

WEBVTT

NOTE duration: "01:08:38.912"

NOTE Confidence: 0.9469151

00:00:00.080 --> 00:00:01.120 Ahead and get started. Alright.

NOTE Confidence: 0.9469151

00:00:01.120 --> 00:00:03.600 So Alright. Okay. So welcome

NOTE Confidence: 0.9469151

00:00:03.600 --> 00:00:04.980 to our second

NOTE Confidence: 0.94542414

00:00:05.519 --> 00:00:07.040 Second. Yeah. Our second Chop

NOTE Confidence: 0.94542414

00:00:07.040 --> 00:00:08.080 and Chat with Max and

NOTE Confidence: 0.94542414

00:00:08.080 --> 00:00:09.760 Matt. So this is something

NOTE Confidence: 0.94542414

00:00:09.760 --> 00:00:11.219 that we kinda started

NOTE Confidence: 0.9918041

00:00:11.759 --> 00:00:12.799 on a whim to,

NOTE Confidence: 0.9773924

00:00:13.955 --> 00:00:15.735 you know, bring oncology nutrition

NOTE Confidence: 0.95227855

00:00:16.114 --> 00:00:18.355 research based information to patients

NOTE Confidence: 0.95227855

00:00:18.355 --> 00:00:19.895 and families, but also

NOTE Confidence: 0.9823976

00:00:20.435 --> 00:00:21.895 reduce stress in the kitchen,

NOTE Confidence: 0.9823976

00:00:22.035 --> 00:00:23.235 make everybody feel a little

NOTE Confidence: 0.9823976

00:00:23.235 --> 00:00:24.675 bit more comfortable without, you

NOTE Confidence: 0.9823976

00:00:24.675 --> 00:00:25.475 know, picking up a knife
NOTE Confidence: 0.9823976

00:00:25.475 --> 00:00:26.755 in the kitchen, actually cooking
NOTE Confidence: 0.9823976

00:00:26.755 --> 00:00:28.630 food at home. Yeah. So
NOTE Confidence: 0.9823976

00:00:28.630 --> 00:00:29.430 we felt it was kind
NOTE Confidence: 0.9823976

00:00:29.430 --> 00:00:30.630 of a nice little mix
NOTE Confidence: 0.9823976

00:00:30.630 --> 00:00:32.310 of of both worlds Mhmm.
NOTE Confidence: 0.9823976

00:00:32.470 --> 00:00:33.990 To to reach people that
NOTE Confidence: 0.9823976

00:00:33.990 --> 00:00:35.610 really need the information. So,
NOTE Confidence: 0.9823976

00:00:35.909 --> 00:00:37.350 hopefully, you're comfy at home.
NOTE Confidence: 0.9823976

00:00:37.350 --> 00:00:38.710 We're gonna kinda cook. We're
NOTE Confidence: 0.9823976

00:00:38.710 --> 00:00:39.530 gonna talk.
NOTE Confidence: 0.9197644

00:00:40.309 --> 00:00:41.510 Feel free to send some
NOTE Confidence: 0.9197644

00:00:41.510 --> 00:00:43.130 questions through, like we mentioned.
NOTE Confidence: 0.9897509

00:00:43.725 --> 00:00:45.025 But tonight's topic,
NOTE Confidence: 0.9931595

00:00:45.805 --> 00:00:47.665 is gonna be five or
NOTE Confidence: 0.9931595

00:00:47.805 --> 00:00:49.325 tips for fighting cancer as

NOTE Confidence: 0.9931595

00:00:49.325 --> 00:00:49.905 a family.

NOTE Confidence: 0.9454047

00:00:51.325 --> 00:00:52.205 And I know this is

NOTE Confidence: 0.9454047

00:00:52.205 --> 00:00:53.485 always a big topic for

NOTE Confidence: 0.9454047

00:00:53.485 --> 00:00:55.085 me as an oncology at

NOTE Confidence: 0.9454047

00:00:55.165 --> 00:00:56.685 a college oncology dietitian at

NOTE Confidence: 0.9454047

00:00:56.685 --> 00:00:57.185 Smilow

NOTE Confidence: 0.9879491

00:00:57.560 --> 00:00:58.360 because I'm talking to a

NOTE Confidence: 0.9879491

00:00:58.360 --> 00:00:59.880 lot of cancer survivors on

NOTE Confidence: 0.9879491

00:00:59.880 --> 00:01:00.860 a regular basis.

NOTE Confidence: 0.99117005

00:01:01.239 --> 00:01:02.360 And their big concern is,

NOTE Confidence: 0.99117005

00:01:02.360 --> 00:01:03.320 well, how can I cook

NOTE Confidence: 0.99117005

00:01:03.320 --> 00:01:04.520 for my family? How do

NOTE Confidence: 0.99117005

00:01:04.520 --> 00:01:05.800 I spread information to my

NOTE Confidence: 0.99117005

00:01:05.800 --> 00:01:07.080 friends and family about how

NOTE Confidence: 0.99117005

00:01:07.080 --> 00:01:08.040 to lower their risk of

NOTE Confidence: 0.99117005

00:01:08.040 --> 00:01:10.040 cancer and also prevent cancer
NOTE Confidence: 0.99117005

00:01:10.040 --> 00:01:11.659 recurrence in their own situation?
NOTE Confidence: 0.9604061

00:01:12.435 --> 00:01:13.715 So my name is Natalie.
NOTE Confidence: 0.9604061

00:01:13.715 --> 00:01:14.515 I'm the I'm one of
NOTE Confidence: 0.9604061

00:01:14.515 --> 00:01:16.515 the oncology dietitians at Smilow
NOTE Confidence: 0.9604061

00:01:16.515 --> 00:01:18.115 Cancer Hospital. I run the
NOTE Confidence: 0.9604061

00:01:18.115 --> 00:01:20.194 integrative medicine nutrition program and
NOTE Confidence: 0.9604061

00:01:20.194 --> 00:01:22.515 also the survivorship oncology nutrition
NOTE Confidence: 0.9604061

00:01:22.515 --> 00:01:23.015 program.
NOTE Confidence: 0.99258286

00:01:23.475 --> 00:01:24.540 And this is Max. Yeah.
NOTE Confidence: 0.99258286

00:01:24.540 --> 00:01:26.140 I'm Max Goldstein. I am
NOTE Confidence: 0.99258286

00:01:26.140 --> 00:01:27.680 a chef and a registered
NOTE Confidence: 0.99258286

00:01:27.740 --> 00:01:28.240 dietitian.
NOTE Confidence: 0.96780115

00:01:29.020 --> 00:01:29.980 I run the day to
NOTE Confidence: 0.96780115

00:01:29.980 --> 00:01:31.340 day operations as well as
NOTE Confidence: 0.96780115

