.330 --> 00:25:51.530 Rushing to get it on

NOTE Confidence: 0.9444261

00:25:51.530 --> 00:25:53.369 the table doesn't usually actually

NOTE Confidence: 0.9444261

00:25:53.369 --> 00:25:54.250 save you any time. It

NOTE Confidence: 0.9444261

00:25:54.250 --> 00:25:56.250 just Yeah. It's probably true.

NOTE Confidence: 0.9444261

00:25:56.250 --> 00:25:57.130 The only thing you're getting

NOTE Confidence: 0.9444261

00:25:57.130 --> 00:25:58.190 is stress. Yeah.

NOTE Confidence: 0.8679876

00:25:59.130 --> 00:25:59.721 Yeah. Because you're gonna be
NOTE Confidence: 0.8679876

00:25:59.721 --> 00:26:01.535 in a in a flurry
NOTE Confidence: 0.8679876

00:26:01.535 --> 00:26:02.655 of a headspace, and you're
NOTE Confidence: 0.8679876

00:26:02.655 --> 00:26:04.675 not gonna put anything. Because
NOTE Confidence: 0.8679876

00:26:04.734 --> 00:26:05.875 once you're in, just
NOTE Confidence: 0.8785623

00:26:06.335 --> 00:26:08.115 deep breaths, slow yourself down.
NOTE Confidence: 0.8785623

00:26:08.335 --> 00:26:10.035 Yeah. You've got it.
NOTE Confidence: 0.93882525

00:26:10.415 --> 00:26:11.715 There's a reason in restaurants.
NOTE Confidence: 0.93882525

00:26:11.775 --> 00:26:12.575 The the reason that your
NOTE Confidence: 0.93882525

00:26:12.575 --> 00:26:13.375 food can get out to
NOTE Confidence: 0.93882525

00:26:13.375 --> 00:26:14.255 you so quickly when you
NOTE Confidence: 0.93882525

00:26:14.255 --> 00:26:14.940 go out to eat is
NOTE Confidence: 0.93882525

00:26:15.100 --> 00:26:15.980 because they've paid someone to
NOTE Confidence: 0.93882525

00:26:15.980 --> 00:26:16.619 come in at six in
NOTE Confidence: 0.93882525

00:26:16.619 --> 00:26:17.419 the morning and chop all
NOTE Confidence: 0.93882525

00:26:17.419 --> 00:26:18.379 the vegetables. Yep. So then

NOTE Confidence: 0.93882525

00:26:18.379 --> 00:26:19.259 when the chefs come in,

NOTE Confidence: 0.93882525

00:26:19.259 --> 00:26:20.139 right, and they can just

NOTE Confidence: 0.93882525

00:26:20.139 --> 00:26:21.659 pull all their ingredients. So

NOTE Confidence: 0.93882525

00:26:21.659 --> 00:26:22.779 I've had someone like that

NOTE Confidence: 0.93882525

00:26:22.779 --> 00:26:23.440 at home.

NOTE Confidence: 0.92371047

00:26:25.019 --> 00:26:26.299 Beautiful little bacon sheet there.

NOTE Confidence: 0.92371047

00:26:26.299 --> 00:26:27.340 Sorry. I'm talking over you

NOTE Confidence: 0.92371047

00:26:27.340 --> 00:26:28.220 as your No problem. I

NOTE Confidence: 0.92371047

00:26:28.220 --> 00:26:29.179 just wanna make sure everyone

NOTE Confidence: 0.92371047

00:26:29.179 --> 00:26:30.480 sees the steps. So I've

NOTE Confidence: 0.97488153

00:26:30.975 --> 00:26:32.675 mixed everything, the dry ingredients,

NOTE Confidence: 0.97488153

00:26:32.734 --> 00:26:33.775 and the the peanut butter

NOTE Confidence: 0.97488153

00:26:33.775 --> 00:26:34.655 and jelly mixture. I'm just

NOTE Confidence: 0.97488153

00:26:34.655 --> 00:26:36.035 gonna put in this pan.

NOTE Confidence: 0.97488153

00:26:36.175 --> 00:26:37.295 Oh, I forgot. I need

NOTE Confidence: 0.97488153

00:26:37.295 --> 00:26:38.175 to oil the pan. I'm
NOTE Confidence: 0.97488153

00:26:38.175 --> 00:26:39.055 just gonna take a little
NOTE Confidence: 0.97488153

00:26:39.055 --> 00:26:39.795 bit of,
NOTE Confidence: 0.9522804

00:26:40.494 --> 00:26:41.615 coconut oil here, but you
NOTE Confidence: 0.9522804

00:26:41.615 --> 00:26:42.675 could use anything.
NOTE Confidence: 0.999216

00:26:43.695 --> 00:26:44.595 I like unrefined
NOTE Confidence: 0.8785333

00:26:45.710 --> 00:26:46.690 coconut oil,
NOTE Confidence: 0.98720723

00:26:47.310 --> 00:26:48.270 but you could use olive
NOTE Confidence: 0.98720723

00:26:48.270 --> 00:26:49.090 oil, butter,
NOTE Confidence: 0.9827759

00:26:49.630 --> 00:26:51.010 margarine, you know,
NOTE Confidence: 0.89717877

00:26:51.310 --> 00:26:52.290 all of the usual
NOTE Confidence: 0.96211064

00:26:53.390 --> 00:26:54.830 the usual stuff. Just do
NOTE Confidence: 0.96211064

00:26:54.830 --> 00:26:56.369 oil pan so that
NOTE Confidence: 0.9814669

00:26:57.150 --> 00:26:58.125 it can come out. And
NOTE Confidence: 0.9814669

00:26:58.125 --> 00:26:59.645 this people have made these
NOTE Confidence: 0.9814669

00:26:59.645 --> 00:27:02.685 in, muffin tins, in complete

NOTE Confidence: 0.9814669
00:27:02.765 --> 00:27:03.825 all kinds of sizes
NOTE Confidence: 0.88749254
00:27:04.365 --> 00:27:05.105 of tin,
NOTE Confidence: 0.9991216
00:27:05.885 --> 00:27:06.385 whatever
NOTE Confidence: 0.9966097
00:27:07.484 --> 00:27:08.465 you have around.
NOTE Confidence: 0.890213
00:27:08.925 --> 00:27:09.965 I like that idea. Actually,
NOTE Confidence: 0.890213
00:27:09.965 --> 00:27:11.005 the muffin tin's great. Yeah.
NOTE Confidence: 0.890213
00:27:11.005 --> 00:27:12.020 I was just thinking about
NOTE Confidence: 0.890213
00:27:12.053 --> 00:27:14.160 the whole form factor for
NOTE Confidence: 0.890213
00:27:14.160 --> 00:27:15.680 kids, which we would love.
NOTE Confidence: 0.890213
00:27:15.680 --> 00:27:16.960 Right? With the mini muffin
NOTE Confidence: 0.890213
00:27:16.960 --> 00:27:17.920 tin. And they'll actually bake
NOTE Confidence: 0.890213
00:27:17.920 --> 00:27:18.960 quicker too, I would imagine,
NOTE Confidence: 0.890213
00:27:18.960 --> 00:27:19.760 in the muffin tin. They
NOTE Confidence: 0.890213
00:27:19.760 --> 00:27:20.560 do. They're really quick. And
NOTE Confidence: 0.890213
00:27:20.560 --> 00:27:21.680 then they have nice crispy
NOTE Confidence: 0.890213

00:27:21.680 --> 00:27:23.220 edges, which is pretty cool.
NOTE Confidence: 0.890213

00:27:23.385 --> 00:27:24.265 So, yeah, that one, I
NOTE Confidence: 0.890213

00:27:24.265 --> 00:27:25.865 was like, wow. Upgrade. Whoever
NOTE Confidence: 0.890213

00:27:25.865 --> 00:27:26.585 thought of this?
NOTE Confidence: 0.6847229

00:27:26.984 --> 00:27:28.345 Next edition. Yeah. Yeah. That's
NOTE Confidence: 0.6847229

00:27:28.345 --> 00:27:28.845 great.
NOTE Confidence: 0.9805565

00:27:29.705 --> 00:27:30.505 It's great when you can
NOTE Confidence: 0.9805565

00:27:30.505 --> 00:27:31.465 learn something from people who
NOTE Confidence: 0.9805565

00:27:31.465 --> 00:27:32.825 are making these recipes. Right?
NOTE Confidence: 0.9805565

00:27:32.825 --> 00:27:33.705 That's I mean, that that
NOTE Confidence: 0.9805565

00:27:33.705 --> 00:27:34.825 is the other great benefit
NOTE Confidence: 0.9805565

00:27:34.825 --> 00:27:35.865 of sharing food with people
NOTE Confidence: 0.9805565

00:27:35.865 --> 00:27:36.505 is that you get to
NOTE Confidence: 0.9805565

00:27:36.505 --> 00:27:38.359 hear their experiences. Right? There's
NOTE Confidence: 0.9805565

00:27:38.359 --> 00:27:39.720 this nice natural exchange of
NOTE Confidence: 0.9805565

00:27:39.720 --> 00:27:41.320 information of of the flavors

NOTE Confidence: 0.9805565
00:27:41.320 --> 00:27:42.200 that we like and everything.
NOTE Confidence: 0.9805565
00:27:42.200 --> 00:27:43.260 But then, yeah, of course,
NOTE Confidence: 0.9805565
00:27:43.320 --> 00:27:44.679 good cooking tips too. Yeah.
NOTE Confidence: 0.9805565
00:27:44.679 --> 00:27:45.179 Absolutely.
NOTE Confidence: 0.35357273
00:27:46.119 --> 00:27:47.179 So on the press.
NOTE Confidence: 0.92233324
00:27:47.720 --> 00:27:48.539 Last thing
NOTE Confidence: 0.9728573
00:27:48.840 --> 00:27:49.880 is then we take that
NOTE Confidence: 0.9728573
00:27:49.880 --> 00:27:50.380 extra
NOTE Confidence: 0.9566702
00:27:50.705 --> 00:27:51.905 half cup of jelly, and
NOTE Confidence: 0.9566702
00:27:51.905 --> 00:27:53.984 we smooth it all over
NOTE Confidence: 0.9566702
00:27:53.984 --> 00:27:55.425 the top. So you've got,
NOTE Confidence: 0.9566702
00:27:55.425 --> 00:27:57.185 like, jelly all over everything.
NOTE Confidence: 0.9566702
00:27:57.185 --> 00:27:57.984 And then I'm gonna hit
NOTE Confidence: 0.9566702
00:27:57.984 --> 00:27:59.205 it into the oven. So
NOTE Confidence: 0.9954726
00:27:59.665 --> 00:28:00.805 thank you very much.
NOTE Confidence: 0.7568923

00:28:01.265 --> 00:28:01.765 Fantastic.
NOTE Confidence: 0.9795885

00:28:04.220 --> 00:28:05.660 Alright. I think while you
NOTE Confidence: 0.9795885

00:28:05.660 --> 00:28:06.380 are getting that into the
NOTE Confidence: 0.9795885

00:28:06.380 --> 00:28:07.500 oven, I will get started
NOTE Confidence: 0.9795885

00:28:07.500 --> 00:28:08.619 on my recipe, and then
NOTE Confidence: 0.9795885

00:28:08.619 --> 00:28:09.420 we'll I think we'll probably
NOTE Confidence: 0.9795885

00:28:09.420 --> 00:28:10.380 do a little bouncing back
NOTE Confidence: 0.9795885

00:28:10.380 --> 00:28:11.660 and forth. So I am
NOTE Confidence: 0.9795885

00:28:11.660 --> 00:28:13.600 making these half veggie burgers,
NOTE Confidence: 0.94301254

00:28:14.380 --> 00:28:15.340 which, you know, if we're
NOTE Confidence: 0.94301254

00:28:15.340 --> 00:28:16.540 if we're talking about things
NOTE Confidence: 0.94301254

00:28:16.540 --> 00:28:17.330 that are like comfort food
NOTE Confidence: 0.94301254

00:28:17.330 --> 00:28:19.054 for people. Right? A cheeseburger.
NOTE Confidence: 0.94301254

00:28:19.195 --> 00:28:20.154 If you eat meat, a
NOTE Confidence: 0.94301254

00:28:20.154 --> 00:28:21.274 cheeseburger is that food where
NOTE Confidence: 0.94301254

00:28:21.274 --> 00:28:22.554 you're just like, sometimes you

NOTE Confidence: 0.94301254

00:28:22.554 --> 00:28:23.934 just want it. Right? Right.

NOTE Confidence: 0.98642707

00:28:24.475 --> 00:28:25.514 And, you know, as with

NOTE Confidence: 0.98642707

00:28:25.514 --> 00:28:26.875 most things in life, everything

NOTE Confidence: 0.98642707

00:28:26.875 --> 00:28:27.615 in moderation.

NOTE Confidence: 0.96896446

00:28:28.315 --> 00:28:29.434 On the on the regular,

NOTE Confidence: 0.96896446

00:28:29.434 --> 00:28:30.234 I think in the United

NOTE Confidence: 0.96896446

00:28:30.234 --> 00:28:31.115 States, we tend to be

NOTE Confidence: 0.96896446

00:28:31.115 --> 00:28:33.080 very meat centric with with

NOTE Confidence: 0.96896446

00:28:33.080 --> 00:28:34.140 our eating. And,

NOTE Confidence: 0.9761441

00:28:34.440 --> 00:28:35.400 of course, we wanna increase

NOTE Confidence: 0.9761441

00:28:35.400 --> 00:28:36.600 our vegetable consumption, but we're

NOTE Confidence: 0.9761441

00:28:36.600 --> 00:28:37.400 also trying to cut down

NOTE Confidence: 0.9761441

00:28:37.400 --> 00:28:38.600 on our meat consumption, especially

NOTE Confidence: 0.9761441

00:28:38.600 --> 00:28:39.800 the red meat consumption. We

NOTE Confidence: 0.9761441

00:28:39.800 --> 00:28:41.560 know it's pretty, pretty closely

NOTE Confidence: 0.9761441

00:28:41.560 --> 00:28:42.840 associated with increased risk of
NOTE Confidence: 0.9761441

00:28:42.840 --> 00:28:44.680 cancer. Yeah. Especially our colorectal
NOTE Confidence: 0.9761441

00:28:44.680 --> 00:28:46.605 cancer. Right. Exactly. Yeah. So
NOTE Confidence: 0.9761441

00:28:46.605 --> 00:28:47.725 we are making a burger
NOTE Confidence: 0.9761441

00:28:47.725 --> 00:28:48.925 that does still have red
NOTE Confidence: 0.9761441

00:28:48.925 --> 00:28:49.885 meat in it. You could
NOTE Confidence: 0.9761441

00:28:49.885 --> 00:28:50.685 make it with turkey or
NOTE Confidence: 0.9761441

00:28:50.685 --> 00:28:52.285 chicken, of course. But we're
NOTE Confidence: 0.9761441

00:28:52.285 --> 00:28:53.005 gonna add a lot of
NOTE Confidence: 0.9761441

00:28:53.005 --> 00:28:53.965 veggies as well as some
NOTE Confidence: 0.9761441

00:28:53.965 --> 00:28:55.345 legumes in there. So,
NOTE Confidence: 0.9753776

00:28:55.725 --> 00:28:56.765 first, though, we will talk
NOTE Confidence: 0.9753776

00:28:56.765 --> 00:28:57.965 about the actual vegetables that
NOTE Confidence: 0.9753776

00:28:57.965 --> 00:28:59.640 we're adding here. So into
NOTE Confidence: 0.9753776

00:28:59.640 --> 00:29:00.140 our,
NOTE Confidence: 0.9975227

00:29:00.600 --> 00:29:01.880 burger, we are looking to

NOTE Confidence: 0.9975227

00:29:01.880 --> 00:29:03.080 add about a cup of

NOTE Confidence: 0.9975227

00:29:03.080 --> 00:29:03.580 vegetables.

NOTE Confidence: 0.9715831

00:29:04.760 --> 00:29:06.680 Great recommendation from Leanne. Red

NOTE Confidence: 0.9715831

00:29:06.680 --> 00:29:08.760 bell pepper, it cooks quickly.

NOTE Confidence: 0.9715831

00:29:08.760 --> 00:29:10.040 It's tender, and we kinda

NOTE Confidence: 0.9715831

00:29:10.040 --> 00:29:11.715 naturally associate it with, with

NOTE Confidence: 0.9715831

00:29:11.715 --> 00:29:12.755 the flavors of a burger

NOTE Confidence: 0.9715831

00:29:12.755 --> 00:29:14.035 anyway. I always like to

NOTE Confidence: 0.9715831

00:29:14.035 --> 00:29:15.075 start by taking off the

NOTE Confidence: 0.9715831

00:29:15.075 --> 00:29:16.115 bottom. That way, I can

NOTE Confidence: 0.9715831

00:29:16.115 --> 00:29:17.235 stand up my bell pepper

NOTE Confidence: 0.9715831

00:29:17.235 --> 00:29:18.835 tall, which makes it really

NOTE Confidence: 0.9715831

00:29:18.835 --> 00:29:19.635 easy to I'll kinda see

NOTE Confidence: 0.9715831

00:29:19.635 --> 00:29:20.195 if I can do this

NOTE Confidence: 0.9715831

00:29:20.195 --> 00:29:21.235 near the camera. You can

NOTE Confidence: 0.9715831

00:29:21.235 --> 00:29:22.434 then kinda treat this like
NOTE Confidence: 0.9715831

00:29:22.434 --> 00:29:23.395 walls of a house, and
NOTE Confidence: 0.9715831

00:29:23.395 --> 00:29:24.515 you can use that seed
NOTE Confidence: 0.9715831

00:29:24.515 --> 00:29:25.395 pod in the middle for
NOTE Confidence: 0.9715831

00:29:25.395 --> 00:29:26.515 a guide for how far
NOTE Confidence: 0.9715831

00:29:26.515 --> 00:29:28.150 in to move your knife.
NOTE Confidence: 0.9715831

00:29:28.150 --> 00:29:29.110 And so you can cut
NOTE Confidence: 0.9715831

00:29:29.110 --> 00:29:30.070 right down to the side
NOTE Confidence: 0.9715831

00:29:30.070 --> 00:29:31.750 there. Look at that. Totally
NOTE Confidence: 0.9715831

00:29:31.750 --> 00:29:33.030 miss that seed pod, and
NOTE Confidence: 0.9715831

00:29:33.030 --> 00:29:34.070 I get these nice blanks
NOTE Confidence: 0.9715831

00:29:34.070 --> 00:29:35.030 of bell pepper here because
NOTE Confidence: 0.9715831

00:29:35.030 --> 00:29:35.910 the worst part about cutting
NOTE Confidence: 0.9715831

00:29:35.910 --> 00:29:36.790 the bell pepper is ending
NOTE Confidence: 0.9715831

00:29:36.790 --> 00:29:37.910 up with seeds all over
NOTE Confidence: 0.9715831

00:29:37.910 --> 00:29:39.030 your cutting board. And then

NOTE Confidence: 0.9715831
00:29:39.030 --> 00:29:39.990 I can kinda just rotate
NOTE Confidence: 0.9715831
00:29:39.990 --> 00:29:40.950 this around. It'll get to
NOTE Confidence: 0.9715831
00:29:40.950 --> 00:29:41.975 a point where it's easier
NOTE Confidence: 0.9715831
00:29:41.975 --> 00:29:43.115 to lay it down
NOTE Confidence: 0.9722263
00:29:43.895 --> 00:29:45.095 to come around here. And
NOTE Confidence: 0.9722263
00:29:45.095 --> 00:29:45.815 then, of course, you can
NOTE Confidence: 0.9722263
00:29:45.815 --> 00:29:46.935 even right? Sometimes it just
NOTE Confidence: 0.9722263
00:29:46.935 --> 00:29:47.895 comes off for you. Right?
NOTE Confidence: 0.9722263
00:29:47.895 --> 00:29:49.175 That seed pod now nice
NOTE Confidence: 0.9722263
00:29:49.175 --> 00:29:50.375 in the middle here. Don't
NOTE Confidence: 0.9722263
00:29:50.375 --> 00:29:51.175 have to worry about seeds
NOTE Confidence: 0.9722263
00:29:51.175 --> 00:29:52.055 all over my cutting board.
NOTE Confidence: 0.9722263
00:29:52.055 --> 00:29:53.335 I got these nice planks
NOTE Confidence: 0.9722263
00:29:53.335 --> 00:29:54.235 of bell pepper
NOTE Confidence: 0.9214032
00:29:54.535 --> 00:29:55.895 that I want these to
NOTE Confidence: 0.9214032

00:29:55.895 --> 00:29:57.200 be chopped pretty small. I
NOTE Confidence: 0.9214032

00:29:57.200 --> 00:29:58.000 don't want a giant piece
NOTE Confidence: 0.9214032

00:29:58.000 --> 00:29:58.720 of bell pepper in my
NOTE Confidence: 0.9214032

00:29:58.720 --> 00:30:00.480 burger. So as small as
NOTE Confidence: 0.9214032

00:30:00.480 --> 00:30:01.760 you feel comfortable doing, we
NOTE Confidence: 0.9214032

00:30:01.760 --> 00:30:03.280 will cut into strips in
NOTE Confidence: 0.9214032

00:30:03.280 --> 00:30:04.880 one direction, the or a
NOTE Confidence: 0.9214032

00:30:04.880 --> 00:30:06.320 julienne. Right? That's Oh, that's
NOTE Confidence: 0.9214032

00:30:06.320 --> 00:30:07.700 too much color. Yes.
NOTE Confidence: 0.86366665

00:30:08.080 --> 00:30:09.540 Okay. So did you. Alright.
NOTE Confidence: 0.96192324

00:30:09.985 --> 00:30:10.705 And then we turn it
NOTE Confidence: 0.96192324

00:30:10.705 --> 00:30:11.985 the other direction, and we'll
NOTE Confidence: 0.96192324

00:30:11.985 --> 00:30:13.345 come across, and you can
NOTE Confidence: 0.96192324

00:30:13.345 --> 00:30:15.205 really do a very fine
NOTE Confidence: 0.9429871

00:30:15.825 --> 00:30:17.585 dice on these bell pepper.
NOTE Confidence: 0.9429871

00:30:17.585 --> 00:30:18.225 And I think I like

NOTE Confidence: 0.9429871

00:30:18.304 --> 00:30:19.105 we'd like to talk about

NOTE Confidence: 0.9429871

00:30:19.105 --> 00:30:20.145 it in class. Again, we

NOTE Confidence: 0.9429871

00:30:20.145 --> 00:30:21.024 like to just talk about

NOTE Confidence: 0.9429871

00:30:21.024 --> 00:30:22.164 it with people in general.