00:01:31.340 --> 00:01:32.700 all of the patient facing

NOTE Confidence: 0.96780115
00:01:32.700 --> 00:01:34.220 classes here at the at
NOTE Confidence: 0.96780115
00:01:34.220 --> 00:01:35.280 the teaching kitchen,
NOTE Confidence: 0.99163485
00:01:35.819 --> 00:01:37.340 where we see patients from
NOTE Confidence: 0.99163485
00:01:37.340 --> 00:01:38.720 all across the health system.
NOTE Confidence: 0.95473605
00:01:39.725 --> 00:01:41.505 A lot of internal medicine,
NOTE Confidence: 0.95473605
00:01:41.645 --> 00:01:43.584 digestive health, heart and vascular,
NOTE Confidence: 0.95473605
00:01:43.645 --> 00:01:44.384 but also
NOTE Confidence: 0.9653811
00:01:45.005 --> 00:01:46.444 anyone from oncology if they
NOTE Confidence: 0.9653811
00:01:46.444 --> 00:01:47.564 ever want to be referred.
NOTE Confidence: 0.9653811
00:01:47.564 --> 00:01:49.164 Whether you know, wherever you
NOTE Confidence: 0.9653811
00:01:49.164 --> 00:01:50.125 are at in your in
NOTE Confidence: 0.9653811
00:01:50.125 --> 00:01:51.725 your journey there, like, we'd
NOTE Confidence: 0.9653811
00:01:51.725 --> 00:01:52.365 love to have you in
NOTE Confidence: 0.9653811
00:01:52.365 --> 00:01:53.164 the kitchen. I think the
NOTE Confidence: 0.9653811
00:01:53.164 --> 00:01:53.965 things that we're gonna be
NOTE Confidence: 0.9653811

00:01:53.965 --> 00:01:55.024 talking about tonight,
NOTE Confidence: 0.9817175

00:01:55.409 --> 00:01:56.450 very similar to what we
NOTE Confidence: 0.9817175

00:01:56.450 --> 00:01:57.729 do in person with the
NOTE Confidence: 0.9817175

00:01:57.729 --> 00:01:58.770 patients. And again, it's the
NOTE Confidence: 0.9817175

00:01:58.770 --> 00:01:59.590 idea of
NOTE Confidence: 0.9586349

00:01:59.890 --> 00:02:00.770 we're not here to tell
NOTE Confidence: 0.9586349

00:02:00.770 --> 00:02:01.650 you that you need to
NOTE Confidence: 0.9586349

00:02:01.650 --> 00:02:03.649 totally reinvent everything that you're
NOTE Confidence: 0.9586349

00:02:03.649 --> 00:02:05.330 doing or change everything that
NOTE Confidence: 0.9586349

00:02:05.330 --> 00:02:06.530 you're purchasing, but how can
NOTE Confidence: 0.9586349

00:02:06.530 --> 00:02:07.590 you make some really
NOTE Confidence: 0.9583956

00:02:07.970 --> 00:02:08.870 simple swaps,
NOTE Confidence: 0.9877469

00:02:09.755 --> 00:02:10.955 build some confidence in the
NOTE Confidence: 0.9877469

00:02:10.955 --> 00:02:11.455 kitchen,
NOTE Confidence: 0.9380941

00:02:11.755 --> 00:02:12.555 and make food that's still
NOTE Confidence: 0.9380941

00:02:12.555 --> 00:02:13.755 gonna be delicious because food

NOTE Confidence: 0.9380941

00:02:13.755 --> 00:02:14.875 is still supposed to taste

NOTE Confidence: 0.9380941

00:02:14.875 --> 00:02:16.575 good and, you know, evoke

NOTE Confidence: 0.9380941

00:02:16.635 --> 00:02:17.995 joy and, you know, be

NOTE Confidence: 0.9380941

00:02:17.995 --> 00:02:19.035 something that we can share

NOTE Confidence: 0.9380941

00:02:19.035 --> 00:02:20.395 with friends and family. So

NOTE Confidence: 0.9380941

00:02:20.635 --> 00:02:21.770 Yep. Love that y'all are

NOTE Confidence: 0.9380941

00:02:21.770 --> 00:02:22.570 here. I do see a

NOTE Confidence: 0.9380941

00:02:22.570 --> 00:02:23.610 couple of questions popping in.

NOTE Confidence: 0.9380941

00:02:23.610 --> 00:02:24.330 I just wanna make sure

NOTE Confidence: 0.9380941

00:02:24.330 --> 00:02:25.290 that no one's saying we

NOTE Confidence: 0.9380941

00:02:25.290 --> 00:02:26.910 have audio issues or anything.

NOTE Confidence: 0.93779385

00:02:28.410 --> 00:02:29.850 Nope. No audio issues. Just

NOTE Confidence: 0.93779385

00:02:29.850 --> 00:02:31.370 some questions. Wonderful. Perfect. Well,

NOTE Confidence: 0.93779385

00:02:31.370 --> 00:02:32.490 we can kinda address those

NOTE Confidence: 0.93779385

00:02:32.490 --> 00:02:34.270 questions as we go. Yep.

NOTE Confidence: 0.9326333

00:02:35.375 --> 00:02:36.655 Great. I'm gonna jump into
NOTE Confidence: 0.9326333

00:02:36.655 --> 00:02:38.014 our little quick lesson and
NOTE Confidence: 0.9326333

00:02:38.014 --> 00:02:39.794 then for Yeah. Perfect. Perfect.
NOTE Confidence: 0.9326333

00:02:40.014 --> 00:02:41.215 So I'm gonna start with
NOTE Confidence: 0.9326333

00:02:41.215 --> 00:02:42.575 a, like, a quick five
NOTE Confidence: 0.9326333

00:02:42.575 --> 00:02:43.555 minute nutrition
NOTE Confidence: 0.9470329

00:02:43.935 --> 00:02:44.755 kind of lesson,
NOTE Confidence: 0.9934223

00:02:45.294 --> 00:02:46.655 top five tips for fighting
NOTE Confidence: 0.9934223

00:02:46.655 --> 00:02:47.614 cancer as a family that
NOTE Confidence: 0.9934223

00:02:47.614 --> 00:02:48.974 I I put together based
NOTE Confidence: 0.9934223

00:02:48.974 --> 00:02:49.635 on conversations
NOTE Confidence: 0.99083054

00:02:50.100 --> 00:02:50.980 that I have with patients
NOTE Confidence: 0.99083054

00:02:50.980 --> 00:02:52.040 on a regular basis.
NOTE Confidence: 0.96070975

00:02:52.980 --> 00:02:54.180 And what Max said is
NOTE Confidence: 0.96070975

00:02:54.180 --> 00:02:56.600 huge. Progress over perfection. So
NOTE Confidence: 0.99184155

00:02:57.220 --> 00:02:58.120 social media,

NOTE Confidence: 0.84810144
00:02:59.060 --> 00:02:59.560 TV,
NOTE Confidence: 0.97693276
00:03:00.020 --> 00:03:01.540 there's all this information being
NOTE Confidence: 0.97693276
00:03:01.540 --> 00:03:03.060 thrown at you, especially cancer
NOTE Confidence: 0.97693276
00:03:03.060 --> 00:03:03.940 survivors. They're,
NOTE Confidence: 0.89951
00:03:04.625 --> 00:03:06.165 they're susceptible to information.
NOTE Confidence: 0.98617864
00:03:07.425 --> 00:03:08.224 And we want you to
NOTE Confidence: 0.98617864
00:03:08.224 --> 00:03:09.345 know that you don't have
NOTE Confidence: 0.98617864
00:03:09.345 --> 00:03:10.625 to do all organic. You
NOTE Confidence: 0.98617864
00:03:10.625 --> 00:03:11.985 don't have to be, you
NOTE Confidence: 0.98617864
00:03:11.985 --> 00:03:13.345 know, pulling vegetables from your
NOTE Confidence: 0.98617864
00:03:13.345 --> 00:03:14.544 own garden. You don't have
NOTE Confidence: 0.98617864
00:03:14.544 --> 00:03:15.205 to be,
NOTE Confidence: 0.9953677
00:03:15.745 --> 00:03:17.345 you know, cooking sourdough bread
NOTE Confidence: 0.9953677
00:03:17.345 --> 00:03:18.625 from scratch to feel like
NOTE Confidence: 0.9953677
00:03:18.625 --> 00:03:19.905 you're doing something good for
NOTE Confidence: 0.9953677

00:03:19.905 --> 00:03:20.520 your health.
NOTE Confidence: 0.981812

00:03:20.919 --> 00:03:21.419 So,
NOTE Confidence: 0.95585614

00:03:22.600 --> 00:03:23.720 I put together just a
NOTE Confidence: 0.95585614

00:03:23.720 --> 00:03:24.780 few tips, and
NOTE Confidence: 0.9877522

00:03:25.160 --> 00:03:26.200 the the things that we're
NOTE Confidence: 0.9877522

00:03:26.200 --> 00:03:27.400 gonna cook today are gonna
NOTE Confidence: 0.9877522

00:03:27.400 --> 00:03:28.680 go along with those those
NOTE Confidence: 0.9877522

00:03:28.680 --> 00:03:29.720 common tips that we that
NOTE Confidence: 0.9877522

00:03:29.720 --> 00:03:30.940 we're gonna go over. So
NOTE Confidence: 0.9784151

00:03:31.240 --> 00:03:33.000 number one is cut out
NOTE Confidence: 0.9784151

00:03:33.000 --> 00:03:34.840 processed meats. Mhmm. So we
NOTE Confidence: 0.9784151

00:03:34.840 --> 00:03:36.380 know from research that,
NOTE Confidence: 0.9739508

00:03:36.894 --> 00:03:38.254 consumption of processed meats, so
NOTE Confidence: 0.9739508

00:03:38.254 --> 00:03:40.194 that's deli meat, that's bacon,
NOTE Confidence: 0.9739508

00:03:40.415 --> 00:03:40.915 sausage,
NOTE Confidence: 0.8807648

00:03:41.295 --> 00:03:41.795 prosciutto,

NOTE Confidence: 0.96183157

00:03:42.974 --> 00:03:44.834 Hot dogs. Hot dogs. Exactly.

NOTE Confidence: 0.9994086

00:03:45.375 --> 00:03:46.275 Those foods

NOTE Confidence: 0.9940119

00:03:46.575 --> 00:03:47.935 that are highly processed meat

NOTE Confidence: 0.9940119

00:03:47.935 --> 00:03:49.775 products are directly linked to

NOTE Confidence: 0.9940119

00:03:49.775 --> 00:03:51.635 increased risk of colorectal cancer.

NOTE Confidence: 0.97559506

00:03:52.720 --> 00:03:53.760 So many times, right, I

NOTE Confidence: 0.97559506

00:03:53.760 --> 00:03:54.959 have little kids at home.

NOTE Confidence: 0.97559506

00:03:54.959 --> 00:03:56.239 I see, you know, lots

NOTE Confidence: 0.97559506

00:03:56.239 --> 00:03:58.099 of turkey sandwiches, ham sandwiches,

NOTE Confidence: 0.97559506

00:03:58.319 --> 00:03:59.280 people that are trying to

NOTE Confidence: 0.97559506

00:03:59.280 --> 00:04:00.400 lose weight, trying to incorporate

NOTE Confidence: 0.97559506

00:04:00.400 --> 00:04:01.599 more bacon and sausage at

NOTE Confidence: 0.97559506

00:04:01.599 --> 00:04:03.680 breakfast. So a big topic

NOTE Confidence: 0.97559506

00:04:03.680 --> 00:04:05.220 that I discussed with oncology

NOTE Confidence: 0.97559506

00:04:05.440 --> 00:04:06.580 survivors is

NOTE Confidence: 0.9895782

00:04:06.975 --> 00:04:08.335 working on moving those out
NOTE Confidence: 0.9895782

00:04:08.335 --> 00:04:09.855 of the diet and replacing
NOTE Confidence: 0.9895782

00:04:09.855 --> 00:04:11.875 those with plant based alternatives,
NOTE Confidence: 0.9984449

00:04:12.735 --> 00:04:13.235 beans,
NOTE Confidence: 0.999195

00:04:13.775 --> 00:04:14.275 tofu,
NOTE Confidence: 0.9967973

00:04:14.815 --> 00:04:15.315 hummus,
NOTE Confidence: 0.9760963

00:04:16.015 --> 00:04:17.635 nut butters, peanut butter,
NOTE Confidence: 0.9810212

00:04:18.654 --> 00:04:20.095 many, many options that we
NOTE Confidence: 0.9810212

00:04:20.095 --> 00:04:21.214 can replace those things with.
NOTE Confidence: 0.9810212

00:04:21.214 --> 00:04:22.830 So that's a big one.
NOTE Confidence: 0.9810212

00:04:23.050 --> 00:04:24.250 So you're not gonna see
NOTE Confidence: 0.9810212

00:04:24.250 --> 00:04:25.290 any processed meats in the
NOTE Confidence: 0.9810212

00:04:25.290 --> 00:04:26.750 recipes that we're making tonight.
NOTE Confidence: 0.9810212

00:04:26.810 --> 00:04:28.029 So that's number one.
NOTE Confidence: 0.9938198

00:04:28.730 --> 00:04:30.890 Number two is replacing refined
NOTE Confidence: 0.9938198

00:04:30.890 --> 00:04:32.490 or white carbohydrates with whole

NOTE Confidence: 0.9938198

00:04:32.490 --> 00:04:33.390 grain alternatives.

NOTE Confidence: 0.9892875

00:04:34.964 --> 00:04:36.805 So instead of choosing white

NOTE Confidence: 0.9892875

00:04:36.805 --> 00:04:38.105 bread, white wraps,

NOTE Confidence: 0.9861804

00:04:38.725 --> 00:04:40.085 we really wanna replace those

NOTE Confidence: 0.9861804

00:04:40.085 --> 00:04:42.105 with whole grain options. So

NOTE Confidence: 0.9879782

00:04:42.565 --> 00:04:43.605 whole grain can be whole

NOTE Confidence: 0.9879782

00:04:43.605 --> 00:04:45.305 grain crackers. It can be

NOTE Confidence: 0.9879782

00:04:45.445 --> 00:04:46.725 whole grain bread. It can

NOTE Confidence: 0.9879782

00:04:46.725 --> 00:04:47.464 be popcorn.

NOTE Confidence: 0.98029256

00:04:49.129 --> 00:04:50.169 When you're looking at that

NOTE Confidence: 0.98029256

00:04:50.169 --> 00:04:52.250 nutrition label under ingredients, that

NOTE Confidence: 0.98029256

00:04:52.250 --> 00:04:52.750 first

NOTE Confidence: 0.96882606

00:04:53.289 --> 00:04:55.129 ingredient should say whole wheat

NOTE Confidence: 0.96882606

00:04:55.129 --> 00:04:56.169 or whole grain to know

NOTE Confidence: 0.96882606

00:04:56.169 --> 00:04:57.210 that it's truly a whole

NOTE Confidence: 0.96882606

00:04:57.210 --> 00:04:58.409 grain product. Yep. There's a
NOTE Confidence: 0.96882606

00:04:58.409 --> 00:04:59.690 lot of, like, commute like,
NOTE Confidence: 0.96882606

00:04:59.690 --> 00:05:00.190 misinformation
NOTE Confidence: 0.9533086

00:05:00.569 --> 00:05:02.025 and, you know, you'll see
NOTE Confidence: 0.9533086