NOTE Confidence: 0.9821396

00:30:23.070 --> 00:30:24.110 Love to harp on the

NOTE Confidence: 0.9821396

00:30:24.110 --> 00:30:25.230 knife skills. But at the

NOTE Confidence: 0.9821396

00:30:25.230 --> 00:30:26.429 end of the day, throw

NOTE Confidence: 0.9821396

00:30:26.429 --> 00:30:27.309 these throw these veggies in

NOTE Confidence: 0.9821396

00:30:27.309 --> 00:30:28.590 a food processor. Make your

NOTE Confidence: 0.9821396

00:30:28.590 --> 00:30:30.350 life way easier. Right? Because

NOTE Confidence: 0.9821396

00:30:30.350 --> 00:30:30.990 if that's the thing that's

NOTE Confidence: 0.9821396

00:30:30.990 --> 00:30:31.870 gonna get you to increase

NOTE Confidence: 0.9821396

00:30:31.870 --> 00:30:33.630 your veggie consumption, that's what

NOTE Confidence: 0.9821396

00:30:33.630 --> 00:30:34.830 we're gonna do. Do not

NOTE Confidence: 0.9821396

00:30:34.830 --> 00:30:36.190 always expect people to spend,

NOTE Confidence: 0.97573614

00:30:37.095 --> 00:30:37.815 you know, the time in
NOTE Confidence: 0.97573614

00:30:37.815 --> 00:30:38.615 the kitchen to do this.
NOTE Confidence: 0.97573614

00:30:38.615 --> 00:30:39.575 Again, especially on a busy
NOTE Confidence: 0.97573614

00:30:39.575 --> 00:30:40.554 weeknight, there
NOTE Confidence: 0.9703174

00:30:40.855 --> 00:30:41.655 is there there is a
NOTE Confidence: 0.9703174

00:30:41.655 --> 00:30:42.695 time and a place to
NOTE Confidence: 0.9703174

00:30:42.695 --> 00:30:44.054 be fancy, and there is
NOTE Confidence: 0.9703174

00:30:44.054 --> 00:30:44.855 definitely a time and a
NOTE Confidence: 0.9703174

00:30:44.855 --> 00:30:45.735 place to be efficient as
NOTE Confidence: 0.9703174

00:30:45.735 --> 00:30:47.735 well. Certainly. Certainly. And these
NOTE Confidence: 0.9703174

00:30:47.735 --> 00:30:49.815 nice strips of our bell
NOTE Confidence: 0.9703174

00:30:49.815 --> 00:30:50.715 pepper here.
NOTE Confidence: 0.97305334

00:30:51.080 --> 00:30:52.200 Just I will probably use
NOTE Confidence: 0.97305334

00:30:52.200 --> 00:30:53.320 just about the entire bell
NOTE Confidence: 0.97305334

00:30:53.320 --> 00:30:54.680 pepper because I'm aiming for
NOTE Confidence: 0.97305334

00:30:54.680 --> 00:30:56.060 about a cup of vegetables.

NOTE Confidence: 0.97305334
00:30:56.120 --> 00:30:57.180 So I got my nice
NOTE Confidence: 0.97305334
00:30:57.240 --> 00:30:58.540 little pile here.
NOTE Confidence: 0.97538465
00:30:59.240 --> 00:31:00.680 And then, I'll do one
NOTE Confidence: 0.97538465
00:31:00.680 --> 00:31:01.560 more piece here to get
NOTE Confidence: 0.97538465
00:31:01.560 --> 00:31:02.360 a little bit closer, but
NOTE Confidence: 0.97538465
00:31:02.360 --> 00:31:03.080 then we had some other
NOTE Confidence: 0.97538465
00:31:03.080 --> 00:31:04.665 veggies. So much like how
NOTE Confidence: 0.97538465
00:31:04.745 --> 00:31:05.705 we were rummaging through the
NOTE Confidence: 0.97538465
00:31:05.705 --> 00:31:06.585 fridge here at the teaching
NOTE Confidence: 0.97538465
00:31:06.585 --> 00:31:07.465 kitchen, and we found some
NOTE Confidence: 0.97538465
00:31:07.465 --> 00:31:08.425 parsley that needed to get
NOTE Confidence: 0.97538465
00:31:08.425 --> 00:31:09.865 used, found some green onion
NOTE Confidence: 0.97538465
00:31:09.865 --> 00:31:10.825 that needed to be used
NOTE Confidence: 0.97538465
00:31:10.825 --> 00:31:11.485 as well.
NOTE Confidence: 0.9566942
00:31:11.945 --> 00:31:12.905 And so we thought, why
NOTE Confidence: 0.9566942

00:31:12.905 --> 00:31:13.945 not? It's gonna go great
NOTE Confidence: 0.9566942

00:31:13.945 --> 00:31:15.385 into this burger again. Onion,
NOTE Confidence: 0.9566942

00:31:15.385 --> 00:31:16.425 a flavor that we kinda
NOTE Confidence: 0.9566942

00:31:16.425 --> 00:31:16.925 naturally
NOTE Confidence: 0.9769004

00:31:17.305 --> 00:31:19.065 associate with that. Right? Could
NOTE Confidence: 0.9769004

00:31:19.065 --> 00:31:19.785 throw a red or a
NOTE Confidence: 0.9769004

00:31:19.785 --> 00:31:20.640 white onion in there,
NOTE Confidence: 0.98560596

00:31:21.280 --> 00:31:21.346 but we got the green
NOTE Confidence: 0.98560596

00:31:21.346 --> 00:31:22.160 onion, so we may as
NOTE Confidence: 0.98560596

00:31:22.160 --> 00:31:23.360 well use it. So I
NOTE Confidence: 0.98560596

00:31:23.360 --> 00:31:25.040 got my pile of bell
NOTE Confidence: 0.98560596

00:31:25.040 --> 00:31:25.840 pepper off here to the
NOTE Confidence: 0.98560596

00:31:25.840 --> 00:31:26.640 side, and then I got
NOTE Confidence: 0.98560596

00:31:26.640 --> 00:31:27.920 my green onion or my
NOTE Confidence: 0.98560596

00:31:27.920 --> 00:31:28.420 scallions.
NOTE Confidence: 0.9247308

00:31:29.760 --> 00:31:30.720 Always like to take off

NOTE Confidence: 0.9247308

00:31:30.720 --> 00:31:32.320 the top end here just

NOTE Confidence: 0.9247308

00:31:32.320 --> 00:31:33.280 because they kinda get dried

NOTE Confidence: 0.9247308

00:31:33.280 --> 00:31:34.720 out. It's sad at first.

NOTE Confidence: 0.9247308

00:31:34.720 --> 00:31:35.145 Right?

NOTE Confidence: 0.97622365

00:31:35.545 --> 00:31:36.345 So we can set those

NOTE Confidence: 0.97622365

00:31:36.345 --> 00:31:36.985 off to the side, but

NOTE Confidence: 0.97622365

00:31:36.985 --> 00:31:37.865 then I can use the

NOTE Confidence: 0.97622365

00:31:37.865 --> 00:31:38.985 entire length of this thing

NOTE Confidence: 0.97622365

00:31:38.985 --> 00:31:40.105 until basically it gets to

NOTE Confidence: 0.97622365

00:31:40.105 --> 00:31:41.305 the pure white part. And

NOTE Confidence: 0.97622365

00:31:41.305 --> 00:31:42.345 I'm gonna cut these about

NOTE Confidence: 0.97622365

00:31:42.345 --> 00:31:42.985 as thin as I did

NOTE Confidence: 0.97622365

00:31:42.985 --> 00:31:44.185 my bell pepper. So, again,

NOTE Confidence: 0.97622365

00:31:44.185 --> 00:31:44.985 I'm doing it towards the

NOTE Confidence: 0.97622365

00:31:44.985 --> 00:31:45.945 camera so that y'all can

NOTE Confidence: 0.97622365

00:31:45.945 --> 00:31:47.945 see. Chop into very fine
NOTE Confidence: 0.97622365

00:31:47.945 --> 00:31:50.025 pieces here. Right? Moving our
NOTE Confidence: 0.97622365

00:31:50.025 --> 00:31:50.765 way down.
NOTE Confidence: 0.9913608

00:31:52.320 --> 00:31:54.480 Impressive or what? Alright. I'm
NOTE Confidence: 0.9913608

00:31:54.480 --> 00:31:55.520 really I'm really locked in
NOTE Confidence: 0.9913608

00:31:55.520 --> 00:31:56.559 right now. I don't wanna
NOTE Confidence: 0.9913608

00:31:56.559 --> 00:31:57.059 accidentally
NOTE Confidence: 0.91098475

00:31:58.400 --> 00:31:59.840 I don't wanna accidentally nick
NOTE Confidence: 0.91098475

00:31:59.840 --> 00:32:01.040 my fingers here. His knife
NOTE Confidence: 0.91098475

00:32:01.040 --> 00:32:02.240 staying on the cutting board.
NOTE Confidence: 0.91098475

00:32:02.240 --> 00:32:03.920 My, again, those fingers curled
NOTE Confidence: 0.91098475

00:32:03.920 --> 00:32:05.075 into the claw there because
NOTE Confidence: 0.91098475

00:32:05.075 --> 00:32:06.915 we wanna build some yeah.
NOTE Confidence: 0.91098475

00:32:06.915 --> 00:32:07.875 We wanna build some safety,
NOTE Confidence: 0.91098475

00:32:07.875 --> 00:32:09.315 and with safety comes confidence.
NOTE Confidence: 0.91098475

00:32:09.315 --> 00:32:10.435 That's right. I think. So

NOTE Confidence: 0.91098475

00:32:10.435 --> 00:32:11.715 we get our veggies there.

NOTE Confidence: 0.91098475

00:32:11.715 --> 00:32:12.755 And then, you know, this

NOTE Confidence: 0.91098475

00:32:12.755 --> 00:32:13.395 is you know, it's a

NOTE Confidence: 0.91098475

00:32:13.395 --> 00:32:14.435 good little start, I think,

NOTE Confidence: 0.91098475

00:32:14.435 --> 00:32:15.475 to making these kind of

NOTE Confidence: 0.91098475

00:32:15.475 --> 00:32:16.215 half veggie

NOTE Confidence: 0.98397917

00:32:16.679 --> 00:32:17.879 burgers. But then, of course,

NOTE Confidence: 0.98397917

00:32:17.879 --> 00:32:18.679 you know, we're gonna throw

NOTE Confidence: 0.98397917

00:32:18.679 --> 00:32:19.799 in a secret ingredient here.

NOTE Confidence: 0.98397917

00:32:19.799 --> 00:32:20.940 I got some lentils,

NOTE Confidence: 0.9462494

00:32:21.240 --> 00:32:21.960 and I got a very

NOTE Confidence: 0.9462494

00:32:21.960 --> 00:32:23.000 small bowl of lentils here,

NOTE Confidence: 0.9462494

00:32:23.000 --> 00:32:24.519 but that's because, actually, I

NOTE Confidence: 0.9462494

00:32:24.519 --> 00:32:26.059 have three cups

NOTE Confidence: 0.9882604

00:32:26.440 --> 00:32:28.120 of cooked lentils here. I

NOTE Confidence: 0.9882604

00:32:28.120 --> 00:32:28.759 mean, if we if we
NOTE Confidence: 0.9882604

00:32:28.759 --> 00:32:30.139 tilt this in. So these,
NOTE Confidence: 0.8043329

00:32:30.600 --> 00:32:31.480 I cooked them on the
NOTE Confidence: 0.8043329

00:32:31.480 --> 00:32:32.975 stovetop in a minute. About
NOTE Confidence: 0.8043329

00:32:32.975 --> 00:32:33.475 twenty,
NOTE Confidence: 0.96759325

00:32:34.335 --> 00:32:36.095 twenty five minutes, to to
NOTE Confidence: 0.96759325

00:32:36.095 --> 00:32:36.975 get done. There we go.
NOTE Confidence: 0.96759325

00:32:36.975 --> 00:32:38.495 Beautiful. Got our nice lentils
NOTE Confidence: 0.96759325

00:32:38.495 --> 00:32:39.855 here. So that is gonna
NOTE Confidence: 0.96759325

00:32:39.855 --> 00:32:40.575 be the base. That is
NOTE Confidence: 0.96759325

00:32:40.575 --> 00:32:41.855 actually the bulk of our
NOTE Confidence: 0.96759325

00:32:41.855 --> 00:32:42.655 burger here. And then I
NOTE Confidence: 0.96759325

00:32:42.655 --> 00:32:43.935 am gonna throw in my
NOTE Confidence: 0.96759325

00:32:43.935 --> 00:32:45.855 nice chopped veggies as well,
NOTE Confidence: 0.96759325

00:32:45.855 --> 00:32:46.390 and and add some lovely
NOTE Confidence: 0.96759325

00:32:46.390 --> 00:32:46.890 color.

NOTE Confidence: 0.95512617
00:32:47.270 --> 00:32:48.710 That looks excellent. Yeah. Yeah.
NOTE Confidence: 0.95512617
00:32:48.710 --> 00:32:49.590 Right? So right off the
NOTE Confidence: 0.95512617
00:32:49.590 --> 00:32:50.870 bat, we're we're already happy
NOTE Confidence: 0.95512617
00:32:50.870 --> 00:32:51.910 that we're getting some color
NOTE Confidence: 0.95512617
00:32:51.910 --> 00:32:52.790 in there. We love the
NOTE Confidence: 0.95512617
00:32:52.790 --> 00:32:54.470 expression eat the rainbow. Mhmm.
NOTE Confidence: 0.95512617
00:32:54.470 --> 00:32:55.850 Talk about getting a a
NOTE Confidence: 0.8983316
00:32:56.309 --> 00:32:57.610 variety of veggies
NOTE Confidence: 0.9696171
00:32:58.042 --> 00:32:58.815 Right. And and that's something
NOTE Confidence: 0.9696171
00:32:58.815 --> 00:32:59.615 that you were talking about.
NOTE Confidence: 0.9696171
00:32:59.615 --> 00:33:00.335 I was gonna say, yeah.
NOTE Confidence: 0.9696171
00:33:00.335 --> 00:33:01.215 We know for your gut
NOTE Confidence: 0.9696171
00:33:01.215 --> 00:33:02.255 microbiome that, of course, the
NOTE Confidence: 0.9696171
00:33:02.255 --> 00:33:03.934 quantity of vegetables and and
NOTE Confidence: 0.9696171
00:33:03.934 --> 00:33:04.895 fruits and other plants that
NOTE Confidence: 0.9696171

00:33:04.895 --> 00:33:05.695 you eat is important, but
NOTE Confidence: 0.9696171

00:33:05.695 --> 00:33:06.735 one of the most important
NOTE Confidence: 0.9696171

00:33:06.735 --> 00:33:08.195 things is actually the variety.
NOTE Confidence: 0.9696171

00:33:08.414 --> 00:33:09.135 So if you can eat
NOTE Confidence: 0.9696171

00:33:09.135 --> 00:33:11.070 twenty to thirty different plants
NOTE Confidence: 0.9696171

00:33:11.070 --> 00:33:11.870 per week, that might be
NOTE Confidence: 0.9696171

00:33:11.870 --> 00:33:12.670 a goal to really have
NOTE Confidence: 0.9696171

00:33:12.670 --> 00:33:13.870 a nice diversity of gut
NOTE Confidence: 0.9696171

00:33:13.870 --> 00:33:14.370 bacteria,
NOTE Confidence: 0.9466541

00:33:14.670 --> 00:33:16.110 which, really can support colon
NOTE Confidence: 0.9466541

00:33:16.110 --> 00:33:17.070 health. And then you said
NOTE Confidence: 0.9466541

00:33:17.070 --> 00:33:18.270 a variety of plants, not
NOTE Confidence: 0.9466541

00:33:18.270 --> 00:33:19.630 necessarily fruits and vegetables. So
NOTE Confidence: 0.9466541

00:33:19.630 --> 00:33:20.750 what are some other things
NOTE Confidence: 0.9466541

00:33:20.750 --> 00:33:21.470 that that we can eat?
NOTE Confidence: 0.9466541

00:33:21.470 --> 00:33:22.510 And, Leanne, if you got

NOTE Confidence: 0.9466541
00:33:22.510 --> 00:33:22.990 favorite,
NOTE Confidence: 0.96702135
00:33:23.470 --> 00:33:24.670 plants, throw them out while
NOTE Confidence: 0.96702135
00:33:24.670 --> 00:33:25.785 we're while we're doing this.
NOTE Confidence: 0.96702135
00:33:25.945 --> 00:33:27.865 Yeah. So fruits, vegetables, whole
NOTE Confidence: 0.96702135
00:33:27.865 --> 00:33:30.205 grains, nuts, seeds, and legumes,
NOTE Confidence: 0.96702135
00:33:30.265 --> 00:33:31.225 which are like our beans
NOTE Confidence: 0.96702135
00:33:31.225 --> 00:33:32.425 or our lentils here. So
NOTE Confidence: 0.96702135
00:33:32.425 --> 00:33:33.385 lots of different types of
NOTE Confidence: 0.96702135
00:33:33.385 --> 00:33:34.205 plants. Yeah.
NOTE Confidence: 0.95171285
00:33:36.185 --> 00:33:37.625 My legume. Nate while Nate
NOTE Confidence: 0.95171285
00:33:37.625 --> 00:33:39.145 was talking there, I did
NOTE Confidence: 0.95171285
00:33:39.145 --> 00:33:40.038 throw so I have a
NOTE Confidence: 0.95171285
00:33:40.038 --> 00:33:41.033 pound of ground beef in
NOTE Confidence: 0.95171285
00:33:41.033 --> 00:33:42.027 here, and this is a
NOTE Confidence: 0.95171285
00:33:42.027 --> 00:33:43.022 pretty lean one. This is
NOTE Confidence: 0.95171285

00:33:43.022 --> 00:33:44.016 ninety three seven. So ninety
NOTE Confidence: 0.95171285

00:33:44.016 --> 00:33:45.011 three percent meat, seven percent
NOTE Confidence: 0.95171285

00:33:45.011 --> 00:33:46.204 fat. The ground beef. Yeah.
NOTE Confidence: 0.95171285

00:33:46.204 --> 00:33:47.199 Yeah. Just your regular old,
NOTE Confidence: 0.95171285

00:33:47.199 --> 00:33:48.193 your ground beef that you
NOTE Confidence: 0.95171285

00:33:48.193 --> 00:33:49.188 get at the grocery store.
NOTE Confidence: 0.95171285

00:33:49.188 --> 00:33:50.182 Yep. Some salt and some
NOTE Confidence: 0.95171285

00:33:50.182 --> 00:33:51.177 pepper in there. And then
NOTE Confidence: 0.95171285

00:33:51.177 --> 00:33:52.171 I did throw an egg
NOTE Confidence: 0.95171285

00:33:52.171 --> 00:33:53.166 into here just to kind
NOTE Confidence: 0.95171285

00:33:53.166 --> 00:33:54.160 of act as a little
NOTE Confidence: 0.95171285

00:33:54.160 --> 00:33:55.155 bit of a binder. And
NOTE Confidence: 0.95171285

00:33:55.235 --> 00:33:55.875 I'm gonna do is I'm
NOTE Confidence: 0.95171285

00:33:55.875 --> 00:33:56.835 gonna start doing this by
NOTE Confidence: 0.95171285

00:33:56.835 --> 00:33:57.555 hand, and then I think
NOTE Confidence: 0.95171285

00:33:57.555 --> 00:33:58.835 I might transition to doing

NOTE Confidence: 0.95171285

00:33:58.835 --> 00:34:00.775 it with a masher.