00:05:02.025 --> 00:05:03.625 nine grain bread or twelve
NOTE Confidence: 0.9533086

00:05:03.625 --> 00:05:05.065 grain bread, but is if
NOTE Confidence: 0.9533086

00:05:05.065 --> 00:05:06.345 that first ingredient on the
NOTE Confidence: 0.9533086

00:05:06.345 --> 00:05:07.545 list doesn't say whole grain
NOTE Confidence: 0.9533086

00:05:07.545 --> 00:05:08.745 or whole wheat, then it's
NOTE Confidence: 0.9533086

00:05:08.745 --> 00:05:10.025 not technically a whole grain
NOTE Confidence: 0.9533086

00:05:10.025 --> 00:05:11.225 product. It just has multiple
NOTE Confidence: 0.9533086

00:05:11.225 --> 00:05:13.065 grains. Yep. And sometimes, honestly,
NOTE Confidence: 0.9533086

00:05:13.065 --> 00:05:13.945 what they can do is
NOTE Confidence: 0.9533086

00:05:13.945 --> 00:05:14.985 even I you know, the
NOTE Confidence: 0.9533086

00:05:14.985 --> 00:05:16.505 great example is, like, wheat
NOTE Confidence: 0.9533086

00:05:16.505 --> 00:05:17.760 bread. Wheat bread is just

NOTE Confidence: 0.9533086

00:05:17.760 --> 00:05:18.880 made of wheat flour. Right.

NOTE Confidence: 0.9533086

00:05:18.880 --> 00:05:20.400 Right? Sometimes they'll kinda be

NOTE Confidence: 0.9533086

00:05:20.400 --> 00:05:21.360 tricky and they're like, oh,

NOTE Confidence: 0.9533086

00:05:21.360 --> 00:05:22.900 they'll add something like molasses

NOTE Confidence: 0.9533086

00:05:23.040 --> 00:05:25.120 to turn it brown. Mhmm.

NOTE Confidence: 0.9533086

00:05:25.120 --> 00:05:26.480 I think inherently, we're like,

NOTE Confidence: 0.9533086

00:05:26.480 --> 00:05:28.000 oh, brown food is healthier

NOTE Confidence: 0.9533086

00:05:28.000 --> 00:05:29.360 for us. Right? But it

NOTE Confidence: 0.9533086

00:05:29.360 --> 00:05:30.375 is. Like Natalie said, you

NOTE Confidence: 0.9533086

00:05:30.375 --> 00:05:31.495 gotta flip over that ingredient

NOTE Confidence: 0.9533086

00:05:31.495 --> 00:05:32.295 list. You wanna try to

NOTE Confidence: 0.9533086

00:05:32.295 --> 00:05:33.415 find the whole grain or

NOTE Confidence: 0.9533086

00:05:33.415 --> 00:05:34.375 the whole wheat as that

NOTE Confidence: 0.9533086

00:05:34.375 --> 00:05:36.214 first ingredient. Right. And white

NOTE Confidence: 0.9533086

00:05:36.214 --> 00:05:37.915 bread and whole grain bread

NOTE Confidence: 0.9533086

00:05:38.214 --> 00:05:39.575 are really the same calorie
NOTE Confidence: 0.9533086

00:05:39.575 --> 00:05:40.855 content and the same carb
NOTE Confidence: 0.9533086

00:05:40.855 --> 00:05:42.070 content. Yep. So it's not
NOTE Confidence: 0.9533086

00:05:42.070 --> 00:05:44.230 about macros or calories. It's
NOTE Confidence: 0.9533086

00:05:44.230 --> 00:05:45.110 more bang for your buck
NOTE Confidence: 0.9533086

00:05:45.110 --> 00:05:46.490 because you're getting more fiber,
NOTE Confidence: 0.985555

00:05:47.029 --> 00:05:48.150 more nutrients in the whole
NOTE Confidence: 0.985555

00:05:48.150 --> 00:05:49.110 grain bread to help you
NOTE Confidence: 0.985555

00:05:49.110 --> 00:05:50.630 feel fuller longer, to regulate
NOTE Confidence: 0.985555

00:05:50.630 --> 00:05:51.290 blood sugar,
NOTE Confidence: 0.986303

00:05:51.830 --> 00:05:53.430 lower cholesterol levels. So there's
NOTE Confidence: 0.986303

00:05:53.430 --> 00:05:54.735 just the list goes on
NOTE Confidence: 0.986303

00:05:54.735 --> 00:05:55.935 on how how much more
NOTE Confidence: 0.986303

00:05:55.935 --> 00:05:57.455 beneficial those whole grain products
NOTE Confidence: 0.986303

00:05:57.455 --> 00:05:58.275 are. Yep.
NOTE Confidence: 0.9895159

00:05:59.134 --> 00:06:00.735 Number three is building dinner

NOTE Confidence: 0.9895159
00:06:00.735 --> 00:06:02.255 meals around vegetables, which we
NOTE Confidence: 0.9895159
00:06:02.255 --> 00:06:03.775 tend to not do. So
NOTE Confidence: 0.9895159
00:06:03.775 --> 00:06:04.975 we always tend to build
NOTE Confidence: 0.9895159
00:06:04.975 --> 00:06:06.574 that grocery list off of
NOTE Confidence: 0.9895159
00:06:06.574 --> 00:06:07.654 what meat we're gonna do,
NOTE Confidence: 0.9895159
00:06:07.654 --> 00:06:09.555 you know, pork, chicken, fish,
NOTE Confidence: 0.9900123
00:06:10.220 --> 00:06:11.900 whatever that's gonna be. But
NOTE Confidence: 0.9900123
00:06:11.900 --> 00:06:12.960 try as a family
NOTE Confidence: 0.94915396
00:06:13.980 --> 00:06:15.279 to shift the mindset
NOTE Confidence: 0.9878601
00:06:15.580 --> 00:06:17.040 and try to pick out,
NOTE Confidence: 0.9878601
00:06:17.180 --> 00:06:18.300 you know, two to three
NOTE Confidence: 0.9878601
00:06:18.300 --> 00:06:20.160 different vegetables for the week
NOTE Confidence: 0.9878601
00:06:20.220 --> 00:06:21.420 that you're gonna then base
NOTE Confidence: 0.9878601
00:06:21.420 --> 00:06:22.904 your meal off of. So
NOTE Confidence: 0.9878601
00:06:22.904 --> 00:06:24.185 maybe you try broccoli one
NOTE Confidence: 0.9878601

00:06:24.185 --> 00:06:26.125 night, brussels sprouts another night,

NOTE Confidence: 0.9948561

00:06:26.505 --> 00:06:28.185 you know, purple carrots. So

NOTE Confidence: 0.9948561

00:06:28.185 --> 00:06:29.865 really trying to just make

NOTE Confidence: 0.9948561

00:06:29.865 --> 00:06:32.265 the focus plant based versus

NOTE Confidence: 0.9948561

00:06:32.265 --> 00:06:33.385 always looking to the meat

NOTE Confidence: 0.9948561

00:06:33.385 --> 00:06:34.425 to provide the bulk of

NOTE Confidence: 0.9948561

00:06:34.425 --> 00:06:35.005 the meal.

NOTE Confidence: 0.9844554

00:06:37.110 --> 00:06:38.710 Fourth is reducing added sugar

NOTE Confidence: 0.9844554

00:06:38.710 --> 00:06:39.210 consumption.

NOTE Confidence: 0.9877666

00:06:39.990 --> 00:06:41.510 So you'll see it tonight

NOTE Confidence: 0.9877666

00:06:41.510 --> 00:06:42.230 with a couple of the

NOTE Confidence: 0.9877666

00:06:42.230 --> 00:06:44.310 recipes too. Simply making food

NOTE Confidence: 0.9877666

00:06:44.310 --> 00:06:45.270 at home, you're gonna cut

NOTE Confidence: 0.9877666

00:06:45.270 --> 00:06:46.150 out a lot of added

NOTE Confidence: 0.9877666

00:06:46.150 --> 00:06:47.589 sugars that are added to

NOTE Confidence: 0.9877666

00:06:47.589 --> 00:06:48.630 products just to make them

NOTE Confidence: 0.9877666
00:06:48.630 --> 00:06:50.475 taste good. So added sugars
NOTE Confidence: 0.9877666
00:06:50.475 --> 00:06:51.854 are from sweetened beverages,
NOTE Confidence: 0.9136953
00:06:52.315 --> 00:06:54.014 juice soda, Gatorade,
NOTE Confidence: 0.99866545
00:06:55.595 --> 00:06:57.134 you know, candies, pastries,
NOTE Confidence: 0.9979737
00:06:57.514 --> 00:06:58.014 Oreos,
NOTE Confidence: 0.95208216
00:06:58.955 --> 00:07:00.235 ice cream. So a lot
NOTE Confidence: 0.95208216
00:07:00.235 --> 00:07:02.175 of, again, very tasty things,
NOTE Confidence: 0.95208216
00:07:02.315 --> 00:07:03.835 but an overconsumption of these
NOTE Confidence: 0.95208216
00:07:03.835 --> 00:07:04.335 foods
NOTE Confidence: 0.9992763
00:07:04.819 --> 00:07:06.199 are being linked to diabetes,
NOTE Confidence: 0.9994685
00:07:06.660 --> 00:07:07.160 obesity,
NOTE Confidence: 0.9955023
00:07:07.539 --> 00:07:08.740 weight gain, which is then
NOTE Confidence: 0.9955023
00:07:08.740 --> 00:07:10.020 linked to an increased risk
NOTE Confidence: 0.9955023
00:07:10.020 --> 00:07:11.300 of many types of cancer
NOTE Confidence: 0.9955023
00:07:11.300 --> 00:07:12.919 that are weight related cancers.
NOTE Confidence: 0.97162455

00:07:14.020 --> 00:07:14.520 So
NOTE Confidence: 0.987389

00:07:15.220 --> 00:07:16.259 how do we reduce added
NOTE Confidence: 0.987389

00:07:16.259 --> 00:07:18.725 sugar? Choosing plain yogurt versus
NOTE Confidence: 0.987389

00:07:18.725 --> 00:07:20.165 strawberry flavored yogurt in the
NOTE Confidence: 0.987389

00:07:20.165 --> 00:07:21.785 grocery store and adding strawberries
NOTE Confidence: 0.987389

00:07:21.845 --> 00:07:22.985 on top. Of course.
NOTE Confidence: 0.98738056

00:07:23.845 --> 00:07:25.705 You know, you can purchase
NOTE Confidence: 0.98738056

00:07:25.845 --> 00:07:27.525 protein bars that have fewer
NOTE Confidence: 0.98738056

00:07:27.525 --> 00:07:28.725 grams of added sugar on
NOTE Confidence: 0.98738056

00:07:28.725 --> 00:07:30.410 the label. Again, it's very
NOTE Confidence: 0.98738056

00:07:30.410 --> 00:07:31.610 tricky on that label, but
NOTE Confidence: 0.98738056

00:07:31.610 --> 00:07:32.650 it should say includes this
NOTE Confidence: 0.98738056

00:07:32.650 --> 00:07:33.850 many grams of added sugar
NOTE Confidence: 0.98738056

00:07:33.850 --> 00:07:34.650 and just trying to keep
NOTE Confidence: 0.98738056

00:07:34.650 --> 00:07:35.610 that number as low as
NOTE Confidence: 0.98738056

00:07:35.610 --> 00:07:36.110 possible.

NOTE Confidence: 0.9420956

00:07:36.490 --> 00:07:38.090 And replace replacing juice and

NOTE Confidence: 0.9420956

00:07:38.090 --> 00:07:39.449 soda with seltzer with a

NOTE Confidence: 0.9420956

00:07:39.449 --> 00:07:41.229 splash of cranberry juice or,

NOTE Confidence: 0.9970972

00:07:42.265 --> 00:07:43.405 you know, milk,

NOTE Confidence: 0.95527023

00:07:43.865 --> 00:07:45.305 coffee, tea, those kind of

NOTE Confidence: 0.95527023

00:07:45.305 --> 00:07:47.065 options. And sometimes sugar sneaks

NOTE Confidence: 0.95527023

00:07:47.065 --> 00:07:48.505 in in products where we

NOTE Confidence: 0.95527023

00:07:48.505 --> 00:07:49.465 don't expect it. Like, you're

NOTE Confidence: 0.95527023

00:07:49.465 --> 00:07:51.005 almost there. Kinda like insidious

NOTE Confidence: 0.95527023

00:07:51.065 --> 00:07:52.425 sources of sugar. So sometimes

NOTE Confidence: 0.95527023

00:07:52.425 --> 00:07:54.605 even, like, condiments and dressings

NOTE Confidence: 0.95527023

00:07:54.905 --> 00:07:56.265 can have a surprising amount

NOTE Confidence: 0.95527023

00:07:56.265 --> 00:07:57.360 of sugar added to them.

NOTE Confidence: 0.95527023

00:07:57.599 --> 00:07:58.719 And that's a result of,

NOTE Confidence: 0.95527023

00:07:58.879 --> 00:08:00.159 you know, in the standard

NOTE Confidence: 0.95527023

00:08:00.159 --> 00:08:01.840 American diet, we're kinda used

NOTE Confidence: 0.95527023

00:08:01.840 --> 00:08:03.219 to these, like, very sweet,

NOTE Confidence: 0.95527023

00:08:03.280 --> 00:08:05.199 very salty, very fatty foods.

NOTE Confidence: 0.95527023

00:08:05.199 --> 00:08:06.319 And sometimes and so we

NOTE Confidence: 0.95527023

00:08:06.319 --> 00:08:08.319 really we become aware when

NOTE Confidence: 0.95527023

00:08:08.319 --> 00:08:09.840 food kinda has, like, the

NOTE Confidence: 0.95527023

00:08:09.840 --> 00:08:11.139 normal amount of sugar

NOTE Confidence: 0.9717517

00:08:11.495 --> 00:08:12.854 versus what is maybe considered

NOTE Confidence: 0.9717517

00:08:12.854 --> 00:08:13.974 an added amount of sugar.

NOTE Confidence: 0.9717517

00:08:13.974 --> 00:08:14.775 And we're gonna see we're

NOTE Confidence: 0.9717517

00:08:14.775 --> 00:08:15.815 gonna make a a dipping

NOTE Confidence: 0.9717517

00:08:15.815 --> 00:08:16.615 sauce for one of our

NOTE Confidence: 0.9717517

00:08:16.615 --> 00:08:17.655 recipes tonight that has a

NOTE Confidence: 0.9717517

00:08:17.655 --> 00:08:18.455 little bit of sugar in

NOTE Confidence: 0.9717517

00:08:18.455 --> 00:08:19.574 there because a little sweetness

NOTE Confidence: 0.9717517

00:08:19.574 --> 00:08:20.935 is fine, but way less

NOTE Confidence: 0.9717517

00:08:20.935 --> 00:08:21.655 than we would get in,

NOTE Confidence: 0.9717517

00:08:21.655 --> 00:08:23.034 like, the store bought alternative.