NOTE Confidence: 0.9699827

00:34:01.715 --> 00:34:02.755 And this is will admittedly

NOTE Confidence: 0.9699827

00:34:02.755 --> 00:34:03.715 not be the prettiest thing

NOTE Confidence: 0.9699827

00:34:03.715 --> 00:34:04.835 to look at on camera

NOTE Confidence: 0.9699827

00:34:04.835 --> 00:34:06.435 for for too long, so

NOTE Confidence: 0.9699827

00:34:06.435 --> 00:34:07.475 we can always pull back

NOTE Confidence: 0.9699827

00:34:07.475 --> 00:34:08.275 out a little bit. But

NOTE Confidence: 0.9699827

00:34:08.275 --> 00:34:09.075 I'm really trying to I'm

NOTE Confidence: 0.9699827

00:34:09.075 --> 00:34:10.275 really trying to get these

NOTE Confidence: 0.9699827

00:34:10.275 --> 00:34:10.775 into

NOTE Confidence: 0.94637775

00:34:11.450 --> 00:34:12.250 almost kind of like you're

NOTE Confidence: 0.94637775

00:34:12.250 --> 00:34:13.849 working meatballs or meatloaf together.

NOTE Confidence: 0.94637775

00:34:13.849 --> 00:34:14.890 Like, I want this to

NOTE Confidence: 0.94637775

00:34:14.890 --> 00:34:15.710 be a nice,

NOTE Confidence: 0.96702427

00:34:17.609 --> 00:34:18.109 congealed.

NOTE Confidence: 0.9024441

00:34:18.410 --> 00:34:19.289 It's I I couldn't think
NOTE Confidence: 0.9024441

00:34:19.289 --> 00:34:20.089 of I couldn't think of
NOTE Confidence: 0.9024441

00:34:20.089 --> 00:34:21.869 a more attractive word. Congealed.
NOTE Confidence: 0.85149807

00:34:23.645 --> 00:34:24.385 Yeah. Cohesive.
NOTE Confidence: 0.99599284

00:34:24.685 --> 00:34:25.805 Much better word than that.
NOTE Confidence: 0.99599284

00:34:25.805 --> 00:34:26.685 So I'm gonna go wash
NOTE Confidence: 0.99599284

00:34:26.685 --> 00:34:27.405 my hands real quick. I'm
NOTE Confidence: 0.99599284

00:34:27.405 --> 00:34:29.085 gonna grab a masher just
NOTE Confidence: 0.99599284

00:34:29.085 --> 00:34:29.984 to get these,
NOTE Confidence: 0.9588351

00:34:30.444 --> 00:34:31.905 lentils a little bit more
NOTE Confidence: 0.9588351

00:34:31.964 --> 00:34:32.765 mashed. But, of course, at
NOTE Confidence: 0.9588351

00:34:32.765 --> 00:34:33.565 the end, you and the
NOTE Confidence: 0.9588351

00:34:33.565 --> 00:34:34.364 rest of you talk about
NOTE Confidence: 0.9588351

00:34:34.364 --> 00:34:36.060 you could do beans instead
NOTE Confidence: 0.9588351

00:34:36.060 --> 00:34:37.739 of lentils. It depends on
NOTE Confidence: 0.9588351

00:34:37.739 --> 00:34:38.860 what you have. Those lentils,

NOTE Confidence: 0.9588351

00:34:38.860 --> 00:34:39.900 though, yeah, you for sure

NOTE Confidence: 0.9588351

00:34:39.900 --> 00:34:41.340 wanna try to get a

NOTE Confidence: 0.9588351

00:34:41.340 --> 00:34:42.380 little mash in there so

NOTE Confidence: 0.9588351

00:34:42.380 --> 00:34:43.420 that it won't doesn't all

NOTE Confidence: 0.9588351

00:34:43.420 --> 00:34:45.100 start falling apart. Yeah. Kind

NOTE Confidence: 0.9588351

00:34:45.100 --> 00:34:45.980 of these lentils or the

NOTE Confidence: 0.9588351

00:34:45.980 --> 00:34:46.700 beans, you know, they have

NOTE Confidence: 0.9588351

00:34:46.700 --> 00:34:47.980 that little exterior coating, and

NOTE Confidence: 0.9588351

00:34:47.980 --> 00:34:48.940 then inside, it's all this

NOTE Confidence: 0.9588351

00:34:48.940 --> 00:34:50.300 starchy goodness that will help

NOTE Confidence: 0.9588351

00:34:50.300 --> 00:34:51.795 really bind things together. And

NOTE Confidence: 0.9588351

00:34:51.795 --> 00:34:52.994 so that's why he's gonna

NOTE Confidence: 0.9588351

00:34:52.994 --> 00:34:53.795 do some mash here. And

NOTE Confidence: 0.9588351

00:34:53.795 --> 00:34:54.675 I I think my my

NOTE Confidence: 0.9588351

00:34:54.675 --> 00:34:56.295 head would immediately head towards,

NOTE Confidence: 0.9362535

00:34:56.915 --> 00:34:58.114 black beans, but really any
NOTE Confidence: 0.9362535

00:34:58.114 --> 00:34:59.395 kinda any kinda lagoon in
NOTE Confidence: 0.9362535

00:34:59.395 --> 00:35:00.435 here, right, would would be
NOTE Confidence: 0.9362535

00:35:00.435 --> 00:35:01.715 great. Yeah. But you can
NOTE Confidence: 0.9362535

00:35:01.715 --> 00:35:02.835 be inspired by that. Like,
NOTE Confidence: 0.9362535

00:35:02.835 --> 00:35:03.579 if you do black beans,
NOTE Confidence: 0.9362535

00:35:03.579 --> 00:35:04.540 you'd be like, oh, I
NOTE Confidence: 0.9362535

00:35:04.540 --> 00:35:05.420 need to have some onion
NOTE Confidence: 0.9362535

00:35:05.420 --> 00:35:06.719 and some pepper and
NOTE Confidence: 0.9336625

00:35:07.020 --> 00:35:08.780 some corn. You know? Yeah.
NOTE Confidence: 0.9336625

00:35:08.780 --> 00:35:09.980 That's an excellent point, actually.
NOTE Confidence: 0.9336625

00:35:09.980 --> 00:35:11.339 Yeah. Right? The different types
NOTE Confidence: 0.9336625

00:35:11.339 --> 00:35:12.700 of burgers seem kind of
NOTE Confidence: 0.9336625

00:35:12.700 --> 00:35:14.140 in form while you're doing.
NOTE Confidence: 0.9336625

00:35:14.140 --> 00:35:15.339 That's actually kinda led me
NOTE Confidence: 0.9336625

00:35:15.339 --> 00:35:16.155 to I'm I'm gonna dress

NOTE Confidence: 0.9336625

00:35:16.155 --> 00:35:17.515 this with some toppings that

NOTE Confidence: 0.9336625

00:35:17.515 --> 00:35:18.234 we also just had in

NOTE Confidence: 0.9336625

00:35:18.234 --> 00:35:18.955 the fridge here that needed

NOTE Confidence: 0.9336625

00:35:18.955 --> 00:35:20.555 to be used. Frenchy with

NOTE Confidence: 0.9336625

00:35:20.555 --> 00:35:21.435 that one and be like

NOTE Confidence: 0.9336625

00:35:21.435 --> 00:35:22.415 lots of olives.

NOTE Confidence: 0.8725802

00:35:22.875 --> 00:35:24.235 Oh, yeah. A nice olive

NOTE Confidence: 0.8725802

00:35:24.235 --> 00:35:25.355 top and not Oh, that

NOTE Confidence: 0.8725802

00:35:25.355 --> 00:35:26.475 sounds delicious. Then I feel

NOTE Confidence: 0.8725802

00:35:26.475 --> 00:35:27.515 like we're getting outside of

NOTE Confidence: 0.8725802

00:35:27.515 --> 00:35:28.575 the scope of,

NOTE Confidence: 0.9768092

00:35:29.114 --> 00:35:30.235 of what we could accomplish

NOTE Confidence: 0.9768092

00:35:30.235 --> 00:35:30.955 in an hour here, but

NOTE Confidence: 0.9768092

00:35:30.955 --> 00:35:31.930 it would be would be

NOTE Confidence: 0.9768092

00:35:31.930 --> 00:35:33.290 absolutely delicious. So, yeah, gonna

NOTE Confidence: 0.9768092

00:35:33.290 --> 00:35:34.270 keep working these,
NOTE Confidence: 0.96444833

00:35:35.290 --> 00:35:36.330 and then we will come
NOTE Confidence: 0.96444833

00:35:36.330 --> 00:35:37.370 back in a couple minutes
NOTE Confidence: 0.96444833

00:35:37.370 --> 00:35:38.670 from when I'm ready to
NOTE Confidence: 0.9088107

00:35:39.210 --> 00:35:40.330 cook these. But, Lianne, are
NOTE Confidence: 0.9088107

00:35:40.330 --> 00:35:41.930 you ready to go on
NOTE Confidence: 0.9088107

00:35:41.930 --> 00:35:43.290 your other recipe? Call a
NOTE Confidence: 0.9088107

00:35:43.290 --> 00:35:43.790 yogurt.
NOTE Confidence: 0.9994495

00:35:44.295 --> 00:35:45.255 So this is sort of
NOTE Confidence: 0.9994495

00:35:45.255 --> 00:35:46.535 a funny one to be
NOTE Confidence: 0.9994495

00:35:46.535 --> 00:35:47.275 called a recipe
NOTE Confidence: 0.99668884

00:35:47.734 --> 00:35:48.474 in some ways
NOTE Confidence: 0.94017506

00:35:49.094 --> 00:35:50.875 because it's really just saying
NOTE Confidence: 0.86881626

00:35:51.415 --> 00:35:51.915 you
NOTE Confidence: 0.99957407

00:35:52.295 --> 00:35:53.974 can have fun making your
NOTE Confidence: 0.99957407

00:35:53.974 --> 00:35:54.795 own yogurt

NOTE Confidence: 0.8679564

00:35:55.415 --> 00:35:57.734 rather than buying sorry. Somebody

NOTE Confidence: 0.8679564

00:35:57.734 --> 00:35:59.509 is just buzzing my door

NOTE Confidence: 0.8679564

00:35:59.509 --> 00:36:01.430 if you heard that, Victoria.

NOTE Confidence: 0.8679564

00:36:01.430 --> 00:36:02.089 No worries.

NOTE Confidence: 0.9584368

00:36:05.270 --> 00:36:07.109 Basically, you can get, like,

NOTE Confidence: 0.9584368

00:36:07.109 --> 00:36:09.530 key lime cheesecake yogurt, or

NOTE Confidence: 0.9584368

00:36:09.750 --> 00:36:10.410 you can

NOTE Confidence: 0.97445506

00:36:10.950 --> 00:36:11.989 make your own at home,

NOTE Confidence: 0.97445506

00:36:11.989 --> 00:36:13.030 and it's a lot more

NOTE Confidence: 0.97445506

00:36:13.030 --> 00:36:13.989 fun to make your own

NOTE Confidence: 0.97445506

00:36:13.989 --> 00:36:15.130 at home in my opinion.

NOTE Confidence: 0.8452914

00:36:15.485 --> 00:36:15.985 So,

NOTE Confidence: 0.94578886

00:36:16.525 --> 00:36:18.285 basically, get yourself a thing

NOTE Confidence: 0.94578886

00:36:18.285 --> 00:36:19.665 of plain yogurt.

NOTE Confidence: 0.99567217

00:36:23.485 --> 00:36:25.245 And then find some stuff

NOTE Confidence: 0.99567217

00:36:25.245 --> 00:36:26.285 that you want to put
NOTE Confidence: 0.99567217

00:36:26.285 --> 00:36:27.185 in your yogurt.
NOTE Confidence: 0.99569577

00:36:27.565 --> 00:36:28.864 Today, I have strawberries.
NOTE Confidence: 0.90764916

00:36:29.690 --> 00:36:30.590 Yep. Delicious.
NOTE Confidence: 0.98365307

00:36:30.970 --> 00:36:32.010 Very seasonal. We were just
NOTE Confidence: 0.98365307

00:36:32.010 --> 00:36:32.890 talking about that. Right? That's
NOTE Confidence: 0.939882

00:36:33.690 --> 00:36:35.370 Exactly. Blueberry is much less
NOTE Confidence: 0.939882

00:36:35.370 --> 00:36:36.730 seasonal, but I went for
NOTE Confidence: 0.939882

00:36:36.730 --> 00:36:37.310 it anyway.
NOTE Confidence: 0.81332505

00:36:37.610 --> 00:36:38.110 Yep.
NOTE Confidence: 0.9985806

00:36:38.730 --> 00:36:39.230 Extremely
NOTE Confidence: 0.91326296

00:36:39.930 --> 00:36:41.210 who knows what season we're
NOTE Confidence: 0.91326296

00:36:41.210 --> 00:36:42.350 talking about. Pineapple
NOTE Confidence: 0.97815955

00:36:42.890 --> 00:36:43.550 and kiwi.
NOTE Confidence: 0.93810165

00:36:44.395 --> 00:36:45.695 Basically, a bunch of fruit.
NOTE Confidence: 0.93810165

00:36:45.835 --> 00:36:46.575 And then

NOTE Confidence: 0.9945523

00:36:46.955 --> 00:36:48.315 and I could do anything

NOTE Confidence: 0.9945523

00:36:48.315 --> 00:36:49.515 with this. I'm kind of

NOTE Confidence: 0.9945523

00:36:49.515 --> 00:36:50.815 thinking that I'm going

NOTE Confidence: 0.96217895

00:36:52.235 --> 00:36:53.435 to grab some of the

NOTE Confidence: 0.96217895

00:36:53.435 --> 00:36:55.195 pineapple actually because that just

NOTE Confidence: 0.96217895

00:36:55.195 --> 00:36:57.035 seems exciting. And just speaking

NOTE Confidence: 0.96217895

00:36:57.035 --> 00:36:58.539 about, like so this is

NOTE Confidence: 0.96217895

00:36:58.539 --> 00:36:59.180 sort of what I have

NOTE Confidence: 0.96217895

00:36:59.180 --> 00:37:00.219 around it. We also have

NOTE Confidence: 0.96217895

00:37:00.460 --> 00:37:01.420 I know it sounds weird,

NOTE Confidence: 0.96217895

00:37:01.420 --> 00:37:03.420 but peanut butter from earlier,

NOTE Confidence: 0.96217895

00:37:03.420 --> 00:37:04.539 peanut butter and jelly, a

NOTE Confidence: 0.96217895

00:37:04.539 --> 00:37:06.219 little scoop of jelly in

NOTE Confidence: 0.96217895

00:37:06.219 --> 00:37:07.520 your yogurt. It's, like,

NOTE Confidence: 0.89466584

00:37:07.980 --> 00:37:09.739 delicious, actually. Yeah. I don't

NOTE Confidence: 0.89466584

00:37:09.739 --> 00:37:10.780 I don't think that's weird
NOTE Confidence: 0.89466584

00:37:10.780 --> 00:37:11.420 at all. I think it
NOTE Confidence: 0.89466584

00:37:11.420 --> 00:37:12.780 sounds great. Yeah. Yes. I
NOTE Confidence: 0.89466584

00:37:12.780 --> 00:37:14.355 think it's like, oh, right.
NOTE Confidence: 0.89466584

00:37:14.355 --> 00:37:15.795 Of course. That's basically what
NOTE Confidence: 0.89466584

00:37:15.795 --> 00:37:16.855 the the,
NOTE Confidence: 0.9537499

00:37:18.435 --> 00:37:19.795 the flavored ones are already
NOTE Confidence: 0.9537499

00:37:19.795 --> 00:37:20.755 doing, but you're kind of
NOTE Confidence: 0.9537499

00:37:20.835 --> 00:37:22.275 Right. Taking your own choices,
NOTE Confidence: 0.9537499

00:37:22.275 --> 00:37:23.875 which is fun. And you
NOTE Confidence: 0.9537499

00:37:23.875 --> 00:37:25.155 have I have some maple
NOTE Confidence: 0.9537499

00:37:25.155 --> 00:37:25.655 syrup
NOTE Confidence: 0.98051214

00:37:27.219 --> 00:37:28.260 and lemon. So I was
NOTE Confidence: 0.98051214

00:37:28.260 --> 00:37:29.380 kind of just feeling like
NOTE Confidence: 0.98051214

00:37:29.380 --> 00:37:30.660 all these yellows are calling
NOTE Confidence: 0.98051214

00:37:30.660 --> 00:37:31.320 me to

NOTE Confidence: 0.98946345

00:37:32.020 --> 00:37:33.480 make a pineapple lemon

NOTE Confidence: 0.8503816

00:37:35.060 --> 00:37:37.060 black currant jelly yogurt. Like

NOTE Confidence: 0.8503816

00:37:37.460 --> 00:37:38.360 Oh my god.

NOTE Confidence: 0.9324084

00:37:38.739 --> 00:37:40.100 Fantastic. Where our, yeah, our

NOTE Confidence: 0.9324084

00:37:40.100 --> 00:37:41.540 mouths are watering. Thing. If

NOTE Confidence: 0.9324084

00:37:41.540 --> 00:37:43.045 we went to buy a

NOTE Confidence: 0.9324084

00:37:43.045 --> 00:37:44.245 little, like, a little four

NOTE Confidence: 0.9324084

00:37:44.245 --> 00:37:46.085 pack of those yogurts, we

NOTE Confidence: 0.9324084

00:37:46.085 --> 00:37:47.605 would probably be looking at,

NOTE Confidence: 0.9324084

00:37:47.605 --> 00:37:48.885 like, five dollars Yeah. Four

NOTE Confidence: 0.9324084

00:37:48.885 --> 00:37:50.085 things of yogurt. Probably even

NOTE Confidence: 0.9324084

00:37:50.085 --> 00:37:51.605 more. More like five dollars

NOTE Confidence: 0.9324084

00:37:51.605 --> 00:37:53.045 each. Yeah. That's true. Yeah.

NOTE Confidence: 0.9324084

00:37:53.045 --> 00:37:53.685 If you go to a

NOTE Confidence: 0.9324084

00:37:53.685 --> 00:37:55.525 really bougie market, sure. Yeah.

NOTE Confidence: 0.9324084

00:37:55.525 --> 00:37:56.725 You will definitely be paying
NOTE Confidence: 0.9324084

00:37:56.725 --> 00:37:58.230 more. Versus, you know, all
NOTE Confidence: 0.9324084

00:37:58.230 --> 00:37:59.450 those ingredients individually,
NOTE Confidence: 0.8806409

00:38:00.070 --> 00:38:01.670 yes, would cost more. But
NOTE Confidence: 0.8806409

00:38:01.670 --> 00:38:02.630 you already had all of
NOTE Confidence: 0.8806409

00:38:02.630 --> 00:38:03.830 it at home. When they're
NOTE Confidence: 0.8806409

00:38:03.830 --> 00:38:05.430 part of your diet. Yeah.
NOTE Confidence: 0.8806409

00:38:05.430 --> 00:38:05.930 Exactly.
NOTE Confidence: 0.9842702

00:38:06.630 --> 00:38:07.830 And that is the that
NOTE Confidence: 0.9842702

00:38:07.830 --> 00:38:09.030 is the key. Right? Because
NOTE Confidence: 0.9842702

00:38:09.030 --> 00:38:10.489 too often, I think we
NOTE Confidence: 0.9842702

00:38:10.685 --> 00:38:11.565 we say, alright. What are
NOTE Confidence: 0.9842702

00:38:11.565 --> 00:38:12.445 we gonna make for dinner
NOTE Confidence: 0.9842702

00:38:12.445 --> 00:38:13.165 this week? Or I'm trying
NOTE Confidence: 0.9842702

00:38:13.165 --> 00:38:14.125 to figure out snacks that
NOTE Confidence: 0.9842702

00:38:14.125 --> 00:38:14.844 I'll be able to bring

NOTE Confidence: 0.9842702

00:38:14.844 --> 00:38:15.885 to work. And so it's

NOTE Confidence: 0.9842702

00:38:15.885 --> 00:38:16.685 like, well, I gotta make

NOTE Confidence: 0.9842702

00:38:16.685 --> 00:38:17.484 a grocery list because I

NOTE Confidence: 0.9842702

00:38:17.484 --> 00:38:18.205 have to get all this

NOTE Confidence: 0.9842702

00:38:18.205 --> 00:38:19.325 new stuff. There is so

NOTE Confidence: 0.9842702

00:38:19.325 --> 00:38:20.364 much that you probably already

NOTE Confidence: 0.9842702

00:38:20.364 --> 00:38:21.645 have in your pantry that

NOTE Confidence: 0.9842702

00:38:21.645 --> 00:38:23.049 just with, like, a little

NOTE Confidence: 0.9842702

00:38:23.049 --> 00:38:24.569 creativity or having a recipe

NOTE Confidence: 0.9842702

00:38:24.569 --> 00:38:25.069 on

NOTE Confidence: 0.9764903

00:38:25.609 --> 00:38:26.730 hand that you kinda can

NOTE Confidence: 0.9764903

00:38:26.730 --> 00:38:27.469 can reference

NOTE Confidence: 0.9811578

00:38:28.089 --> 00:38:28.969 will will make all the

NOTE Confidence: 0.9811578

00:38:28.969 --> 00:38:30.250 difference, I think, with Absolutely.