NOTE Confidence: 0.9717517

00:08:23.254 --> 00:08:24.090 Right. And the goal is

NOTE Confidence: 0.9717517

00:08:24.090 --> 00:08:25.530 not elimination. There's no way

NOTE Confidence: 0.9717517

00:08:25.530 --> 00:08:27.210 you're gonna completely eliminate added

NOTE Confidence: 0.9717517

00:08:27.210 --> 00:08:28.090 sugars out of your diet.

NOTE Confidence: 0.9717517

00:08:28.090 --> 00:08:29.550 This is just being aware.

NOTE Confidence: 0.9717517

00:08:29.689 --> 00:08:30.409 And I think when we

NOTE Confidence: 0.9717517

00:08:30.409 --> 00:08:31.530 have awareness, so we're actually

NOTE Confidence: 0.9717517

00:08:31.530 --> 00:08:32.490 paying attention to the things

NOTE Confidence: 0.9717517

00:08:32.490 --> 00:08:33.850 that we're doing, that makes

NOTE Confidence: 0.9717517

00:08:33.850 --> 00:08:35.630 way for progress and swaps

NOTE Confidence: 0.9717517

00:08:35.690 --> 00:08:37.130 and, you know, very easy

NOTE Confidence: 0.9717517

00:08:37.130 --> 00:08:38.750 changes to not feel overwhelmed.

NOTE Confidence: 0.99136126

00:08:39.255 --> 00:08:40.695 Because if you feel overwhelmed

NOTE Confidence: 0.99136126

00:08:40.695 --> 00:08:41.655 with nutrition and you feel
NOTE Confidence: 0.99136126

00:08:41.655 --> 00:08:42.795 like it's not achievable,
NOTE Confidence: 0.9852155

00:08:43.175 --> 00:08:44.375 there's no way you're gonna
NOTE Confidence: 0.9852155

00:08:44.375 --> 00:08:45.495 even start. You're not gonna
NOTE Confidence: 0.9852155

00:08:45.495 --> 00:08:47.255 take that first step. So
NOTE Confidence: 0.9852155

00:08:47.255 --> 00:08:48.535 today, hopefully, we can kind
NOTE Confidence: 0.9852155

00:08:48.535 --> 00:08:49.655 of get you over that
NOTE Confidence: 0.9852155

00:08:49.655 --> 00:08:50.535 hump to make you feel
NOTE Confidence: 0.9852155

00:08:50.535 --> 00:08:51.575 like you can start to
NOTE Confidence: 0.9852155

00:08:51.575 --> 00:08:52.795 do some of these things
NOTE Confidence: 0.9770264

00:08:53.130 --> 00:08:54.510 and not feel so overwhelmed.
NOTE Confidence: 0.9770264

00:08:54.730 --> 00:08:56.330 Yeah. Right. And then the
NOTE Confidence: 0.9770264

00:08:56.330 --> 00:08:57.070 last one
NOTE Confidence: 0.91453046

00:08:57.770 --> 00:08:59.450 is increase fruit and vegetable
NOTE Confidence: 0.91453046

00:08:59.450 --> 00:08:59.950 intake.
NOTE Confidence: 0.9779503

00:09:00.330 --> 00:09:02.010 We already know that kids,

NOTE Confidence: 0.9779503
00:09:02.010 --> 00:09:03.690 adults were not reaching the
NOTE Confidence: 0.9779503
00:09:03.690 --> 00:09:05.450 goal for fruit and veggie
NOTE Confidence: 0.9779503
00:09:05.450 --> 00:09:07.135 intake per day. And we
NOTE Confidence: 0.9779503
00:09:07.135 --> 00:09:08.575 know from a lot of
NOTE Confidence: 0.9779503
00:09:08.575 --> 00:09:10.175 data, and if you're looking
NOTE Confidence: 0.9779503
00:09:10.175 --> 00:09:12.035 for specifics or data,
NOTE Confidence: 0.9612281
00:09:13.214 --> 00:09:14.735 research has been done, a
NOTE Confidence: 0.9612281
00:09:14.735 --> 00:09:15.774 I c r dot org,
NOTE Confidence: 0.9612281
00:09:15.774 --> 00:09:17.454 the American Institute for Cancer
NOTE Confidence: 0.9612281
00:09:17.454 --> 00:09:19.235 Research, is a great resource,
NOTE Confidence: 0.89963436
00:09:20.300 --> 00:09:21.040 to utilize.
NOTE Confidence: 0.9779337
00:09:21.420 --> 00:09:22.860 But the recommendation is twenty
NOTE Confidence: 0.9779337
00:09:22.860 --> 00:09:24.220 five to thirty five grams
NOTE Confidence: 0.9779337
00:09:24.220 --> 00:09:26.300 of dietary fiber per day.
NOTE Confidence: 0.9779337
00:09:26.300 --> 00:09:27.980 Mhmm. And we're not reaching
NOTE Confidence: 0.9779337

00:09:27.980 --> 00:09:29.179 that, but we know that
NOTE Confidence: 0.9779337

00:09:29.179 --> 00:09:30.339 reaching that number can lower
NOTE Confidence: 0.9779337

00:09:30.339 --> 00:09:31.340 a risk of cancers of
NOTE Confidence: 0.9779337

00:09:31.340 --> 00:09:33.280 the GI tract, breast cancer,
NOTE Confidence: 0.9881868

00:09:33.894 --> 00:09:35.355 the list goes on. So
NOTE Confidence: 0.9881868

00:09:35.495 --> 00:09:36.934 not, again, about what do
NOTE Confidence: 0.9881868

00:09:36.934 --> 00:09:38.214 we cut out, but what
NOTE Confidence: 0.9881868

00:09:38.214 --> 00:09:38.934 do we need to add
NOTE Confidence: 0.9881868

00:09:38.934 --> 00:09:40.475 in to offer benefit
NOTE Confidence: 0.95331013

00:09:40.855 --> 00:09:42.214 to our health and lower
NOTE Confidence: 0.95331013

00:09:42.214 --> 00:09:43.115 cancer risk.
NOTE Confidence: 0.9116455

00:09:44.855 --> 00:09:45.815 And, again, it can be
NOTE Confidence: 0.9116455

00:09:45.815 --> 00:09:47.509 frozen, can be canned. Yeah.
NOTE Confidence: 0.9116455

00:09:47.509 --> 00:09:48.470 As we're gonna talk about
NOTE Confidence: 0.9116455

00:09:48.709 --> 00:09:50.069 shelter about don't do can't
NOTE Confidence: 0.9116455

00:09:50.309 --> 00:09:51.750 you know, there's gotta be

NOTE Confidence: 0.9116455

00:09:51.750 --> 00:09:53.509 modifications. So not everybody things

NOTE Confidence: 0.9116455

00:09:53.509 --> 00:09:55.029 are so expensive. So we

NOTE Confidence: 0.9116455

00:09:55.029 --> 00:09:56.389 also need to find ways

NOTE Confidence: 0.9116455

00:09:56.389 --> 00:09:58.149 to cut costs and also

NOTE Confidence: 0.9116455

00:09:58.149 --> 00:09:59.350 still reap the benefit. So

NOTE Confidence: 0.9116455

00:09:59.589 --> 00:10:00.089 Yeah.

NOTE Confidence: 0.97013104

00:10:00.905 --> 00:10:01.705 So, yeah, those are the

NOTE Confidence: 0.97013104

00:10:01.705 --> 00:10:02.665 top those are the top

NOTE Confidence: 0.97013104

00:10:02.665 --> 00:10:04.045 five things. So Fantastic.

NOTE Confidence: 0.9248719

00:10:04.505 --> 00:10:05.865 We did. And then, of

NOTE Confidence: 0.9248719

00:10:05.865 --> 00:10:07.225 course, y'all have any questions

NOTE Confidence: 0.9248719

00:10:07.225 --> 00:10:08.425 about any of that through

NOTE Confidence: 0.9248719

00:10:08.425 --> 00:10:09.865 any point, when we're we're

NOTE Confidence: 0.9248719

00:10:09.865 --> 00:10:11.304 on here, send them our

NOTE Confidence: 0.9248719

00:10:11.304 --> 00:10:12.505 way. If you got questions

NOTE Confidence: 0.9248719

00:10:12.505 --> 00:10:13.625 about kinda what we're doing,
NOTE Confidence: 0.9248719

00:10:13.625 --> 00:10:14.525 let us know.
NOTE Confidence: 0.9596243

00:10:15.304 --> 00:10:16.205 So we're doing,
NOTE Confidence: 0.9930258

00:10:16.660 --> 00:10:17.860 like, two and a half
NOTE Confidence: 0.9930258

00:10:17.860 --> 00:10:18.360 recipes,
NOTE Confidence: 0.9680303

00:10:19.460 --> 00:10:21.700 tonight. And then tomorrow, we
NOTE Confidence: 0.9680303

00:10:21.700 --> 00:10:22.740 are gonna send out that
NOTE Confidence: 0.9680303

00:10:22.740 --> 00:10:24.420 list that Natalie developed as
NOTE Confidence: 0.9680303

00:10:24.420 --> 00:10:25.780 well as a whole slew
NOTE Confidence: 0.9680303

00:10:25.780 --> 00:10:27.300 of recipes, some handouts, all
NOTE Confidence: 0.9680303

00:10:27.300 --> 00:10:28.820 from the teaching kitchen here.
NOTE Confidence: 0.9680303

00:10:28.820 --> 00:10:30.040 We just wanted to show
NOTE Confidence: 0.9680303

00:10:30.100 --> 00:10:31.665 some of them tonight.
NOTE Confidence: 0.98986226

00:10:32.045 --> 00:10:32.765 And so one of the
NOTE Confidence: 0.98986226

00:10:32.765 --> 00:10:33.565 recipes that we're gonna be
NOTE Confidence: 0.98986226

00:10:33.565 --> 00:10:34.365 doing is we're gonna be

NOTE Confidence: 0.98986226

00:10:34.365 --> 00:10:36.465 making some homemade chicken tenders.

NOTE Confidence: 0.955928

00:10:36.925 --> 00:10:38.525 Obviously, great for kids. Right?

NOTE Confidence: 0.955928

00:10:38.525 --> 00:10:40.445 Sure. But also, I will

NOTE Confidence: 0.955928

00:10:40.445 --> 00:10:41.645 be eating these leftover chicken

NOTE Confidence: 0.955928

00:10:41.645 --> 00:10:42.465 tenders tomorrow,

NOTE Confidence: 0.9991779

00:10:42.845 --> 00:10:43.725 for my lunch.

NOTE Confidence: 0.965666

00:10:44.540 --> 00:10:45.820 They're oven baked. We're gonna

NOTE Confidence: 0.965666

00:10:45.820 --> 00:10:46.780 talk about kind of the

NOTE Confidence: 0.965666

00:10:46.860 --> 00:10:47.740 some of the things that

NOTE Confidence: 0.965666

00:10:47.740 --> 00:10:49.100 we're adding or doing to

NOTE Confidence: 0.965666

00:10:49.100 --> 00:10:51.179 kinda increase that fiber consumption

NOTE Confidence: 0.965666

00:10:51.179 --> 00:10:52.320 that we're aiming for.

NOTE Confidence: 0.99731725

00:10:53.179 --> 00:10:54.140 To go with that, we're

NOTE Confidence: 0.99731725

00:10:54.140 --> 00:10:55.580 gonna make a homemade ranch

NOTE Confidence: 0.99731725

00:10:55.580 --> 00:10:56.080 dressing.

NOTE Confidence: 0.99632096

00:10:57.020 --> 00:10:58.460 That ranch dressing is primarily
NOTE Confidence: 0.99632096

00:10:58.460 --> 00:10:59.840 gonna be yogurt based
NOTE Confidence: 0.9816465

00:11:00.535 --> 00:11:01.415 versus something that we might
NOTE Confidence: 0.9816465

00:11:01.415 --> 00:11:02.295 buy in the store, which
NOTE Confidence: 0.9816465

00:11:02.295 --> 00:11:03.975 is effectively just mayonnaise in
NOTE Confidence: 0.9816465

00:11:03.975 --> 00:11:04.554 a bottle.
NOTE Confidence: 0.97882533

00:11:05.015 --> 00:11:06.455 Not to ruin store bought
NOTE Confidence: 0.97882533

00:11:06.455 --> 00:11:08.455 dressings for people, but Caesar
NOTE Confidence: 0.97882533

00:11:08.455 --> 00:11:10.455 dressing, ranch, blue cheese, all
NOTE Confidence: 0.97882533

00:11:10.455 --> 00:11:11.434 of those are primarily
NOTE Confidence: 0.9561827

00:11:12.054 --> 00:11:13.030 oil and a little bit
NOTE Confidence: 0.9561827

00:11:13.030 --> 00:11:14.150 of egg in there. That's
NOTE Confidence: 0.9561827

00:11:14.150 --> 00:11:15.429 what mayonnaise is, just with
NOTE Confidence: 0.9561827

00:11:15.429 --> 00:11:16.250 different flavorings.
NOTE Confidence: 0.9744577

00:11:17.110 --> 00:11:17.910 So we're gonna make a
NOTE Confidence: 0.9744577

00:11:17.910 --> 00:11:19.590 nice homemade, ranch to dip

NOTE Confidence: 0.9744577

00:11:19.590 --> 00:11:20.550 in that, and then we're

NOTE Confidence: 0.9744577

00:11:20.550 --> 00:11:21.910 also gonna make a pasta

NOTE Confidence: 0.9744577

00:11:21.910 --> 00:11:23.590 dish tonight. Effectively, a one

NOTE Confidence: 0.9744577

00:11:23.590 --> 00:11:24.410 pot pasta.

NOTE Confidence: 0.9838907

00:11:24.870 --> 00:11:26.309 I did cook the pasta

NOTE Confidence: 0.9838907

00:11:26.309 --> 00:11:26.809 separately,

NOTE Confidence: 0.97733

00:11:27.545 --> 00:11:28.505 but you could absolutely cook

NOTE Confidence: 0.97733

00:11:28.505 --> 00:11:29.384 it all in one pan

NOTE Confidence: 0.97733

00:11:29.384 --> 00:11:30.345 or, you know, cook that

NOTE Confidence: 0.97733

00:11:30.345 --> 00:11:32.184 pasta beforehand, have it ready

NOTE Confidence: 0.97733

00:11:32.184 --> 00:11:32.845 to go.