NOTE Confidence: 0.9811578

00:38:30.250 --> 00:38:31.609 Getting into good habits with

NOTE Confidence: 0.9811578

00:38:31.609 --> 00:38:33.289 your cooking and just your
NOTE Confidence: 0.9811578

00:38:33.289 --> 00:38:33.789 pantry
NOTE Confidence: 0.9957107

00:38:34.250 --> 00:38:36.510 is just something to really,
NOTE Confidence: 0.9764185

00:38:37.605 --> 00:38:38.805 like, put some effort toward
NOTE Confidence: 0.9764185

00:38:38.805 --> 00:38:40.165 because it just it it
NOTE Confidence: 0.9764185

00:38:40.165 --> 00:38:41.364 makes life so much easier
NOTE Confidence: 0.9764185

00:38:41.364 --> 00:38:42.244 in terms of cooking. If
NOTE Confidence: 0.9764185

00:38:42.244 --> 00:38:43.125 you have some habits where
NOTE Confidence: 0.9764185

00:38:43.125 --> 00:38:44.165 you're like, I always have
NOTE Confidence: 0.9764185

00:38:44.165 --> 00:38:45.285 some type of bean around.
NOTE Confidence: 0.9764185

00:38:45.285 --> 00:38:46.325 I always have rice. I
NOTE Confidence: 0.9764185

00:38:46.325 --> 00:38:47.525 always have pasta. I always
NOTE Confidence: 0.9764185

00:38:47.525 --> 00:38:48.825 have can canned tomatoes.
NOTE Confidence: 0.9993732

00:38:49.205 --> 00:38:50.325 And because I have those
NOTE Confidence: 0.9993732

00:38:50.325 --> 00:38:50.825 basics,
NOTE Confidence: 0.9802401

00:38:51.285 --> 00:38:52.619 then I'm picking up some

NOTE Confidence: 0.9802401
00:38:52.619 --> 00:38:55.339 vegetables, some herbs, some fruit
NOTE Confidence: 0.9802401
00:38:55.339 --> 00:38:56.859 that's, like, on sale or
NOTE Confidence: 0.9802401
00:38:56.859 --> 00:38:58.460 more seasonal or whatever. But
NOTE Confidence: 0.9802401
00:38:58.460 --> 00:38:59.660 I know I always have
NOTE Confidence: 0.9802401
00:38:59.660 --> 00:39:00.460 sort of a way to
NOTE Confidence: 0.9802401
00:39:00.460 --> 00:39:01.339 make them, to add them
NOTE Confidence: 0.9802401
00:39:01.339 --> 00:39:02.299 into a quiche, to add
NOTE Confidence: 0.9802401
00:39:02.299 --> 00:39:03.579 them into this pasta dish,
NOTE Confidence: 0.9802401
00:39:03.579 --> 00:39:04.779 to, you know, cook them
NOTE Confidence: 0.9802401
00:39:04.779 --> 00:39:05.739 on the side with fish.
NOTE Confidence: 0.9802401
00:39:05.739 --> 00:39:07.099 And whatever it is, it's
NOTE Confidence: 0.9802401
00:39:07.099 --> 00:39:08.614 like you just have your
NOTE Confidence: 0.9802401
00:39:08.614 --> 00:39:09.355 go tos.
NOTE Confidence: 0.98556423
00:39:09.734 --> 00:39:11.815 It simplifies things so much
NOTE Confidence: 0.98556423
00:39:11.815 --> 00:39:13.815 and allows you to then
NOTE Confidence: 0.98556423

00:39:13.815 --> 00:39:15.175 have more variety from, like,
NOTE Confidence: 0.98556423

00:39:15.175 --> 00:39:16.375 your plants like you guys
NOTE Confidence: 0.98556423

00:39:16.375 --> 00:39:17.114 were suggesting.
NOTE Confidence: 0.8813524

00:39:17.734 --> 00:39:19.114 Absolutely. Absolutely. Fantastic.
NOTE Confidence: 0.9787549

00:39:19.830 --> 00:39:20.790 Alright. And then, of course,
NOTE Confidence: 0.9787549

00:39:20.790 --> 00:39:21.989 the yogurt being,
NOTE Confidence: 0.9824355

00:39:22.550 --> 00:39:23.050 full
NOTE Confidence: 0.99944234

00:39:23.350 --> 00:39:24.170 of healthy
NOTE Confidence: 0.92801434

00:39:24.790 --> 00:39:25.590 bacteria for our gut. You
NOTE Confidence: 0.92801434

00:39:25.590 --> 00:39:27.030 know? So, yeah, thinking about
NOTE Confidence: 0.92801434

00:39:27.030 --> 00:39:27.989 these foods like that.
NOTE Confidence: 0.9032607

00:39:28.870 --> 00:39:29.910 We've all heard of this
NOTE Confidence: 0.9032607

00:39:29.910 --> 00:39:30.410 activity
NOTE Confidence: 0.9570792

00:39:30.790 --> 00:39:31.910 with Jamie Lee Curtis. Right?
NOTE Confidence: 0.9570792

00:39:31.910 --> 00:39:33.350 But it's any type of
NOTE Confidence: 0.9570792

00:39:33.350 --> 00:39:34.710 yogurt. Any type of yogurt

NOTE Confidence: 0.9570792

00:39:34.710 --> 00:39:36.165 has those healthy bacteria in

NOTE Confidence: 0.9570792

00:39:36.165 --> 00:39:36.965 them. So you're getting a

NOTE Confidence: 0.9570792

00:39:36.965 --> 00:39:38.085 nice big scoop of it

NOTE Confidence: 0.9570792

00:39:38.085 --> 00:39:38.825 over there.

NOTE Confidence: 0.849098

00:39:39.205 --> 00:39:40.405 Okay. And so here I

NOTE Confidence: 0.849098

00:39:40.405 --> 00:39:40.905 am

NOTE Confidence: 0.9879816

00:39:41.364 --> 00:39:43.285 adding my yogurt on top

NOTE Confidence: 0.9879816

00:39:43.285 --> 00:39:45.045 of my chopped up fruit

NOTE Confidence: 0.9879816

00:39:45.045 --> 00:39:45.545 and

NOTE Confidence: 0.90402687

00:39:46.005 --> 00:39:47.045 jam, and now I'm just

NOTE Confidence: 0.90402687

00:39:47.045 --> 00:39:48.344 gonna be mixed up.

NOTE Confidence: 0.9297718

00:39:49.739 --> 00:39:51.020 Fantastic. When so, you know,

NOTE Confidence: 0.9297718

00:39:51.020 --> 00:39:52.620 I think yogurt people immediately

NOTE Confidence: 0.9297718

00:39:52.620 --> 00:39:54.380 think, well, breakfast. Mhmm. Right?

NOTE Confidence: 0.9297718

00:39:54.380 --> 00:39:55.980 Mhmm. But I would be

NOTE Confidence: 0.9297718

00:39:55.980 --> 00:39:57.020 just as happy, like, eating
NOTE Confidence: 0.9297718

00:39:57.020 --> 00:39:57.900 this as a snack or
NOTE Confidence: 0.9297718

00:39:57.900 --> 00:39:59.100 even dessert. Right? Snack. But
NOTE Confidence: 0.9297718

00:39:59.100 --> 00:39:59.900 if you just want that
NOTE Confidence: 0.9297718

00:39:59.900 --> 00:40:00.960 little bit of sweetness,
NOTE Confidence: 0.9358042

00:40:02.300 --> 00:40:03.600 you know, without going crazy.
NOTE Confidence: 0.9926367

00:40:04.594 --> 00:40:05.555 So here it is. I'm
NOTE Confidence: 0.9926367

00:40:05.555 --> 00:40:06.594 about to eat it. I'm
NOTE Confidence: 0.9926367

00:40:06.594 --> 00:40:08.114 jealous. Yeah. Yeah. Jealous that
NOTE Confidence: 0.9926367

00:40:08.114 --> 00:40:08.914 we're not there.
NOTE Confidence: 0.9326509

00:40:09.315 --> 00:40:10.055 That's great.
NOTE Confidence: 0.8814864

00:40:11.474 --> 00:40:13.075 Yeah. It's great. The jam
NOTE Confidence: 0.8814864

00:40:13.075 --> 00:40:13.555 is so
NOTE Confidence: 0.9347065

00:40:14.355 --> 00:40:15.714 it just immediately makes it
NOTE Confidence: 0.9347065

00:40:15.714 --> 00:40:16.214 feel
NOTE Confidence: 0.7189296

00:40:16.674 --> 00:40:17.174 a

NOTE Confidence: 0.9484714
00:40:17.635 --> 00:40:18.914 little decadent, like a little
NOTE Confidence: 0.9484714
00:40:18.914 --> 00:40:19.664 dessert. And
NOTE Confidence: 0.9371109
00:40:20.319 --> 00:40:20.880 then did you say you
NOTE Confidence: 0.9371109
00:40:20.880 --> 00:40:22.160 added a little lemon juice
NOTE Confidence: 0.9371109
00:40:22.160 --> 00:40:23.839 there too? Yes. So cool.
NOTE Confidence: 0.9371109
00:40:23.839 --> 00:40:24.960 Yeah. So the sweetness, but
NOTE Confidence: 0.9371109
00:40:24.960 --> 00:40:26.079 then the kind of fresh
NOTE Confidence: 0.9371109
00:40:26.079 --> 00:40:27.059 tangy citrusy
NOTE Confidence: 0.9196921
00:40:27.520 --> 00:40:28.799 lemon juice too. How delicious.
NOTE Confidence: 0.9196921
00:40:28.799 --> 00:40:30.000 Yeah. Love it. And you
NOTE Confidence: 0.9196921
00:40:30.000 --> 00:40:30.960 have to when you use
NOTE Confidence: 0.9196921
00:40:30.960 --> 00:40:32.640 fresh lemon. You always have
NOTE Confidence: 0.9196921
00:40:32.640 --> 00:40:33.839 to smell it first. Oh,
NOTE Confidence: 0.9196921
00:40:33.839 --> 00:40:35.325 yeah. Love it. Very, very
NOTE Confidence: 0.9196921
00:40:35.325 --> 00:40:35.825 important.
NOTE Confidence: 0.98138106

00:40:36.285 --> 00:40:37.565 And talk about enjoying the
NOTE Confidence: 0.98138106

00:40:37.565 --> 00:40:38.925 aromas and the sensations of
NOTE Confidence: 0.98138106

00:40:38.925 --> 00:40:40.145 the food. Right? Immediately
NOTE Confidence: 0.9604042

00:40:40.765 --> 00:40:41.885 get right in there, and
NOTE Confidence: 0.9604042

00:40:41.885 --> 00:40:43.165 it's gonna make your kitchen
NOTE Confidence: 0.9604042

00:40:43.165 --> 00:40:45.185 smell fantastic right away. Mhmm.
NOTE Confidence: 0.9743314

00:40:46.765 --> 00:40:48.285 Alrighty. I can smell your,
NOTE Confidence: 0.8846986

00:40:49.070 --> 00:40:50.110 your your quiche. My quiche.
NOTE Confidence: 0.8846986

00:40:50.190 --> 00:40:51.790 Oven. Yeah. Smells fantastic. Nice.
NOTE Confidence: 0.8846986

00:40:51.790 --> 00:40:52.290 Nice.
NOTE Confidence: 0.952933

00:40:52.750 --> 00:40:54.190 So, Karina, if we wanna
NOTE Confidence: 0.952933

00:40:54.190 --> 00:40:55.310 pop back over to my
NOTE Confidence: 0.952933

00:40:55.310 --> 00:40:56.110 cutting board just so I
NOTE Confidence: 0.952933

00:40:56.110 --> 00:40:56.910 can show that I I
NOTE Confidence: 0.952933

00:40:56.910 --> 00:40:57.410 formed,
NOTE Confidence: 0.9904757

00:40:58.350 --> 00:40:59.869 everything into into these lovely

NOTE Confidence: 0.9904757

00:40:59.869 --> 00:41:01.230 little patties here. So I

NOTE Confidence: 0.9904757

00:41:01.230 --> 00:41:02.290 got eight patties

NOTE Confidence: 0.9549059

00:41:02.590 --> 00:41:03.950 out of a pound of

NOTE Confidence: 0.9549059

00:41:03.950 --> 00:41:05.225 ground beef. So So that

NOTE Confidence: 0.9549059

00:41:05.225 --> 00:41:06.425 means that we these each

NOTE Confidence: 0.9549059

00:41:06.425 --> 00:41:07.465 have about two ounces of

NOTE Confidence: 0.9549059

00:41:07.465 --> 00:41:08.185 meat in it. Now the

NOTE Confidence: 0.9549059

00:41:08.185 --> 00:41:09.545 recommended serving if you're gonna

NOTE Confidence: 0.9549059

00:41:09.545 --> 00:41:10.745 eat animal proteins is to

NOTE Confidence: 0.9549059

00:41:10.745 --> 00:41:11.705 be around three or four

NOTE Confidence: 0.9549059

00:41:11.705 --> 00:41:12.844 ounces. So we've actually

NOTE Confidence: 0.9242424

00:41:13.145 --> 00:41:14.105 we're a little bit below

NOTE Confidence: 0.9242424

00:41:14.105 --> 00:41:15.385 that with the veggie burgers,

NOTE Confidence: 0.9242424

00:41:15.385 --> 00:41:15.885 but

NOTE Confidence: 0.94672215

00:41:16.185 --> 00:41:17.625 not skimping on the protein,

NOTE Confidence: 0.94672215

00:41:17.625 --> 00:41:19.145 mostly from the lentils that
NOTE Confidence: 0.94672215

00:41:19.145 --> 00:41:20.150 we added in to there.
NOTE Confidence: 0.94672215

00:41:20.150 --> 00:41:21.610 Right? Really gonna increase,
NOTE Confidence: 0.9987372

00:41:22.390 --> 00:41:23.770 you know, help us
NOTE Confidence: 0.9645653

00:41:24.230 --> 00:41:25.670 we feel like people really
NOTE Confidence: 0.9645653

00:41:25.670 --> 00:41:27.190 stress about the protein. Yeah.
NOTE Confidence: 0.9645653

00:41:27.190 --> 00:41:27.989 You are not gonna be
NOTE Confidence: 0.9645653

00:41:27.989 --> 00:41:29.190 lacking in protein if you
NOTE Confidence: 0.9645653

00:41:29.190 --> 00:41:30.070 eat more plants as long
NOTE Confidence: 0.9645653

00:41:30.070 --> 00:41:30.550 as you know where you
NOTE Confidence: 0.9645653

00:41:30.550 --> 00:41:31.430 can get some protein from.
NOTE Confidence: 0.9645653

00:41:31.430 --> 00:41:32.650 So, again, the whole grains,
NOTE Confidence: 0.97604084

00:41:32.994 --> 00:41:34.435 the and the legumes. Yep.
NOTE Confidence: 0.97604084

00:41:34.435 --> 00:41:35.895 Great sources of protein. Absolutely.
NOTE Confidence: 0.9977272

00:41:36.515 --> 00:41:37.714 I'm just gonna cook up,
NOTE Confidence: 0.9977272

00:41:37.955 --> 00:41:39.155 probably one or two of

NOTE Confidence: 0.9977272

00:41:39.155 --> 00:41:39.875 these. So if we if

NOTE Confidence: 0.9977272

00:41:39.875 --> 00:41:41.015 we come over to the

NOTE Confidence: 0.8615214

00:41:41.315 --> 00:41:41.815 stovetop,

NOTE Confidence: 0.97587997

00:41:42.915 --> 00:41:43.795 do you have a little

NOTE Confidence: 0.97587997

00:41:43.795 --> 00:41:45.075 nonstick pan going here? It's

NOTE Confidence: 0.97587997

00:41:45.075 --> 00:41:46.260 mostly because I didn't want

NOTE Confidence: 0.97587997

00:41:46.260 --> 00:41:47.460 burgers to stick on camera

NOTE Confidence: 0.97587997

00:41:47.460 --> 00:41:48.980 and be all embarrassed. Any

NOTE Confidence: 0.97587997

00:41:48.980 --> 00:41:50.660 side skillet would work. Or,

NOTE Confidence: 0.97587997

00:41:50.660 --> 00:41:51.460 you know, we're getting into

NOTE Confidence: 0.97587997

00:41:51.460 --> 00:41:52.420 the warmer weather. You could

NOTE Confidence: 0.97587997

00:41:52.420 --> 00:41:54.739 grill these burgers. Absolutely. Yep.

NOTE Confidence: 0.97587997

00:41:55.060 --> 00:41:55.940 So I'm just gonna go

NOTE Confidence: 0.97587997

00:41:55.940 --> 00:41:56.660 ahead and take one of

NOTE Confidence: 0.97587997

00:41:56.660 --> 00:41:57.460 those. I'm gonna get it

NOTE Confidence: 0.97587997

00:41:57.460 --> 00:41:58.520 down. If I hear
NOTE Confidence: 0.9604767

00:41:58.820 --> 00:42:00.020 some sizzle Oh, yeah. I
NOTE Confidence: 0.9604767

00:42:00.020 --> 00:42:01.140 can hear it. Yeah. Yeah.
NOTE Confidence: 0.9604767

00:42:01.140 --> 00:42:01.825 I can hear it. You
NOTE Confidence: 0.9604767

00:42:01.825 --> 00:42:02.385 can hear it. I don't
NOTE Confidence: 0.9604767

00:42:02.385 --> 00:42:03.297 know if everyone Oh, my
NOTE Confidence: 0.9604767

00:42:03.649 --> 00:42:04.785 can hear it. But and
NOTE Confidence: 0.9604767

00:42:04.785 --> 00:42:05.905 I'm just gonna let this
NOTE Confidence: 0.9604767

00:42:05.905 --> 00:42:07.265 cook for a couple minutes.
NOTE Confidence: 0.9604767

00:42:07.265 --> 00:42:09.105 It's really not going to
NOTE Confidence: 0.9604767

00:42:09.105 --> 00:42:09.605 take
NOTE Confidence: 0.9781207

00:42:09.905 --> 00:42:10.645 very long.
NOTE Confidence: 0.89628345

00:42:11.785 --> 00:42:13.265 While we're until it's browned.
NOTE Confidence: 0.89628345

00:42:13.265 --> 00:42:13.750 I I was gonna say,
NOTE Confidence: 0.89628345

00:42:13.750 --> 00:42:14.630 you're gonna let that brown
NOTE Confidence: 0.89628345

00:42:14.630 --> 00:42:15.110 a little bit. We have

NOTE Confidence: 0.89628345

00:42:15.110 --> 00:42:15.910 a question in the chat.

NOTE Confidence: 0.89628345

00:42:15.910 --> 00:42:17.590 Can the lentils instead go

NOTE Confidence: 0.89628345

00:42:17.590 --> 00:42:18.950 into a food processor and

NOTE Confidence: 0.89628345

00:42:18.950 --> 00:42:19.830 then mix them in with

NOTE Confidence: 0.89628345

00:42:19.830 --> 00:42:20.950 the veggies and the meat?

NOTE Confidence: 0.89628345

00:42:20.950 --> 00:42:21.910 I I don't see why

NOTE Confidence: 0.89628345

00:42:21.910 --> 00:42:23.510 not. Alright. Yeah. We can

NOTE Confidence: 0.89628345

00:42:23.510 --> 00:42:24.010 chime

NOTE Confidence: 0.75775844

00:42:24.470 --> 00:42:25.370 in. Yes.

NOTE Confidence: 0.99139315

00:42:25.925 --> 00:42:26.924 Yeah. Yeah. Grind them up

NOTE Confidence: 0.99139315

00:42:26.924 --> 00:42:27.685 a little bit. Oh, and

NOTE Confidence: 0.99139315

00:42:27.685 --> 00:42:29.364 with those burgers, it's also

NOTE Confidence: 0.99139315

00:42:29.364 --> 00:42:30.885 nice if you it's fine

NOTE Confidence: 0.99139315

00:42:30.885 --> 00:42:32.325 if you're doing them, like,

NOTE Confidence: 0.99139315

00:42:32.325 --> 00:42:33.605 to go. But if you're

NOTE Confidence: 0.99139315

00:42:33.605 --> 00:42:34.565 doing them ahead of time,
NOTE Confidence: 0.99139315

00:42:34.565 --> 00:42:35.525 it's nice to if you
NOTE Confidence: 0.99139315

00:42:35.525 --> 00:42:37.125 wrap them in plastic and,
NOTE Confidence: 0.99139315

00:42:37.125 --> 00:42:37.625 like,
NOTE Confidence: 0.98398495

00:42:38.109 --> 00:42:39.950 have them in the fridge
NOTE Confidence: 0.98398495

00:42:39.950 --> 00:42:41.070 for a day, they're, like,
NOTE Confidence: 0.98398495

00:42:41.070 --> 00:42:42.290 set up really nice.
NOTE Confidence: 0.9068765

00:42:42.750 --> 00:42:44.430 Oh, great. Okay. And so
NOTE Confidence: 0.9068765

00:42:44.430 --> 00:42:45.469 sometimes it's like, if you're
NOTE Confidence: 0.9068765

00:42:45.469 --> 00:42:46.589 making eight and you only
NOTE Confidence: 0.9068765

00:42:46.589 --> 00:42:47.089 have
NOTE Confidence: 0.9808407

00:42:47.550 --> 00:42:48.829 need four because that's what
NOTE Confidence: 0.9808407

00:42:48.829 --> 00:42:49.950 your family needs that night,
NOTE Confidence: 0.9808407

00:42:49.950 --> 00:42:51.089 you can put the rest
NOTE Confidence: 0.9793454

00:42:51.535 --> 00:42:52.575 aside, and they'll be, like,
NOTE Confidence: 0.9793454

00:42:52.575 --> 00:42:53.215 ready to go. And you

NOTE Confidence: 0.9793454
00:42:53.215 --> 00:42:54.094 can freeze them that way
NOTE Confidence: 0.9793454
00:42:54.094 --> 00:42:54.815 too. Let them come to
NOTE Confidence: 0.9793454
00:42:54.815 --> 00:42:56.035 room temperature and
NOTE Confidence: 0.9696037
00:42:56.495 --> 00:42:57.455 and and cook them. That
NOTE Confidence: 0.9696037
00:42:57.455 --> 00:42:58.815 idea. Yeah. Assemble them once,
NOTE Confidence: 0.9696037
00:42:58.815 --> 00:42:59.455 and then you get lots
NOTE Confidence: 0.9696037
00:42:59.455 --> 00:43:00.094 of meals out of it.
NOTE Confidence: 0.9696037
00:43:00.094 --> 00:43:01.295 Exactly. Yeah. And, I mean,
NOTE Confidence: 0.9696037
00:43:01.295 --> 00:43:02.255 you could you could freeze
NOTE Confidence: 0.9696037
00:43:02.255 --> 00:43:03.614 these as well. Right, Leanne?
NOTE Confidence: 0.9696037
00:43:03.614 --> 00:43:04.594 No reason you couldn't,
NOTE Confidence: 0.9092057
00:43:05.055 --> 00:43:05.935 no reason you couldn't do
NOTE Confidence: 0.9092057
00:43:05.935 --> 00:43:07.750 that? Yep. Yeah. Right.
NOTE Confidence: 0.8420799
00:43:08.210 --> 00:43:09.250 I'm gonna set the rest
NOTE Confidence: 0.8420799
00:43:09.250 --> 00:43:10.130 of these aside. Perhaps I
NOTE Confidence: 0.8420799

00:43:10.130 --> 00:43:10.770 will actually Nate, you wanna

NOTE Confidence: 0.8420799

00:43:10.770 --> 00:43:11.410 stick these in the fridge

NOTE Confidence: 0.8420799

00:43:11.410 --> 00:43:12.369 behind you? Sure. I'll eat

NOTE Confidence: 0.8420799

00:43:12.369 --> 00:43:13.089 them both of them all

NOTE Confidence: 0.8420799

00:43:13.089 --> 00:43:13.569 for all. Freeze them, and

NOTE Confidence: 0.8420799

00:43:13.569 --> 00:43:14.450 we'll have my dinner tonight.

NOTE Confidence: 0.8420799

00:43:14.609 --> 00:43:15.430 Meals for days.

NOTE Confidence: 0.9716259

00:43:16.530 --> 00:43:17.890 And then so I got

NOTE Confidence: 0.9716259

00:43:17.890 --> 00:43:18.930 this bread on the stovetop

NOTE Confidence: 0.9716259

00:43:18.930 --> 00:43:19.489 here. I'm just gonna talk

NOTE Confidence: 0.9716259

00:43:19.489 --> 00:43:20.130 a little bit kind of

NOTE Confidence: 0.9716259

00:43:20.130 --> 00:43:21.569 about what we are gonna

NOTE Confidence: 0.9716259

00:43:21.569 --> 00:43:23.255 plate our burger on.

NOTE Confidence: 0.9870471

00:43:23.795 --> 00:43:24.755 So in terms of talking

NOTE Confidence: 0.9870471

00:43:24.755 --> 00:43:25.635 about the different kind of

NOTE Confidence: 0.9870471

00:43:25.635 --> 00:43:27.315 flavors, right, where could we

NOTE Confidence: 0.9870471

00:43:27.315 --> 00:43:28.375 go with these burgers?

NOTE Confidence: 0.9933969

00:43:28.835 --> 00:43:30.035 We had, of course, some

NOTE Confidence: 0.9933969

00:43:30.035 --> 00:43:32.194 cheddar cheese around for the

NOTE Confidence: 0.9933969

00:43:32.194 --> 00:43:33.714 quiche, but we actually also

NOTE Confidence: 0.9933969

00:43:33.714 --> 00:43:34.434 had a little bit of

NOTE Confidence: 0.9933969

00:43:34.434 --> 00:43:35.474 feta cheese that needed to

NOTE Confidence: 0.9933969

00:43:35.474 --> 00:43:36.674 get used up. And something

NOTE Confidence: 0.9933969

00:43:36.674 --> 00:43:37.174 about,

NOTE Confidence: 0.99930406

00:43:37.850 --> 00:43:38.350 vegetables

NOTE Confidence: 0.9655065

00:43:38.890 --> 00:43:40.410 makes me lean towards feta

NOTE Confidence: 0.9655065

00:43:40.410 --> 00:43:41.850 cheese. Something that's got a

NOTE Confidence: 0.9655065

00:43:41.850 --> 00:43:43.550 lot of flavor to it,

NOTE Confidence: 0.97331285

00:43:45.130 --> 00:43:46.090 but you can actually use

NOTE Confidence: 0.97331285

00:43:46.090 --> 00:43:47.690 a smaller amount because it's

NOTE Confidence: 0.97331285

00:43:47.690 --> 00:43:50.270 so flavorful. Yeah. And so

NOTE Confidence: 0.97331285

00:43:50.415 --> 00:43:51.375 for my little on my
NOTE Confidence: 0.97331285

00:43:51.375 --> 00:43:52.895 base here, I'm gonna do
NOTE Confidence: 0.97331285

00:43:52.895 --> 00:43:54.415 a little bit of, some
NOTE Confidence: 0.97331285

00:43:54.415 --> 00:43:55.775 mixed greens. Also had these
NOTE Confidence: 0.97331285

00:43:55.775 --> 00:43:56.895 in the fridge. Probably only
NOTE Confidence: 0.97331285

00:43:56.895 --> 00:43:57.855 had about another day or
NOTE Confidence: 0.97331285

00:43:57.855 --> 00:43:58.575 two in them. Was not
NOTE Confidence: 0.97331285

00:43:58.575 --> 00:44:00.015 planning on making a salad.
NOTE Confidence: 0.97331285

00:44:00.015 --> 00:44:00.895 So I get my nice
NOTE Confidence: 0.97331285

00:44:00.895 --> 00:44:01.875 base on there.
NOTE Confidence: 0.9694382

00:44:02.670 --> 00:44:03.950 Lest I not talk about
NOTE Confidence: 0.9694382

00:44:03.950 --> 00:44:04.670 the What is the base?
NOTE Confidence: 0.9694382

00:44:04.829 --> 00:44:06.510 The bun. Yeah. Which is
NOTE Confidence: 0.9694382

00:44:06.510 --> 00:44:08.270 a whole wheat burger bun.
NOTE Confidence: 0.9694382

00:44:08.270 --> 00:44:10.109 Cool. And I really like
NOTE Confidence: 0.9694382

00:44:10.109 --> 00:44:12.270 doing whole wheat burger buns

NOTE Confidence: 0.9694382

00:44:12.270 --> 00:44:14.030 and wraps. Honestly, sometimes more

NOTE Confidence: 0.9694382

00:44:14.030 --> 00:44:14.989 than I like doing whole

NOTE Confidence: 0.9694382

00:44:14.989 --> 00:44:15.730 wheat bread.

NOTE Confidence: 0.90751606

00:44:16.145 --> 00:44:17.025 Whole wheat bread, I don't

NOTE Confidence: 0.90751606

00:44:17.025 --> 00:44:17.825 know, Leanne, if you have

NOTE Confidence: 0.90751606

00:44:17.825 --> 00:44:19.185 a great brand to to

NOTE Confidence: 0.90751606

00:44:19.185 --> 00:44:20.704 shout out maybe. But sometimes

NOTE Confidence: 0.90751606

00:44:20.704 --> 00:44:21.585 I feel like they turn

NOTE Confidence: 0.90751606

00:44:21.585 --> 00:44:22.565 out that I make.

NOTE Confidence: 0.7977954

00:44:22.944 --> 00:44:23.444 Sorry?

NOTE Confidence: 0.9509318

00:44:23.744 --> 00:44:24.625 My own that I make

NOTE Confidence: 0.9509318

00:44:24.625 --> 00:44:25.585 is the only There you

NOTE Confidence: 0.9509318

00:44:25.585 --> 00:44:26.944 go. So so you're gonna

NOTE Confidence: 0.9509318

00:44:26.944 --> 00:44:28.385 you're gonna send everyone who

NOTE Confidence: 0.9509318

00:44:28.464 --> 00:44:29.905 who's joined us some bread.

NOTE Confidence: 0.9509318

00:44:29.905 --> 00:44:30.405 Right?
NOTE Confidence: 0.84356314

00:44:31.930 --> 00:44:32.969 It's sometimes though the store
NOTE Confidence: 0.84356314

00:44:32.969 --> 00:44:33.930 bought ones, they turn out
NOTE Confidence: 0.84356314

00:44:33.930 --> 00:44:34.750 very dense.
NOTE Confidence: 0.96695465

00:44:35.690 --> 00:44:36.730 Mhmm. Versus, like, I feel
NOTE Confidence: 0.96695465

00:44:36.730 --> 00:44:38.250 like the buns and the
NOTE Confidence: 0.96695465

00:44:38.250 --> 00:44:39.290 wraps are a little bit
NOTE Confidence: 0.96695465

00:44:39.290 --> 00:44:40.330 more palatable, but they still
NOTE Confidence: 0.96695465

00:44:40.330 --> 00:44:41.050 have they still have the
NOTE Confidence: 0.96695465

00:44:41.050 --> 00:44:42.090 fiber in there, which again,
NOTE Confidence: 0.96695465

00:44:42.090 --> 00:44:43.130 you know, we keep talking
NOTE Confidence: 0.96695465

00:44:43.130 --> 00:44:45.130 about fiber. Mhmm. Karina, if
NOTE Confidence: 0.96695465

00:44:45.130 --> 00:44:46.750 we wanna come over to
NOTE Confidence: 0.94610417

00:44:47.694 --> 00:44:49.214 the stove here just to
NOTE Confidence: 0.94610417

00:44:49.214 --> 00:44:51.214 see. Getting some nice browning
NOTE Confidence: 0.94610417

00:44:51.214 --> 00:44:52.094 on our burger there. I'm

NOTE Confidence: 0.94610417

00:44:52.094 --> 00:44:53.694 gonna flip that over. Yeah.

NOTE Confidence: 0.94610417

00:44:53.694 --> 00:44:54.895 Wow. Beautiful. It's a nice

NOTE Confidence: 0.94610417

00:44:54.895 --> 00:44:55.855 color on there.

NOTE Confidence: 0.9876184

00:44:56.255 --> 00:44:57.295 And now that I have

NOTE Confidence: 0.9876184

00:44:57.295 --> 00:44:58.655 flipped it, I'm actually gonna

NOTE Confidence: 0.9876184

00:44:58.655 --> 00:45:00.335 add the feta cheese now

NOTE Confidence: 0.9876184

00:45:00.655 --> 00:45:01.694 Alright. So that that little

NOTE Confidence: 0.9876184

00:45:01.694 --> 00:45:03.560 bit of heat just kind

NOTE Confidence: 0.9994802

00:45:03.940 --> 00:45:04.440 of

NOTE Confidence: 0.95116234

00:45:05.300 --> 00:45:05.700 Oh.

NOTE Confidence: 0.96512175

00:45:06.100 --> 00:45:07.460 Melts that cheese a little.

NOTE Confidence: 0.96512175

00:45:07.460 --> 00:45:08.920 Again, right, you could do

NOTE Confidence: 0.96512175

00:45:09.060 --> 00:45:10.180 a regular old slice of

NOTE Confidence: 0.96512175

00:45:10.180 --> 00:45:11.780 cheese. Nothing wrong with that.

NOTE Confidence: 0.96512175

00:45:11.780 --> 00:45:12.900 But I do like the

NOTE Confidence: 0.96512175

00:45:12.900 --> 00:45:14.260 nice tanginess that the feta
NOTE Confidence: 0.96512175

00:45:14.260 --> 00:45:14.760 brings.
NOTE Confidence: 0.9020966

00:45:15.505 --> 00:45:16.224 You know, we try to
NOTE Confidence: 0.9020966

00:45:16.224 --> 00:45:17.344 move towards a new I
NOTE Confidence: 0.9020966

00:45:17.344 --> 00:45:19.105 appreciate the straininess. I feel
NOTE Confidence: 0.9020966

00:45:19.105 --> 00:45:19.605 like
NOTE Confidence: 0.97627217

00:45:20.224 --> 00:45:21.185 you're you're really on the
NOTE Confidence: 0.97627217

00:45:21.185 --> 00:45:22.864 right track. Yeah. And, you
NOTE Confidence: 0.97627217

00:45:22.864 --> 00:45:24.724 know, you ill or something.
NOTE Confidence: 0.99006724

00:45:25.984 --> 00:45:27.344 We we we talk about,
NOTE Confidence: 0.99006724

00:45:27.744 --> 00:45:29.125 trying to increase our consumption
NOTE Confidence: 0.99006724

00:45:29.265 --> 00:45:30.165 of fermented
NOTE Confidence: 0.970963

00:45:31.020 --> 00:45:32.060 foods a lot. And for
NOTE Confidence: 0.970963

00:45:32.060 --> 00:45:33.340 that, we usually do think
NOTE Confidence: 0.970963

00:45:33.340 --> 00:45:34.620 of of yogurt and then,
NOTE Confidence: 0.970963

00:45:34.620 --> 00:45:35.820 like, really fermented stuff like

NOTE Confidence: 0.970963
00:45:35.820 --> 00:45:37.580 kimchi. But cheese cheese is
NOTE Confidence: 0.970963
00:45:37.580 --> 00:45:38.239 a fermented
NOTE Confidence: 0.85135543
00:45:39.100 --> 00:45:40.940 food. Yeah. Absolutely. Food.
NOTE Confidence: 0.98960114
00:45:41.660 --> 00:45:42.620 And I'm just gonna cover
NOTE Confidence: 0.98960114
00:45:42.620 --> 00:45:43.900 this with a little bit
NOTE Confidence: 0.98960114
00:45:43.900 --> 00:45:45.260 of foil just to promote
NOTE Confidence: 0.98960114
00:45:45.260 --> 00:45:46.480 a little bit of melting
NOTE Confidence: 0.9983024
00:45:47.394 --> 00:45:48.535 on that cheese there.
NOTE Confidence: 0.96592325
00:45:48.914 --> 00:45:49.875 Not gonna get ever super
NOTE Confidence: 0.96592325
00:45:49.875 --> 00:45:51.154 melty like an American cheese,
NOTE Confidence: 0.96592325
00:45:51.154 --> 00:45:51.954 but just that little bit
NOTE Confidence: 0.96592325
00:45:51.954 --> 00:45:52.835 of steam that's gonna get
NOTE Confidence: 0.96592325
00:45:52.835 --> 00:45:53.875 trapped in there. Yep. And,
NOTE Confidence: 0.96592325
00:45:53.875 --> 00:45:54.375 honestly,
NOTE Confidence: 0.95628273
00:45:54.755 --> 00:45:55.714 the nice part is too,
NOTE Confidence: 0.95628273

00:45:55.714 --> 00:45:56.914 these will actually this burger
NOTE Confidence: 0.95628273

00:45:56.914 --> 00:45:58.035 cooks quicker than a regular
NOTE Confidence: 0.95628273

00:45:58.035 --> 00:45:58.914 meat burger because a regular
NOTE Confidence: 0.95628273

00:45:58.914 --> 00:45:59.954 meat burger, hundred percent meat,
NOTE Confidence: 0.95628273

00:45:59.954 --> 00:46:00.755 we're trying to get it
NOTE Confidence: 0.95628273

00:46:00.755 --> 00:46:01.320 to a
NOTE Confidence: 0.96165335

00:46:01.719 --> 00:46:03.560 a higher internal temperature, but
NOTE Confidence: 0.96165335

00:46:03.560 --> 00:46:04.440 the lentils are already cooked.
NOTE Confidence: 0.96165335

00:46:04.440 --> 00:46:05.400 They're already cooked. So really
NOTE Confidence: 0.96165335

00:46:05.400 --> 00:46:06.120 once we get that nice
NOTE Confidence: 0.96165335

00:46:06.120 --> 00:46:06.920 brownie, we can, of course,
NOTE Confidence: 0.96165335

00:46:06.920 --> 00:46:08.520 always cook to our desired
NOTE Confidence: 0.96165335

00:46:08.520 --> 00:46:10.040 level of of, you know,
NOTE Confidence: 0.96165335

00:46:10.040 --> 00:46:11.320 rare to well. Right. I
NOTE Confidence: 0.96165335

00:46:11.320 --> 00:46:12.200 think, like, two or three
NOTE Confidence: 0.96165335

00:46:12.200 --> 00:46:13.160 minutes on each side here

NOTE Confidence: 0.96165335
00:46:13.160 --> 00:46:15.165 is definitely sufficient. Yeah. And,
NOTE Confidence: 0.96165335
00:46:15.165 --> 00:46:16.765 folk, LeeAnne, folks are wondering
NOTE Confidence: 0.96165335
00:46:16.765 --> 00:46:17.725 if these burgers will hold
NOTE Confidence: 0.96165335
00:46:17.725 --> 00:46:18.445 up on the grill. What
NOTE Confidence: 0.96165335
00:46:18.445 --> 00:46:19.885 do you think? They will,
NOTE Confidence: 0.96165335
00:46:19.885 --> 00:46:21.405 but I would say don't
NOTE Confidence: 0.96165335
00:46:21.405 --> 00:46:23.165 make them fresh fresh. Like,
NOTE Confidence: 0.96165335
00:46:23.165 --> 00:46:24.045 let them sit in the
NOTE Confidence: 0.96165335
00:46:24.045 --> 00:46:26.205 fridge for, like, twenty minutes
NOTE Confidence: 0.96165335
00:46:26.205 --> 00:46:27.405 at least just to get
NOTE Confidence: 0.96165335
00:46:27.405 --> 00:46:28.925 more solidly together because they
NOTE Confidence: 0.96165335
00:46:28.925 --> 00:46:30.305 do get a little crumbly.
NOTE Confidence: 0.96165335
00:46:30.489 --> 00:46:31.370 But, also, if you're worried
NOTE Confidence: 0.96165335
00:46:31.370 --> 00:46:32.410 about that, just use, like,
NOTE Confidence: 0.96165335
00:46:32.410 --> 00:46:33.690 beans and do that mashing
NOTE Confidence: 0.96165335

00:46:33.690 --> 00:46:35.530 thing. Like, just make if
NOTE Confidence: 0.96165335

00:46:35.530 --> 00:46:36.989 they're if it's really well
NOTE Confidence: 0.96165335

00:46:37.050 --> 00:46:38.489 mashed up, it'll be totally
NOTE Confidence: 0.96165335

00:46:38.489 --> 00:46:39.530 fine. It's just when you're
NOTE Confidence: 0.96165335

00:46:39.530 --> 00:46:40.510 sort of being loosey
NOTE Confidence: 0.9862925

00:46:40.810 --> 00:46:42.250 goosey with the lentils, then
NOTE Confidence: 0.9862925

00:46:42.250 --> 00:46:43.390 they get a bit more
NOTE Confidence: 0.94100446

00:46:43.770 --> 00:46:45.050 falling apart, which is kind
NOTE Confidence: 0.94100446

00:46:45.050 --> 00:46:45.935 of fun too. But But
NOTE Confidence: 0.94100446

00:46:46.015 --> 00:46:47.575 Yeah. Right. Or vice versa,
NOTE Confidence: 0.94100446

00:46:47.575 --> 00:46:48.415 I mean, what do you
NOTE Confidence: 0.94100446

00:46:48.415 --> 00:46:50.255 think in a, like, hot
NOTE Confidence: 0.94100446

00:46:50.255 --> 00:46:51.775 oven on, like, a wire
NOTE Confidence: 0.94100446

00:46:51.775 --> 00:46:52.734 rack or even just on
NOTE Confidence: 0.94100446

00:46:52.734 --> 00:46:54.335 parchment paper? Oh, yeah. That's
NOTE Confidence: 0.94100446

00:46:54.335 --> 00:46:55.295 great. Really try to do

NOTE Confidence: 0.94100446

00:46:55.295 --> 00:46:56.175 these in bulk. Do you

NOTE Confidence: 0.94100446

00:46:56.175 --> 00:46:57.215 think that would work? Yeah.

NOTE Confidence: 0.94100446

00:46:57.215 --> 00:46:59.055 That would work great. Yeah.

NOTE Confidence: 0.94100446

00:46:59.055 --> 00:47:00.015 And that would be very

NOTE Confidence: 0.94100446

00:47:00.015 --> 00:47:00.515 simple.

NOTE Confidence: 0.91539973

00:47:02.040 --> 00:47:02.920 Yeah. On a walker, you

NOTE Confidence: 0.91539973

00:47:02.920 --> 00:47:04.140 can add it to Let's

NOTE Confidence: 0.91539973

00:47:04.280 --> 00:47:05.400 see here. Currently, we can

NOTE Confidence: 0.91539973

00:47:05.400 --> 00:47:06.280 see the reveal. Oh, a

NOTE Confidence: 0.91539973

00:47:06.280 --> 00:47:07.640 little bit of color actually

NOTE Confidence: 0.91539973

00:47:07.640 --> 00:47:08.680 developed on the cheese. There's

NOTE Confidence: 0.91539973

00:47:08.680 --> 00:47:10.440 just that nice heat coming

NOTE Confidence: 0.91539973

00:47:10.440 --> 00:47:11.400 off the top, and all

NOTE Confidence: 0.91539973

00:47:11.400 --> 00:47:12.840 I'm gonna do is transfer

NOTE Confidence: 0.91539973

00:47:12.840 --> 00:47:13.820 it right over

NOTE Confidence: 0.99622774

00:47:15.755 --> 00:47:17.035 to my bun here. Don't
NOTE Confidence: 0.99622774

00:47:17.035 --> 00:47:17.935 mind my finger.
NOTE Confidence: 0.96445405

00:47:18.795 --> 00:47:19.915 Get that right onto that
NOTE Confidence: 0.96445405

00:47:19.915 --> 00:47:20.795 nice bit of green. We
NOTE Confidence: 0.96445405

00:47:20.795 --> 00:47:21.594 do the greens on the
NOTE Confidence: 0.96445405

00:47:21.594 --> 00:47:23.295 bottom because heat rises.
NOTE Confidence: 0.9698944

00:47:23.755 --> 00:47:24.875 So we did actually so
NOTE Confidence: 0.9698944

00:47:24.875 --> 00:47:25.835 if we did our greens
NOTE Confidence: 0.9698944

00:47:25.835 --> 00:47:26.875 on top, it would wilt
NOTE Confidence: 0.9698944

00:47:26.875 --> 00:47:27.270 quicker.
NOTE Confidence: 0.9134303

00:47:27.830 --> 00:47:28.870 Ah, makes sense. That is
NOTE Confidence: 0.9134303

00:47:28.870 --> 00:47:30.469 a that's a again, one
NOTE Confidence: 0.9134303

00:47:30.469 --> 00:47:31.750 of those useless tricks that
NOTE Confidence: 0.9134303

00:47:31.750 --> 00:47:32.630 you you pick up on.
NOTE Confidence: 0.9134303

00:47:32.630 --> 00:47:33.510 All we're gonna do is,
NOTE Confidence: 0.9134303

00:47:33.750 --> 00:47:34.570 It's useful.

NOTE Confidence: 0.91108686
00:47:34.950 --> 00:47:37.030 Useful. I agree. Useless in
NOTE Confidence: 0.91108686
00:47:37.030 --> 00:47:38.230 my brain, but it it's
NOTE Confidence: 0.91108686
00:47:38.230 --> 00:47:39.530 it's taking up room.
NOTE Confidence: 0.981441
00:47:39.910 --> 00:47:41.030 It's taking up room in
NOTE Confidence: 0.981441
00:47:41.030 --> 00:47:41.594 my brain.
NOTE Confidence: 0.88165426
00:47:42.075 --> 00:47:43.355 Beautiful that is. That would
NOTE Confidence: 0.88165426
00:47:43.355 --> 00:47:44.555 be twenty five bucks in
NOTE Confidence: 0.88165426
00:47:44.555 --> 00:47:46.155 Brooklyn. Yeah. Let's take it
NOTE Confidence: 0.88165426
00:47:46.155 --> 00:47:47.195 back. One minute before I
NOTE Confidence: 0.88165426
00:47:47.195 --> 00:47:48.075 try to cut and do
NOTE Confidence: 0.88165426
00:47:48.075 --> 00:47:49.515 a cross section. You're gonna
NOTE Confidence: 0.88165426
00:47:49.515 --> 00:47:50.635 what? Before I try to
NOTE Confidence: 0.88165426
00:47:50.635 --> 00:47:51.275 cut and do a cross
NOTE Confidence: 0.88165426
00:47:51.275 --> 00:47:51.915 section. Oh, yeah. I will
NOTE Confidence: 0.88165426
00:47:51.915 --> 00:47:52.715 let it sit. That's it.
NOTE Confidence: 0.88165426

00:47:52.715 --> 00:47:53.835 I think that's fine. For
NOTE Confidence: 0.88165426

00:47:53.835 --> 00:47:54.570 for a minute.
NOTE Confidence: 0.98775005

00:47:55.530 --> 00:47:57.130 Fantastic. Alright. We're a couple
NOTE Confidence: 0.98775005

00:47:57.130 --> 00:47:58.410 minutes after seven, so I
NOTE Confidence: 0.98775005

00:47:58.410 --> 00:48:00.190 think we're good on time.
NOTE Confidence: 0.9369694

00:48:00.730 --> 00:48:01.850 How is I was gonna
NOTE Confidence: 0.9369694

00:48:01.850 --> 00:48:02.890 say, I'm gonna keep a
NOTE Confidence: 0.9369694

00:48:02.890 --> 00:48:03.770 a peek on this. And
NOTE Confidence: 0.9369694

00:48:03.770 --> 00:48:04.570 you have your bars in
NOTE Confidence: 0.9369694

00:48:04.570 --> 00:48:05.690 the oven too. Right, Britney?
NOTE Confidence: 0.9369694

00:48:05.690 --> 00:48:06.650 They are. They are still
NOTE Confidence: 0.9369694

00:48:06.650 --> 00:48:07.860 five minutes out, but I
NOTE Confidence: 0.9369694

00:48:07.860 --> 00:48:09.085 can take them out. A
NOTE Confidence: 0.9369694

00:48:09.085 --> 00:48:10.045 kind of an interesting question
NOTE Confidence: 0.9369694

00:48:10.045 --> 00:48:10.844 that I have to admit
NOTE Confidence: 0.9369694

00:48:10.844 --> 00:48:11.565 I don't know the answer

NOTE Confidence: 0.9369694
00:48:11.565 --> 00:48:12.765 to. Someone was wondering if
NOTE Confidence: 0.9369694
00:48:12.765 --> 00:48:14.285 instead of baking them, if
NOTE Confidence: 0.9369694
00:48:14.285 --> 00:48:15.725 you could just refrigerate it
NOTE Confidence: 0.9369694
00:48:15.725 --> 00:48:17.085 overnight and then kinda do,
NOTE Confidence: 0.9369694
00:48:17.085 --> 00:48:18.205 like, a no bake version.
NOTE Confidence: 0.9369694
00:48:18.205 --> 00:48:19.405 What do you think? That's
NOTE Confidence: 0.9369694
00:48:19.405 --> 00:48:20.285 a good question because, I
NOTE Confidence: 0.9369694
00:48:20.285 --> 00:48:21.405 mean, of course, people do
NOTE Confidence: 0.9369694
00:48:21.405 --> 00:48:22.525 overnight. I'm just not sure
NOTE Confidence: 0.9369694
00:48:22.525 --> 00:48:23.460 that it would have.
NOTE Confidence: 0.9666522
00:48:23.859 --> 00:48:25.140 You could do an overnight
NOTE Confidence: 0.9666522
00:48:25.140 --> 00:48:26.339 oats, like, with peanut butter
NOTE Confidence: 0.9666522
00:48:26.339 --> 00:48:27.140 and jelly. I think that's
NOTE Confidence: 0.9666522
00:48:27.140 --> 00:48:27.940 a great idea, but you'd
NOTE Confidence: 0.9666522
00:48:27.940 --> 00:48:28.980 wanna add more moisture in
NOTE Confidence: 0.9666522

00:48:28.980 --> 00:48:30.020 there. Like, I think you'd
NOTE Confidence: 0.9666522

00:48:30.020 --> 00:48:31.619 wanna add a milk or
NOTE Confidence: 0.9666522

00:48:31.619 --> 00:48:32.660 a nut milk in there
NOTE Confidence: 0.9666522

00:48:32.660 --> 00:48:33.940 and then do it overnight
NOTE Confidence: 0.9666522

00:48:33.940 --> 00:48:35.000 oats style. Actually,
NOTE Confidence: 0.8909235

00:48:36.285 --> 00:48:37.325 Feel like I think because
NOTE Confidence: 0.8909235

00:48:37.325 --> 00:48:38.444 the because the oats would
NOTE Confidence: 0.8909235

00:48:38.444 --> 00:48:38.944 absorb
NOTE Confidence: 0.91753954

00:48:39.244 --> 00:48:41.085 the liquid. That's kinda where
NOTE Confidence: 0.91753954

00:48:41.085 --> 00:48:41.805 my head is at. I
NOTE Confidence: 0.91753954

00:48:41.805 --> 00:48:43.005 mean, correct. Yeah. Because it
NOTE Confidence: 0.91753954

00:48:43.005 --> 00:48:43.884 works really well to, like
NOTE Confidence: 0.91753954

00:48:43.964 --> 00:48:45.244 and they're very palatable when
NOTE Confidence: 0.91753954

00:48:45.244 --> 00:48:46.364 you add enough liquid. It's
NOTE Confidence: 0.91753954

00:48:46.364 --> 00:48:47.165 just like if it was
NOTE Confidence: 0.91753954

00:48:47.165 --> 00:48:47.825 just, like,

NOTE Confidence: 0.9364689

00:48:48.360 --> 00:48:50.040 dried stuck together. Like, I

NOTE Confidence: 0.9364689

00:48:50.040 --> 00:48:51.080 don't think there's enough liquid

NOTE Confidence: 0.9364689

00:48:51.080 --> 00:48:52.280 in the recipe currently, so

NOTE Confidence: 0.9364689

00:48:52.280 --> 00:48:53.660 just need to use your

NOTE Confidence: 0.9364689

00:48:53.880 --> 00:48:55.320 your best judgment there. But

NOTE Confidence: 0.9364689

00:48:55.320 --> 00:48:56.540 you could take, like, basically,

NOTE Confidence: 0.9364689

00:48:56.600 --> 00:48:57.900 any overnight oats,

NOTE Confidence: 0.93669933

00:48:58.360 --> 00:49:00.040 recipe online. There's million of

NOTE Confidence: 0.93669933

00:49:00.040 --> 00:49:00.840 them. It's just a very

NOTE Confidence: 0.93669933

00:49:00.840 --> 00:49:01.660 simple formula

NOTE Confidence: 0.95541793

00:49:02.055 --> 00:49:02.935 and add in, like, the

NOTE Confidence: 0.95541793

00:49:02.935 --> 00:49:04.614 peanut butter and jelly, basically,

NOTE Confidence: 0.95541793

00:49:04.614 --> 00:49:05.575 and some type of a

NOTE Confidence: 0.95541793

00:49:05.575 --> 00:49:06.795 a milk, nut milk.

NOTE Confidence: 0.9010531

00:49:07.415 --> 00:49:09.035 Yep. I think that is

NOTE Confidence: 0.9010531

00:49:09.175 --> 00:49:11.255 the, like, classic way. Half
NOTE Confidence: 0.9010531

00:49:11.255 --> 00:49:12.635 chia seed and half
NOTE Confidence: 0.9817744

00:49:13.175 --> 00:49:14.454 oats, and then you get
NOTE Confidence: 0.9817744

00:49:14.454 --> 00:49:14.694 your
NOTE Confidence: 0.9995601

00:49:15.900 --> 00:49:17.339 all your good stuff. Yeah.
NOTE Confidence: 0.9995601

00:49:17.339 --> 00:49:18.059 I think that would be
NOTE Confidence: 0.9995601

00:49:18.059 --> 00:49:18.559 delicious.
NOTE Confidence: 0.89736325

00:49:18.940 --> 00:49:19.660 I have to tell you.
NOTE Confidence: 0.89736325

00:49:19.660 --> 00:49:20.619 I'm pulling out this quiche.
NOTE Confidence: 0.89736325

00:49:20.619 --> 00:49:21.500 Yeah. Pardon me and Nate
NOTE Confidence: 0.89736325

00:49:21.500 --> 00:49:22.619 freaking out while you were
NOTE Confidence: 0.89736325

00:49:22.619 --> 00:49:23.900 talking about great stuff. Because
NOTE Confidence: 0.89736325

00:49:23.900 --> 00:49:25.180 the quiche looks lovely. So
NOTE Confidence: 0.89736325

00:49:25.420 --> 00:49:27.675 looks so good. It looks
NOTE Confidence: 0.89736325

00:49:27.675 --> 00:49:29.035 so good. It got really
NOTE Confidence: 0.89736325

00:49:29.035 --> 00:49:30.395 nice and nice. How good

NOTE Confidence: 0.89736325

00:49:30.395 --> 00:49:31.515 it looks and, like, how

NOTE Confidence: 0.89736325

00:49:31.515 --> 00:49:32.395 easy it was for you

NOTE Confidence: 0.89736325

00:49:32.395 --> 00:49:33.055 to make?

NOTE Confidence: 0.82551193

00:49:34.315 --> 00:49:35.355 Like, how quick that

NOTE Confidence: 0.9804027

00:49:36.155 --> 00:49:37.135 Look at that.

NOTE Confidence: 0.9012004

00:49:38.555 --> 00:49:39.755 That brown edge is, like,

NOTE Confidence: 0.9012004

00:49:39.755 --> 00:49:40.875 a deal. Stands out of

NOTE Confidence: 0.9012004

00:49:40.875 --> 00:49:41.594 the way, so we can

NOTE Confidence: 0.9012004

00:49:41.594 --> 00:49:43.900 really appreciate it. How nice.

NOTE Confidence: 0.9012004

00:49:43.900 --> 00:49:45.180 Okay. Great. That's gonna be

NOTE Confidence: 0.9012004

00:49:45.180 --> 00:49:45.680 delicious.

NOTE Confidence: 0.99828744

00:49:46.219 --> 00:49:46.960 Okay. Great.

NOTE Confidence: 0.99787617

00:49:47.500 --> 00:49:48.640 So we got our quiche.

NOTE Confidence: 0.9594625

00:49:49.180 --> 00:49:50.060 You got to enjoy the

NOTE Confidence: 0.9594625

00:49:50.060 --> 00:49:51.420 yogurt smash. I'm still jealous

NOTE Confidence: 0.9594625

00:49:51.420 --> 00:49:52.940 about that. We're letting our
NOTE Confidence: 0.9594625

00:49:52.940 --> 00:49:54.540 burger sit in I really
NOTE Confidence: 0.9594625

00:49:54.540 --> 00:49:55.500 enjoyed it if that makes
NOTE Confidence: 0.9594625

00:49:55.500 --> 00:49:56.700 you feel any better, please.
NOTE Confidence: 0.9594625

00:49:56.700 --> 00:49:58.219 It really does. It does.
NOTE Confidence: 0.9594625

00:49:58.219 --> 00:49:59.955 It does. And then, again,
NOTE Confidence: 0.9594625

00:49:59.955 --> 00:50:01.075 keep the questions coming in
NOTE Confidence: 0.9594625

00:50:01.075 --> 00:50:01.795 the chat. We're more than
NOTE Confidence: 0.9594625

00:50:01.795 --> 00:50:02.915 happy to answer those. And
NOTE Confidence: 0.9594625

00:50:02.915 --> 00:50:04.275 then if yeah. We'll we
NOTE Confidence: 0.9594625

00:50:04.435 --> 00:50:05.395 if there's more questions kind
NOTE Confidence: 0.9594625

00:50:05.395 --> 00:50:06.515 of about the connection between
NOTE Confidence: 0.9594625

00:50:06.515 --> 00:50:08.035 these recipes and the prevention
NOTE Confidence: 0.9594625

00:50:08.035 --> 00:50:09.155 of colon cancer and the
NOTE Confidence: 0.9594625

00:50:09.155 --> 00:50:10.195 support of of gut and
NOTE Confidence: 0.9594625

00:50:10.195 --> 00:50:11.795 colorectal health, we're happy to

NOTE Confidence: 0.9594625

00:50:11.795 --> 00:50:12.835 answer those too. But it

NOTE Confidence: 0.9594625

00:50:12.835 --> 00:50:13.715 really does come down to

NOTE Confidence: 0.9594625

00:50:13.715 --> 00:50:14.730 the fiber. I feel like

NOTE Confidence: 0.9594625

00:50:14.730 --> 00:50:15.230 repeatedly,

NOTE Confidence: 0.9775893

00:50:15.530 --> 00:50:16.410 all these different types of

NOTE Confidence: 0.9775893

00:50:16.410 --> 00:50:17.690 fiber, whether it's soluble and

NOTE Confidence: 0.9775893

00:50:17.690 --> 00:50:18.730 insoluble, we're talking about the

NOTE Confidence: 0.9775893

00:50:18.730 --> 00:50:20.330 different types of plants. This

NOTE Confidence: 0.9775893

00:50:20.330 --> 00:50:21.770 keeps things moving, of course,

NOTE Confidence: 0.9775893

00:50:21.770 --> 00:50:22.969 through your digestive tract, but

NOTE Confidence: 0.9775893

00:50:22.969 --> 00:50:23.550 it also

NOTE Confidence: 0.98878604

00:50:23.930 --> 00:50:25.770 supports those healthy gut bacteria

NOTE Confidence: 0.98878604

00:50:25.770 --> 00:50:27.130 that really keep your lining

NOTE Confidence: 0.98878604

00:50:27.130 --> 00:50:29.055 intact and are just really,

NOTE Confidence: 0.9598272

00:50:29.454 --> 00:50:30.895 healthy for for keeping,

NOTE Confidence: 0.82779664

00:50:31.375 --> 00:50:32.094 the gut gut gut gut
NOTE Confidence: 0.82779664

00:50:32.094 --> 00:50:32.917 gut gut gut gut. You
NOTE Confidence: 0.82779664

00:50:32.917 --> 00:50:33.855 regular. I mean, that is
NOTE Confidence: 0.82779664

00:50:33.855 --> 00:50:34.815 that is that is an
NOTE Confidence: 0.82779664

00:50:34.815 --> 00:50:36.994 important factor. Exactly. Right? Exactly.
NOTE Confidence: 0.9494684

00:50:37.694 --> 00:50:38.734 You know, we can talk
NOTE Confidence: 0.9494684

00:50:38.734 --> 00:50:39.535 a lot about, you know,
NOTE Confidence: 0.9494684

00:50:39.535 --> 00:50:40.494 how much fiber we should
NOTE Confidence: 0.9494684

00:50:40.494 --> 00:50:41.295 be aiming for in the
NOTE Confidence: 0.9494684

00:50:41.295 --> 00:50:42.255 day, but I I think,
NOTE Confidence: 0.9494684

00:50:42.255 --> 00:50:43.214 Michelle, you had said it
NOTE Confidence: 0.9494684

00:50:43.214 --> 00:50:44.829 before. Right? Just, like, eat
NOTE Confidence: 0.9494684

00:50:44.829 --> 00:50:46.190 more vegetables. Right. And you
NOTE Confidence: 0.9494684

00:50:46.190 --> 00:50:47.309 will do a good job
NOTE Confidence: 0.9494684

00:50:47.309 --> 00:50:48.030 of getting on your way
NOTE Confidence: 0.9494684

00:50:48.030 --> 00:50:48.910 to that call. Actually, do

NOTE Confidence: 0.9494684
00:50:48.910 --> 00:50:49.950 y'all wanna y'all wanna come
NOTE Confidence: 0.9494684
00:50:49.950 --> 00:50:50.670 back up here in case
NOTE Confidence: 0.9494684
00:50:50.670 --> 00:50:51.309 there's any questions or if
NOTE Confidence: 0.9494684
00:50:51.309 --> 00:50:52.109 there's anything else you want
NOTE Confidence: 0.9494684
00:50:52.109 --> 00:50:52.910 to touch on just because
NOTE Confidence: 0.9494684
00:50:52.910 --> 00:50:54.270 we are kinda getting towards
NOTE Confidence: 0.9494684
00:50:54.270 --> 00:50:55.150 the end of your day.
NOTE Confidence: 0.9494684
00:50:55.150 --> 00:50:56.190 I think so. Absolutely. Yeah.
NOTE Confidence: 0.9494684
00:50:56.190 --> 00:50:57.505 These all look delicious.
NOTE Confidence: 0.94963187
00:50:57.805 --> 00:50:59.085 Yes. We're excited to share
NOTE Confidence: 0.94963187
00:50:59.085 --> 00:51:00.125 them. Yeah. But the best
NOTE Confidence: 0.94963187
00:51:00.125 --> 00:51:01.405 part about the best part
NOTE Confidence: 0.94963187
00:51:01.405 --> 00:51:02.285 about doing these with us
NOTE Confidence: 0.94963187
00:51:02.285 --> 00:51:02.925 is that you get to
NOTE Confidence: 0.94963187
00:51:02.925 --> 00:51:03.665 eat. So
NOTE Confidence: 0.99718696

00:51:04.445 --> 00:51:04.945 beautiful.
NOTE Confidence: 0.9532042

00:51:05.565 --> 00:51:06.685 Yeah. I agree. I mean,
NOTE Confidence: 0.9532042

00:51:06.685 --> 00:51:08.125 the eating the rainbow was
NOTE Confidence: 0.9532042

00:51:08.125 --> 00:51:09.005 such a good way to
NOTE Confidence: 0.9532042

00:51:09.005 --> 00:51:10.285 start and just trying to
NOTE Confidence: 0.9532042

00:51:10.285 --> 00:51:11.369 add color to your plate
NOTE Confidence: 0.9532042

00:51:11.369 --> 00:51:12.969 every day, whether it's fruits
NOTE Confidence: 0.9532042

00:51:12.969 --> 00:51:14.349 or vegetables or,
NOTE Confidence: 0.9255387

00:51:15.369 --> 00:51:17.049 you know, herbs if you're
NOTE Confidence: 0.9255387

00:51:17.049 --> 00:51:18.410 a gardener over the summer,
NOTE Confidence: 0.9255387

00:51:18.650 --> 00:51:19.930 if you have opportunity to
NOTE Confidence: 0.9255387

00:51:19.930 --> 00:51:21.289 do that. Just adding little
NOTE Confidence: 0.9255387

00:51:21.289 --> 00:51:22.170 bits of color here and
NOTE Confidence: 0.9255387

00:51:22.170 --> 00:51:23.289 there can really add up
NOTE Confidence: 0.9255387

00:51:23.289 --> 00:51:24.349 throughout the day.
NOTE Confidence: 0.9845423

00:51:25.255 --> 00:51:26.215 And even just, you know,

NOTE Confidence: 0.9845423

00:51:26.215 --> 00:51:27.335 being mindful for a day

NOTE Confidence: 0.9845423

00:51:27.335 --> 00:51:28.455 or two and keeping track

NOTE Confidence: 0.9845423

00:51:28.455 --> 00:51:29.655 of how much fiber you're

NOTE Confidence: 0.9845423

00:51:29.655 --> 00:51:31.175 eating and what your average

NOTE Confidence: 0.9845423

00:51:31.175 --> 00:51:32.955 foods are, and their

NOTE Confidence: 0.99546784

00:51:33.335 --> 00:51:34.235 fiber content.

NOTE Confidence: 0.962545

00:51:35.094 --> 00:51:36.215 There are certainly when I

NOTE Confidence: 0.962545

00:51:36.215 --> 00:51:37.560 did that exercise, I learned

NOTE Confidence: 0.962545

00:51:37.560 --> 00:51:38.595 a lot of foods that

NOTE Confidence: 0.962545

00:51:38.595 --> 00:51:39.631 I thought had a lot

NOTE Confidence: 0.962545

00:51:39.631 --> 00:51:40.667 of fiber in it actually

NOTE Confidence: 0.962545

00:51:40.667 --> 00:51:41.910 didn't. And, I thought I

NOTE Confidence: 0.962545

00:51:41.910 --> 00:51:42.946 was doing a great job,

NOTE Confidence: 0.962545

00:51:42.946 --> 00:51:43.982 and when I tallied at

NOTE Confidence: 0.962545

00:51:43.982 --> 00:51:45.017 the end of the day,

NOTE Confidence: 0.962545

00:51:45.017 --> 00:51:46.053 I was a little bit
NOTE Confidence: 0.962545

00:51:46.053 --> 00:51:47.296 short. So I too have
NOTE Confidence: 0.962545

00:51:47.296 --> 00:51:48.332 made some modifications. I don't
NOTE Confidence: 0.962545

00:51:48.539 --> 00:51:49.575 I feel like I often
NOTE Confidence: 0.962545

00:51:49.575 --> 00:51:50.706 don't hit my fiber goal.
NOTE Confidence: 0.962545

00:51:50.706 --> 00:51:51.838 It's something like, what, ninety
NOTE Confidence: 0.962545

00:51:51.838 --> 00:51:52.970 five percent of people don't.
NOTE Confidence: 0.962545

00:51:52.970 --> 00:51:54.102 So we, I mean, we
NOTE Confidence: 0.962545

00:51:54.102 --> 00:51:55.234 could all stay on tote
NOTE Confidence: 0.962545

00:51:55.234 --> 00:51:56.593 support. But Absolutely. Yeah. And
NOTE Confidence: 0.962545

00:51:56.593 --> 00:51:57.724 and I think for people
NOTE Confidence: 0.962545

00:51:57.724 --> 00:51:58.856 who are looking to add
NOTE Confidence: 0.962545

00:51:58.856 --> 00:51:59.988 fiber in their diet, you
NOTE Confidence: 0.962545

00:51:59.988 --> 00:52:01.120 wanna do it gradually. I
NOTE Confidence: 0.962545

00:52:01.120 --> 00:52:02.479 mean, if you go Yes.
NOTE Confidence: 0.962545

00:52:02.705 --> 00:52:03.837 Zero grams of fiber a

NOTE Confidence: 0.962545
00:52:03.837 --> 00:52:05.330 day to thirty grams all
NOTE Confidence: 0.962545
00:52:05.330 --> 00:52:06.610 at once, you're probably not
NOTE Confidence: 0.962545
00:52:06.610 --> 00:52:08.150 gonna feel very good. So,
NOTE Confidence: 0.962545
00:52:08.290 --> 00:52:09.250 you know, just trying to
NOTE Confidence: 0.962545
00:52:09.250 --> 00:52:10.290 add it maybe to one
NOTE Confidence: 0.962545
00:52:10.290 --> 00:52:11.170 meal a day and then
NOTE Confidence: 0.962545
00:52:11.170 --> 00:52:12.210 build it up to two
NOTE Confidence: 0.962545
00:52:12.210 --> 00:52:12.710 or,
NOTE Confidence: 0.8420017
00:52:13.489 --> 00:52:15.010 you know, try sprinkling it
NOTE Confidence: 0.8420017
00:52:15.010 --> 00:52:16.130 in to start so you
NOTE Confidence: 0.8420017
00:52:16.130 --> 00:52:17.570 don't overwhelm your system and
NOTE Confidence: 0.8420017
00:52:17.570 --> 00:52:18.610 and get turned off all
NOTE Confidence: 0.8420017
00:52:18.610 --> 00:52:19.805 the way. Yep. That's great
NOTE Confidence: 0.8420017
00:52:19.805 --> 00:52:20.925 advice. Great advice. So the
NOTE Confidence: 0.8420017
00:52:20.925 --> 00:52:21.985 really good advice
NOTE Confidence: 0.95096004

00:52:23.725 --> 00:52:25.565 For fiber, so just talking
NOTE Confidence: 0.95096004

00:52:25.565 --> 00:52:26.765 about numbers, because sort of
NOTE Confidence: 0.95096004

00:52:26.765 --> 00:52:27.645 like I I always joke,
NOTE Confidence: 0.95096004

00:52:27.645 --> 00:52:29.165 it's like the calories at
NOTE Confidence: 0.95096004

00:52:29.165 --> 00:52:30.525 Starbucks on the scones. Once
NOTE Confidence: 0.95096004

00:52:30.525 --> 00:52:31.565 you know the numbers, it
NOTE Confidence: 0.95096004

00:52:31.565 --> 00:52:32.445 makes it a lot easier
NOTE Confidence: 0.95096004

00:52:32.445 --> 00:52:33.245 to hit the goal or
NOTE Confidence: 0.95096004

00:52:33.245 --> 00:52:34.145 avoid things.
NOTE Confidence: 0.97789687

00:52:35.420 --> 00:52:36.460 It was a life changing
NOTE Confidence: 0.97789687

00:52:36.460 --> 00:52:37.440 moment for me.
NOTE Confidence: 0.96972895

00:52:38.219 --> 00:52:40.219 So for fiber, women, most
NOTE Confidence: 0.96972895

00:52:40.219 --> 00:52:41.500 grown adults need about twenty
NOTE Confidence: 0.96972895

00:52:41.500 --> 00:52:42.540 five grams of fiber for
NOTE Confidence: 0.96972895

00:52:42.540 --> 00:52:43.900 women, thirty eight for men.
NOTE Confidence: 0.96972895

00:52:43.900 --> 00:52:45.340 And they're I anyone who

NOTE Confidence: 0.96972895
00:52:45.340 --> 00:52:46.300 comes to my clinic gets
NOTE Confidence: 0.96972895
00:52:46.300 --> 00:52:48.060 inundated with handouts on fiber.
NOTE Confidence: 0.96972895
00:52:48.060 --> 00:52:49.260 We there are free apps
NOTE Confidence: 0.96972895
00:52:49.260 --> 00:52:50.094 out there that can go
NOTE Confidence: 0.96972895
00:52:50.094 --> 00:52:51.295 on any phone for people
NOTE Confidence: 0.96972895
00:52:51.295 --> 00:52:52.575 who are inclined, and you
NOTE Confidence: 0.96972895
00:52:52.575 --> 00:52:54.015 can Google online lists of
NOTE Confidence: 0.96972895
00:52:54.015 --> 00:52:55.375 things. But getting that fiber
NOTE Confidence: 0.96972895
00:52:55.375 --> 00:52:56.835 in there is really sometimes
NOTE Confidence: 0.95731086
00:52:57.135 --> 00:52:58.015 when you actually look at
NOTE Confidence: 0.95731086
00:52:58.015 --> 00:52:59.295 it I myself recently did
NOTE Confidence: 0.95731086
00:52:59.295 --> 00:53:00.495 an audit and was surprised
NOTE Confidence: 0.95731086
00:53:00.495 --> 00:53:02.015 thinking I was getting enough
NOTE Confidence: 0.95731086
00:53:02.015 --> 00:53:03.455 fiber and realizing I wasn't.
NOTE Confidence: 0.95731086
00:53:03.455 --> 00:53:04.755 And then simple changes
NOTE Confidence: 0.9661922

00:53:05.140 --> 00:53:06.420 of foods I actually liked
NOTE Confidence: 0.9661922

00:53:06.420 --> 00:53:07.700 and just didn't realize how
NOTE Confidence: 0.9661922

00:53:07.700 --> 00:53:08.739 much just adding a little
NOTE Confidence: 0.9661922

00:53:08.739 --> 00:53:09.859 bit of that could totally
NOTE Confidence: 0.9661922

00:53:09.859 --> 00:53:11.219 change things. So I think
NOTE Confidence: 0.9661922

00:53:11.219 --> 00:53:12.340 it's easier than you think
NOTE Confidence: 0.9661922

00:53:12.340 --> 00:53:13.380 by having a target in
NOTE Confidence: 0.9661922

00:53:13.380 --> 00:53:14.900 mind and looking online for
NOTE Confidence: 0.9661922

00:53:14.900 --> 00:53:16.020 some help with, like, list
NOTE Confidence: 0.9661922

00:53:16.020 --> 00:53:17.560 of fruits and vegetables or
NOTE Confidence: 0.9661922

00:53:17.565 --> 00:53:18.525 coming to see us or
NOTE Confidence: 0.9661922

00:53:18.525 --> 00:53:19.905 coming to the teaching kitchen.
NOTE Confidence: 0.9661922

00:53:20.204 --> 00:53:21.405 Mhmm. And we can get
NOTE Confidence: 0.9661922

00:53:21.405 --> 00:53:22.444 you we can get you
NOTE Confidence: 0.9661922

00:53:22.444 --> 00:53:23.325 started with that.
NOTE Confidence: 0.9405223

00:53:24.125 --> 00:53:25.325 On a serious note, March

NOTE Confidence: 0.9405223

00:53:25.325 --> 00:53:27.244 is colon cancer awareness month.

NOTE Confidence: 0.9405223

00:53:27.244 --> 00:53:27.964 And so one of the

NOTE Confidence: 0.9405223

00:53:27.964 --> 00:53:28.844 things that we're all wearing

NOTE Confidence: 0.9405223

00:53:28.844 --> 00:53:30.444 are get no pressure locked,

NOTE Confidence: 0.9405223

00:53:30.444 --> 00:53:31.185 get screened

NOTE Confidence: 0.97448397

00:53:32.130 --> 00:53:33.410 for is to remind people

NOTE Confidence: 0.97448397

00:53:33.410 --> 00:53:34.609 that one part is eating

NOTE Confidence: 0.97448397

00:53:34.609 --> 00:53:35.569 well, and that's something that

NOTE Confidence: 0.97448397

00:53:35.569 --> 00:53:36.690 we want to emphasize is

NOTE Confidence: 0.97448397

00:53:36.690 --> 00:53:37.650 something that you can take

NOTE Confidence: 0.97448397

00:53:37.650 --> 00:53:39.010 into your own hands to

NOTE Confidence: 0.97448397

00:53:39.010 --> 00:53:40.529 reduce your risk. But the

NOTE Confidence: 0.97448397

00:53:40.529 --> 00:53:41.329 other thing you can do

NOTE Confidence: 0.97448397

00:53:41.329 --> 00:53:42.609 to reduce your risk is

NOTE Confidence: 0.97448397

00:53:42.609 --> 00:53:44.289 actually get screened. And so,

NOTE Confidence: 0.9887571

00:53:44.609 --> 00:53:45.984 as you may have heard
NOTE Confidence: 0.9887571

00:53:45.984 --> 00:53:47.105 sometime around the time of
NOTE Confidence: 0.9887571

00:53:47.105 --> 00:53:48.165 the start of the pandemic,
NOTE Confidence: 0.9887571

00:53:48.224 --> 00:53:49.505 we actually changed the screening
NOTE Confidence: 0.9887571

00:53:49.505 --> 00:53:50.724 age for your first colonoscopy.
NOTE Confidence: 0.96948594

00:53:51.185 --> 00:53:51.905 And it went from the
NOTE Confidence: 0.96948594

00:53:51.905 --> 00:53:53.025 age of fifty down to
NOTE Confidence: 0.96948594

00:53:53.025 --> 00:53:54.464 forty five. And the reason
NOTE Confidence: 0.96948594

00:53:54.464 --> 00:53:55.825 for that is that we
NOTE Confidence: 0.96948594

00:53:55.825 --> 00:53:57.105 found out that there's actually
NOTE Confidence: 0.96948594

00:53:57.105 --> 00:53:59.105 a very real increase in
NOTE Confidence: 0.96948594

00:53:59.105 --> 00:54:00.165 younger Americans
NOTE Confidence: 0.9887207

00:54:00.700 --> 00:54:01.980 having colon cancer, and that
NOTE Confidence: 0.9887207

00:54:01.980 --> 00:54:03.180 rate is actually higher than
NOTE Confidence: 0.9887207

00:54:03.180 --> 00:54:04.300 those over the age of
NOTE Confidence: 0.9887207

00:54:04.300 --> 00:54:05.380 fifty. Oh, wow. So as

NOTE Confidence: 0.9887207

00:54:05.380 --> 00:54:06.460 a result of that, that's

NOTE Confidence: 0.9887207

00:54:06.460 --> 00:54:07.580 really an important thing. And

NOTE Confidence: 0.9887207

00:54:07.580 --> 00:54:08.300 some people are like, I

NOTE Confidence: 0.9887207

00:54:08.300 --> 00:54:09.280 don't wanna have a colonoscopy.

NOTE Confidence: 0.9887207

00:54:09.500 --> 00:54:10.300 Well, there's a lot of

NOTE Confidence: 0.9887207

00:54:10.300 --> 00:54:11.900 other noninvasive tests that you

NOTE Confidence: 0.9887207

00:54:11.900 --> 00:54:13.375 can do that can stand

NOTE Confidence: 0.9887207

00:54:13.375 --> 00:54:14.255 in line. So you might

NOTE Confidence: 0.9887207

00:54:14.255 --> 00:54:15.475 see those ads for Cologuard

NOTE Confidence: 0.9887207

00:54:15.535 --> 00:54:17.295 on TV. That's fine. That's

NOTE Confidence: 0.9887207

00:54:17.295 --> 00:54:18.515 one way to get screened.

NOTE Confidence: 0.9931423

00:54:18.895 --> 00:54:20.095 Go call a GI doctor.

NOTE Confidence: 0.9931423

00:54:20.095 --> 00:54:20.895 Get, you know, get a

NOTE Confidence: 0.9931423

00:54:20.895 --> 00:54:22.655 colonoscopy. Your your primary care

NOTE Confidence: 0.9931423

00:54:22.655 --> 00:54:23.455 can give you a whole

NOTE Confidence: 0.9931423

00:54:23.455 --> 00:54:24.675 list of different recommendations

NOTE Confidence: 0.96722966

00:54:25.135 --> 00:54:26.675 that you can do, but

NOTE Confidence: 0.96722966

00:54:26.780 --> 00:54:28.060 choose to get screened. Because

NOTE Confidence: 0.96722966

00:54:28.060 --> 00:54:29.099 when you get screened, you

NOTE Confidence: 0.96722966

00:54:29.099 --> 00:54:30.540 can find something early. When

NOTE Confidence: 0.96722966

00:54:30.540 --> 00:54:31.579 you find something early, it

NOTE Confidence: 0.96722966

00:54:31.579 --> 00:54:32.460 might just be as simple

NOTE Confidence: 0.96722966

00:54:32.460 --> 00:54:33.500 as a polyp getting removed

NOTE Confidence: 0.96722966

00:54:33.500 --> 00:54:34.239 in a colonoscopy.

NOTE Confidence: 0.9650334

00:54:34.700 --> 00:54:35.739 That polyp could turn into

NOTE Confidence: 0.9650334

00:54:35.739 --> 00:54:36.940 a cancer someday, but having

NOTE Confidence: 0.9650334

00:54:36.940 --> 00:54:38.219 the colonoscopy and having that

NOTE Confidence: 0.9650334

00:54:38.219 --> 00:54:39.610 polyp removed, that's it. It's

NOTE Confidence: 0.9650334

00:54:39.610 --> 00:54:40.786 like having the weak guy

NOTE Confidence: 0.9650334

00:54:40.786 --> 00:54:41.962 come out and spray your

NOTE Confidence: 0.9650334

00:54:41.962 --> 00:54:43.373 lawn. You you're you're good.

NOTE Confidence: 0.9650334

00:54:43.373 --> 00:54:44.550 It's a great analogy. Yeah.

NOTE Confidence: 0.9650334

00:54:44.550 --> 00:54:45.726 So, you know, I think

NOTE Confidence: 0.9650334

00:54:45.726 --> 00:54:46.902 these are things to remember.

NOTE Confidence: 0.9650334

00:54:46.902 --> 00:54:48.078 They're not scary. They're actually

NOTE Confidence: 0.9650334

00:54:48.313 --> 00:54:49.489 it's like getting your teeth

NOTE Confidence: 0.9650334

00:54:49.489 --> 00:54:50.665 cleaned at the dentist, but

NOTE Confidence: 0.9650334

00:54:50.665 --> 00:54:51.842 it's really important in this

NOTE Confidence: 0.9650334

00:54:51.842 --> 00:54:53.018 country. So have some good

NOTE Confidence: 0.9650334

00:54:53.018 --> 00:54:54.194 food and get screened. Tell

NOTE Confidence: 0.9650334

00:54:54.194 --> 00:54:55.299 a loved one. We like

NOTE Confidence: 0.9650334

00:54:55.299 --> 00:54:56.420 that. We like that message.

NOTE Confidence: 0.9650334

00:54:56.420 --> 00:54:57.460 Yes. Yes. That's a good

NOTE Confidence: 0.9650334

00:54:57.460 --> 00:54:58.599 one. Alright.

NOTE Confidence: 0.9798057

00:54:58.980 --> 00:55:00.339 Okay. Well, I kinda wanna

NOTE Confidence: 0.9798057

00:55:00.339 --> 00:55:01.380 eat some of these things.

NOTE Confidence: 0.9798057

00:55:01.380 --> 00:55:01.779 Yeah.
NOTE Confidence: 0.9823655

00:55:02.260 --> 00:55:03.619 Any other any other questions
NOTE Confidence: 0.9823655

00:55:03.619 --> 00:55:04.900 in the chat or anything?
NOTE Confidence: 0.9823655

00:55:05.059 --> 00:55:06.099 They're wanting to know where
NOTE Confidence: 0.9823655

00:55:06.099 --> 00:55:07.299 they can purchase your cookbook,
NOTE Confidence: 0.9823655

00:55:07.299 --> 00:55:08.339 Leanne. Oh, this is the
NOTE Confidence: 0.9823655

00:55:08.339 --> 00:55:09.079 best one.
NOTE Confidence: 0.945018

00:55:09.945 --> 00:55:11.725 Everywhere books are sold. Amazon,
NOTE Confidence: 0.9612596

00:55:12.105 --> 00:55:12.844 of course,
NOTE Confidence: 0.92642003

00:55:13.145 --> 00:55:14.765 being probably the most straightforward.
NOTE Confidence: 0.8835499

00:55:15.145 --> 00:55:16.745 But, yes, any are sold.
NOTE Confidence: 0.8835499

00:55:16.745 --> 00:55:18.025 Yeah. Love it. Beautiful. And
NOTE Confidence: 0.8835499

00:55:18.025 --> 00:55:18.905 it's in English and in
NOTE Confidence: 0.8835499

00:55:18.905 --> 00:55:20.105 Spanish. Is that right? It
NOTE Confidence: 0.8835499

00:55:20.105 --> 00:55:21.465 is. Yes. Yes. Good and
NOTE Confidence: 0.8835499

00:55:21.465 --> 00:55:22.685 cheap for Blended Buratto.

NOTE Confidence: 0.9824986

00:55:23.225 --> 00:55:24.970 Love it. Love it. Fantastic.

NOTE Confidence: 0.9824986

00:55:24.970 --> 00:55:25.470 Great.

NOTE Confidence: 0.9384635

00:55:26.570 --> 00:55:27.770 Alright. And then you probably

NOTE Confidence: 0.9384635

00:55:27.770 --> 00:55:28.810 have a couple minutes left

NOTE Confidence: 0.9384635

00:55:28.810 --> 00:55:29.930 on your bars over there.

NOTE Confidence: 0.9384635

00:55:29.930 --> 00:55:31.130 Is that right? They're actually

NOTE Confidence: 0.9384635

00:55:31.130 --> 00:55:32.170 out of the oven, but

NOTE Confidence: 0.9384635

00:55:32.410 --> 00:55:33.530 Oh, great. I mean, let's

NOTE Confidence: 0.9384635

00:55:33.530 --> 00:55:35.290 see them. Yet, but I

NOTE Confidence: 0.9384635

00:55:35.290 --> 00:55:36.910 can show you the results.

NOTE Confidence: 0.93251926

00:55:37.825 --> 00:55:38.705 Oh, those look so good.

NOTE Confidence: 0.93251926

00:55:38.705 --> 00:55:39.665 It's a beautiful picture in

NOTE Confidence: 0.93251926

00:55:39.665 --> 00:55:40.545 the book. How long would

NOTE Confidence: 0.93251926

00:55:40.545 --> 00:55:41.825 you recommend letting those rest

NOTE Confidence: 0.93251926

00:55:41.825 --> 00:55:43.285 for before you cut them?

NOTE Confidence: 0.93251926

00:55:43.505 --> 00:55:44.864 I mean, it's always a
NOTE Confidence: 0.93251926

00:55:44.864 --> 00:55:46.225 good idea, like, ten, fifteen
NOTE Confidence: 0.93251926

00:55:46.225 --> 00:55:47.825 minutes sort of minimum, to
NOTE Confidence: 0.93251926

00:55:47.825 --> 00:55:49.025 be honest. But, like, I
NOTE Confidence: 0.93251926

00:55:49.025 --> 00:55:50.145 can I can get one
NOTE Confidence: 0.93251926

00:55:50.145 --> 00:55:52.030 out for fun for us
NOTE Confidence: 0.93251926

00:55:52.030 --> 00:55:53.549 right now? Only only only
NOTE Confidence: 0.93251926

00:55:53.869 --> 00:55:55.230 it'll it'll look good. It's
NOTE Confidence: 0.93251926

00:55:55.230 --> 00:55:56.589 it's all good. It's best
NOTE Confidence: 0.93251926

00:55:56.589 --> 00:55:57.950 to test at all stages
NOTE Confidence: 0.93251926

00:55:57.950 --> 00:55:59.329 of the process. Yeah.
NOTE Confidence: 0.9958721

00:56:00.989 --> 00:56:01.489 Fantastic.
NOTE Confidence: 0.981329

00:56:01.790 --> 00:56:03.069 Alrighty. Yeah. I mean, so,
NOTE Confidence: 0.981329

00:56:03.069 --> 00:56:04.765 again, just a quick recap
NOTE Confidence: 0.981329

00:56:04.765 --> 00:56:05.965 of our recipes here. So,
NOTE Confidence: 0.981329

00:56:05.965 --> 00:56:06.844 of course, we got the

NOTE Confidence: 0.981329
00:56:06.844 --> 00:56:07.505 the beautiful,
NOTE Confidence: 0.8304375
00:56:07.885 --> 00:56:09.805 crustless piece. So those onions
NOTE Confidence: 0.8304375
00:56:09.805 --> 00:56:10.404 on the bottom, I'm sure,
NOTE Confidence: 0.8304375
00:56:10.404 --> 00:56:11.425 at this point, are super
NOTE Confidence: 0.96961063
00:56:12.125 --> 00:56:12.625 caramelized.
NOTE Confidence: 0.9483231
00:56:12.925 --> 00:56:14.125 So excited. A lot of
NOTE Confidence: 0.9483231
00:56:14.125 --> 00:56:15.405 broccoli in there, the eggs,
NOTE Confidence: 0.9483231
00:56:15.405 --> 00:56:16.605 the cheese. So, of course,
NOTE Confidence: 0.9483231
00:56:16.605 --> 00:56:17.565 that's gonna be like a
NOTE Confidence: 0.9483231
00:56:17.565 --> 00:56:19.405 fiber bomb and really flavor.
NOTE Confidence: 0.9483231
00:56:19.405 --> 00:56:20.730 Yeah. And then the burger,
NOTE Confidence: 0.9483231
00:56:20.730 --> 00:56:22.330 of course, between the whole
NOTE Confidence: 0.9483231
00:56:22.330 --> 00:56:23.770 wheat bun and all the
NOTE Confidence: 0.9483231
00:56:23.770 --> 00:56:24.650 lentils in there and those
NOTE Confidence: 0.9483231
00:56:24.650 --> 00:56:25.530 veggies that we threw in
NOTE Confidence: 0.9483231

00:56:25.530 --> 00:56:26.489 there as well, kind of
NOTE Confidence: 0.9483231

00:56:26.489 --> 00:56:26.989 fiber,
NOTE Confidence: 0.96292925

00:56:27.370 --> 00:56:28.730 a nice all things considered
NOTE Confidence: 0.96292925

00:56:28.730 --> 00:56:29.850 a pretty lean source of
NOTE Confidence: 0.96292925

00:56:29.850 --> 00:56:31.050 protein. Mhmm. And going back,
NOTE Confidence: 0.96292925

00:56:31.050 --> 00:56:31.850 we didn't even really talk
NOTE Confidence: 0.96292925

00:56:31.850 --> 00:56:33.130 about the affordability of it.
NOTE Confidence: 0.96292925

00:56:33.130 --> 00:56:34.110 Right? If
NOTE Confidence: 0.9802768

00:56:34.565 --> 00:56:36.005 a pound of ground beef,
NOTE Confidence: 0.9802768

00:56:36.005 --> 00:56:36.965 you can turn into eight
NOTE Confidence: 0.9802768

00:56:36.965 --> 00:56:37.465 burgers,
NOTE Confidence: 0.9730639

00:56:38.485 --> 00:56:39.845 two ounces per burger. Like,
NOTE Confidence: 0.9730639

00:56:39.845 --> 00:56:41.045 you are searching that way
NOTE Confidence: 0.9730639

00:56:41.045 --> 00:56:42.245 further than if you bought
NOTE Confidence: 0.9730639

00:56:42.245 --> 00:56:43.125 a pound of ground beef
NOTE Confidence: 0.9730639

00:56:43.125 --> 00:56:44.245 and just made burgers made

NOTE Confidence: 0.9730639

00:56:44.245 --> 00:56:44.965 out of meat. Like, you're

NOTE Confidence: 0.9730639

00:56:44.965 --> 00:56:46.325 probably only getting, depending on

NOTE Confidence: 0.9730639

00:56:46.325 --> 00:56:47.125 how big you make them,

NOTE Confidence: 0.9730639

00:56:47.125 --> 00:56:48.325 two to four burgers. Right.

NOTE Confidence: 0.9730639

00:56:48.325 --> 00:56:49.200 Right? Even if you make

NOTE Confidence: 0.9730639

00:56:49.200 --> 00:56:50.400 quarter pound burgers, you're only

NOTE Confidence: 0.9730639

00:56:50.400 --> 00:56:51.140 getting four.

NOTE Confidence: 0.90267223

00:56:51.599 --> 00:56:52.800 And ground beef is expensive.

NOTE Confidence: 0.90267223

00:56:52.800 --> 00:56:53.760 Yep. Ready to stretch a

NOTE Confidence: 0.90267223

00:56:53.760 --> 00:56:55.119 buck. Lentils are nuts. That

NOTE Confidence: 0.90267223

00:56:55.200 --> 00:56:56.160 that's the best part is

NOTE Confidence: 0.90267223

00:56:56.160 --> 00:56:57.520 that lentils are are are

NOTE Confidence: 0.90267223

00:56:57.520 --> 00:56:59.280 both good and cheap. Right?

NOTE Confidence: 0.90267223

00:56:59.280 --> 00:57:01.040 Like Yes. There we go.

NOTE Confidence: 0.9706905

00:57:01.440 --> 00:57:02.239 And then that little bit

NOTE Confidence: 0.9706905

00:57:02.239 --> 00:57:03.119 of feta cheese on there
NOTE Confidence: 0.9706905

00:57:03.119 --> 00:57:04.109 for the flavor.
NOTE Confidence: 0.87106776

00:57:05.145 --> 00:57:05.645 Yeah.
NOTE Confidence: 0.7201728

00:57:05.945 --> 00:57:07.325 Yep. Alright. Great.
NOTE Confidence: 0.92773294

00:57:07.785 --> 00:57:09.405 Any final any final thoughts,
NOTE Confidence: 0.82266665

00:57:09.864 --> 00:57:10.364 Leanne?
NOTE Confidence: 0.99864435

00:57:12.025 --> 00:57:13.785 Not really. I just I'm
NOTE Confidence: 0.99864435

00:57:13.785 --> 00:57:15.245 happy to be here. I
NOTE Confidence: 0.9778404

00:57:16.345 --> 00:57:17.305 could not get them out
NOTE Confidence: 0.9778404

00:57:17.305 --> 00:57:18.220 of the pan at the
NOTE Confidence: 0.9778404

00:57:18.220 --> 00:57:18.720 moment.
NOTE Confidence: 0.9060049

00:57:19.100 --> 00:57:20.540 We're we're gonna rest. It'll
NOTE Confidence: 0.9060049

00:57:20.540 --> 00:57:21.260 be I was like,
NOTE Confidence: 0.97448206

00:57:21.980 --> 00:57:22.480 no.
NOTE Confidence: 0.9581401

00:57:23.420 --> 00:57:24.300 You just have to believe
NOTE Confidence: 0.9581401

00:57:24.300 --> 00:57:25.920 me that they will

NOTE Confidence: 0.99987
00:57:26.460 --> 00:57:27.660 be ready in a few
NOTE Confidence: 0.99987
00:57:27.660 --> 00:57:28.160 minutes.
NOTE Confidence: 0.9377974
00:57:28.860 --> 00:57:29.900 Yeah. This is so awesome
NOTE Confidence: 0.9377974
00:57:29.900 --> 00:57:31.040 to be here. I loved
NOTE Confidence: 0.9377974
00:57:31.180 --> 00:57:32.240 what Anne shared.
NOTE Confidence: 0.9772922
00:57:32.645 --> 00:57:34.005 I she was basically talking
NOTE Confidence: 0.9772922
00:57:34.005 --> 00:57:35.865 about me, my life exactly.
NOTE Confidence: 0.97415715
00:57:36.565 --> 00:57:37.365 I was one of those
NOTE Confidence: 0.97415715
00:57:37.525 --> 00:57:38.645 I'm a young person who
NOTE Confidence: 0.97415715
00:57:38.645 --> 00:57:39.925 has a tendency towards that
NOTE Confidence: 0.97415715
00:57:39.925 --> 00:57:41.065 cancer, and I felt
NOTE Confidence: 0.9504378
00:57:41.685 --> 00:57:42.805 to find out that I
NOTE Confidence: 0.9504378
00:57:42.805 --> 00:57:43.845 had that and then know
NOTE Confidence: 0.9504378
00:57:43.845 --> 00:57:44.724 that I can just go
NOTE Confidence: 0.9504378
00:57:44.724 --> 00:57:45.925 and get the simple procedure
NOTE Confidence: 0.9504378

00:57:45.925 --> 00:57:46.665 was, like,
NOTE Confidence: 0.9780832

00:57:46.990 --> 00:57:48.830 such I, like, cried when
NOTE Confidence: 0.9780832

00:57:48.830 --> 00:57:49.970 I was so grateful
NOTE Confidence: 0.9543887

00:57:50.670 --> 00:57:51.790 to realize that it was
NOTE Confidence: 0.9543887

00:57:51.790 --> 00:57:52.990 possible. You know, I could
NOTE Confidence: 0.9543887

00:57:52.990 --> 00:57:54.430 talk to my sisters and
NOTE Confidence: 0.9543887

00:57:54.430 --> 00:57:55.310 sort of know that my
NOTE Confidence: 0.9543887

00:57:55.310 --> 00:57:56.610 family would be okay,
NOTE Confidence: 0.99416846

00:57:57.630 --> 00:57:58.830 even though, you know, it's
NOTE Confidence: 0.99416846

00:57:58.830 --> 00:58:00.350 something that, like, killed my
NOTE Confidence: 0.99416846

00:58:00.350 --> 00:58:01.955 dad. We could actually
NOTE Confidence: 0.9784326

00:58:02.655 --> 00:58:04.495 be prevented from even ever
NOTE Confidence: 0.9784326

00:58:04.495 --> 00:58:05.615 really having to experience any
NOTE Confidence: 0.9784326

00:58:05.615 --> 00:58:06.975 of the negative consequences is
NOTE Confidence: 0.9784326

00:58:06.975 --> 00:58:07.855 just, like, such a huge
NOTE Confidence: 0.9784326

00:58:07.855 --> 00:58:09.295 gift, and I just wish

NOTE Confidence: 0.9784326

00:58:09.295 --> 00:58:11.055 that for for everybody else

NOTE Confidence: 0.9784326

00:58:11.055 --> 00:58:12.655 as well. Yeah. It's such

NOTE Confidence: 0.9784326

00:58:12.655 --> 00:58:13.695 a powerful story, Reid. So,

NOTE Confidence: 0.9784326

00:58:13.695 --> 00:58:14.820 again, we really appreciate you

NOTE Confidence: 0.9784326

00:58:14.820 --> 00:58:15.960 sharing that with us. And

NOTE Confidence: 0.9784326

00:58:16.100 --> 00:58:17.380 and, more than that, just

NOTE Confidence: 0.9784326

00:58:17.380 --> 00:58:18.900 sharing, also the recipes with

NOTE Confidence: 0.9784326

00:58:18.900 --> 00:58:20.340 us and your time and

NOTE Confidence: 0.9784326

00:58:20.340 --> 00:58:22.020 really appreciating the things you

NOTE Confidence: 0.9784326

00:58:22.020 --> 00:58:23.940 have consistently said about enjoying

NOTE Confidence: 0.9784326

00:58:23.940 --> 00:58:25.540 the cooking process, taking time

NOTE Confidence: 0.9784326

00:58:25.540 --> 00:58:27.060 to smell the roses or

NOTE Confidence: 0.9784326

00:58:27.060 --> 00:58:28.100 the lemons. And,

NOTE Confidence: 0.9326418

00:58:28.980 --> 00:58:29.780 I I think we're all

NOTE Confidence: 0.9326418

00:58:29.780 --> 00:58:30.580 gonna learn a lot from

NOTE Confidence: 0.9326418

00:58:30.580 --> 00:58:31.777 that. So we really appreciate

NOTE Confidence: 0.9326418

00:58:31.777 --> 00:58:33.006 you being here. It means

NOTE Confidence: 0.9326418

00:58:33.006 --> 00:58:34.235 a lot. Thank you so

NOTE Confidence: 0.9326418

00:58:34.235 --> 00:58:35.463 much for joining us. Yes.

NOTE Confidence: 0.9326418

00:58:35.463 --> 00:58:36.692 Anything else anything else to

NOTE Confidence: 0.9326418

00:58:36.692 --> 00:58:37.921 add? No. Just thank you

NOTE Confidence: 0.9326418

00:58:37.921 --> 00:58:39.149 all for joining us and

NOTE Confidence: 0.9326418

00:58:39.149 --> 00:58:40.378 having a nice ride. Yes.

NOTE Confidence: 0.9326418

00:58:40.378 --> 00:58:41.607 Mac, Nate Leanne, thank you

NOTE Confidence: 0.9326418

00:58:41.607 --> 00:58:42.835 so much for the opportunity

NOTE Confidence: 0.9326418

00:58:42.835 --> 00:58:44.064 to to share all these

NOTE Confidence: 0.9326418

00:58:44.064 --> 00:58:45.350 great great meals. Well, thank

NOTE Confidence: 0.9326418

00:58:45.350 --> 00:58:46.070 you for putting it together,

NOTE Confidence: 0.9326418

00:58:46.070 --> 00:58:46.790 and there's more to come.

NOTE Confidence: 0.9326418

00:58:46.790 --> 00:58:48.550 Right? Oh, yes. So,

NOTE Confidence: 0.96731794

00:58:49.190 --> 00:58:49.910 there are,

NOTE Confidence: 0.9940864

00:58:50.310 --> 00:58:51.270 the hope is to have

NOTE Confidence: 0.9940864

00:58:51.270 --> 00:58:52.550 more events in the future.

NOTE Confidence: 0.9940864

00:58:52.550 --> 00:58:54.330 So, those that have registered,

NOTE Confidence: 0.9463212

00:58:55.430 --> 00:58:56.870 we will certainly send any

NOTE Confidence: 0.9463212

00:58:56.870 --> 00:58:57.690 further opportunities,

NOTE Confidence: 0.9975842

00:58:57.990 --> 00:58:58.490 classes,

NOTE Confidence: 0.93016636

00:58:59.270 --> 00:58:59.770 along,

NOTE Confidence: 0.9527098

00:59:00.135 --> 00:59:00.795 the emails. And then,

NOTE Confidence: 0.98908985

00:59:01.895 --> 00:59:03.175 the recipes from tonight as

NOTE Confidence: 0.98908985

00:59:03.175 --> 00:59:04.635 well as some additional recipes

NOTE Confidence: 0.94684887

00:59:04.935 --> 00:59:06.395 that are quick, easy,

NOTE Confidence: 0.99292725

00:59:06.775 --> 00:59:07.275 packable,

NOTE Confidence: 0.5763972

00:59:07.815 --> 00:59:08.555 pre makeable,

NOTE Confidence: 0.9696566

00:59:09.495 --> 00:59:10.535 we will send as well.

NOTE Confidence: 0.9696566

00:59:10.535 --> 00:59:11.495 And those will have some

NOTE Confidence: 0.9696566

00:59:11.495 --> 00:59:13.915 really interesting, really meaningful facts

NOTE Confidence: 0.9696566

00:59:13.975 --> 00:59:15.430 about how those foods are

NOTE Confidence: 0.9696566

00:59:15.430 --> 00:59:16.470 good for your body, not

NOTE Confidence: 0.9696566

00:59:16.470 --> 00:59:17.670 just your colon. Even though

NOTE Confidence: 0.9696566

00:59:17.670 --> 00:59:18.470 I like to think the

NOTE Confidence: 0.9696566

00:59:18.470 --> 00:59:19.830 colon is the most important

NOTE Confidence: 0.9696566

00:59:19.830 --> 00:59:20.310 organ

NOTE Confidence: 0.66008025

00:59:20.710 --> 00:59:22.170 Your little body. Yeah.

NOTE Confidence: 0.575197

00:59:23.433 --> 00:59:23.933 It's

NOTE Confidence: 0.7508176

00:59:24.953 --> 00:59:26.013 for mothers. So

NOTE Confidence: 0.9702689

00:59:27.113 --> 00:59:28.713 well, thank you, everyone. Have

NOTE Confidence: 0.9702689

00:59:28.713 --> 00:59:30.313 a great evening. Awesome. Have

NOTE Confidence: 0.9702689

00:59:30.313 --> 00:59:31.613 a great night, y'all.

NOTE Confidence: 0.66460204

00:59:31.913 --> 00:59:33.213 Thank you. Alrighty.