NOTE Confidence: 0.9926029

00:11:33.545 --> 00:11:34.505 So I got my little

NOTE Confidence: 0.9926029

00:11:34.505 --> 00:11:35.144 prep out in front of

NOTE Confidence: 0.9926029

00:11:35.144 --> 00:11:36.184 me here. My oven is

NOTE Confidence: 0.9926029

00:11:36.184 --> 00:11:37.304 preheated. I think we'll go

NOTE Confidence: 0.9926029

00:11:37.304 --> 00:11:38.345 ahead and we'll start with
NOTE Confidence: 0.9926029

00:11:38.345 --> 00:11:40.020 those chicken tenders. Okay.
NOTE Confidence: 0.9449601

00:11:40.980 --> 00:11:42.179 And so we're gonna do
NOTE Confidence: 0.9449601

00:11:42.179 --> 00:11:43.940 what is effectively our normal
NOTE Confidence: 0.9449601

00:11:43.940 --> 00:11:45.460 kind of breeding procedure. So
NOTE Confidence: 0.9449601

00:11:45.460 --> 00:11:46.500 Danielle, if we wanna and,
NOTE Confidence: 0.9449601

00:11:46.740 --> 00:11:48.179 my intern Danielle this week
NOTE Confidence: 0.9449601

00:11:48.179 --> 00:11:49.140 is manning the camera. So
NOTE Confidence: 0.9449601

00:11:49.140 --> 00:11:49.940 if you hear me talking
NOTE Confidence: 0.9449601

00:11:49.940 --> 00:11:51.059 to somebody, that's who I'm
NOTE Confidence: 0.9449601

00:11:51.059 --> 00:11:51.880 talking to.
NOTE Confidence: 0.9491399

00:11:52.340 --> 00:11:53.080 So here,
NOTE Confidence: 0.9467942

00:11:53.425 --> 00:11:54.304 anytime that we're gonna be
NOTE Confidence: 0.9467942

00:11:54.304 --> 00:11:55.925 doing any kind of breeding,
NOTE Confidence: 0.9467942

00:11:55.985 --> 00:11:56.965 chicken cutlets,
NOTE Confidence: 0.961225

00:11:57.505 --> 00:11:58.905 eggplant parm is a favorite

NOTE Confidence: 0.961225

00:11:58.905 --> 00:11:59.745 of mine, great way to

NOTE Confidence: 0.961225

00:11:59.745 --> 00:12:01.745 increase vegetable consumption. Anytime that

NOTE Confidence: 0.961225

00:12:01.745 --> 00:12:02.625 we're gonna be doing the

NOTE Confidence: 0.961225

00:12:02.625 --> 00:12:03.905 breading, I like to put

NOTE Confidence: 0.961225

00:12:03.905 --> 00:12:05.665 the bread crumbs and the

NOTE Confidence: 0.961225

00:12:05.665 --> 00:12:07.184 egg into these high wall

NOTE Confidence: 0.961225

00:12:07.184 --> 00:12:08.145 containers here. So this is

NOTE Confidence: 0.961225

00:12:08.145 --> 00:12:09.179 a little glass baking dish.

NOTE Confidence: 0.961225

00:12:09.179 --> 00:12:10.480 Whatever you got at home

NOTE Confidence: 0.961225

00:12:10.540 --> 00:12:11.500 is fine, but I like

NOTE Confidence: 0.961225

00:12:11.500 --> 00:12:12.940 having these because as I'm

NOTE Confidence: 0.961225

00:12:12.940 --> 00:12:14.140 moving the breadcrumbs around in

NOTE Confidence: 0.961225

00:12:14.140 --> 00:12:15.020 here, they're not gonna end

NOTE Confidence: 0.961225

00:12:15.020 --> 00:12:17.200 up all over my workstation.

NOTE Confidence: 0.9462919

00:12:18.300 --> 00:12:19.820 And then one really great

NOTE Confidence: 0.9462919

00:12:19.820 --> 00:12:21.100 way, anytime again, if you're
NOTE Confidence: 0.9462919

00:12:21.100 --> 00:12:22.140 doing any kind of breading
NOTE Confidence: 0.9462919

00:12:22.140 --> 00:12:23.500 that you can really increase
NOTE Confidence: 0.9462919

00:12:23.500 --> 00:12:24.240 some flavor
NOTE Confidence: 0.9782752

00:12:25.154 --> 00:12:26.195 is by adding a couple
NOTE Confidence: 0.9782752

00:12:26.195 --> 00:12:27.795 things directly to those bread
NOTE Confidence: 0.9782752

00:12:27.795 --> 00:12:29.235 crumbs. So to these bread
NOTE Confidence: 0.9782752

00:12:29.235 --> 00:12:29.954 crumbs, we're gonna add a
NOTE Confidence: 0.9782752

00:12:29.954 --> 00:12:31.495 few ingredients. I got some
NOTE Confidence: 0.9782752

00:12:31.554 --> 00:12:33.315 garlic powder here. I've got
NOTE Confidence: 0.9782752

00:12:33.315 --> 00:12:34.774 a little bit of dried
NOTE Confidence: 0.9782752

00:12:34.995 --> 00:12:35.495 thyme,
NOTE Confidence: 0.98186505

00:12:36.035 --> 00:12:36.915 and then we're gonna do
NOTE Confidence: 0.98186505

00:12:36.915 --> 00:12:37.875 just a tiny amount of
NOTE Confidence: 0.98186505

00:12:37.875 --> 00:12:40.089 salt and pepper. Sometimes people,
NOTE Confidence: 0.98186505

00:12:40.149 --> 00:12:41.269 especially as they're trying to

NOTE Confidence: 0.98186505

00:12:41.269 --> 00:12:42.149 be a little more conscious

NOTE Confidence: 0.98186505

00:12:42.149 --> 00:12:43.029 about their health, sometimes they

NOTE Confidence: 0.98186505

00:12:43.029 --> 00:12:44.089 feel like they gotta eliminate

NOTE Confidence: 0.98186505

00:12:44.230 --> 00:12:45.209 salt entirely.

NOTE Confidence: 0.9741263

00:12:45.910 --> 00:12:47.429 Not the case. Salt, which

NOTE Confidence: 0.9741263

00:12:47.429 --> 00:12:48.870 is our primary source of

NOTE Confidence: 0.9741263

00:12:48.870 --> 00:12:50.730 sodium. Sodium is an essential,

NOTE Confidence: 0.9741263

00:12:51.029 --> 00:12:52.149 nutrient. Right? We have to

NOTE Confidence: 0.9741263

00:12:52.149 --> 00:12:53.145 have it in our diet.

NOTE Confidence: 0.9741263

00:12:53.225 --> 00:12:54.825 Sometimes we go overboard, and

NOTE Confidence: 0.9741263

00:12:54.825 --> 00:12:55.545 that's where we need to

NOTE Confidence: 0.9741263

00:12:55.545 --> 00:12:56.665 make some modifications. So we're

NOTE Confidence: 0.9741263

00:12:56.665 --> 00:12:57.945 adding a very small amount

NOTE Confidence: 0.9741263

00:12:57.945 --> 00:12:59.005 of salt to these breadcrumbs

NOTE Confidence: 0.9741263

00:12:59.065 --> 00:12:59.565 here.

NOTE Confidence: 0.9812728

00:13:00.025 --> 00:13:00.905 We can be a little
NOTE Confidence: 0.9812728

00:13:00.905 --> 00:13:02.025 bit more liberal with our
NOTE Confidence: 0.9812728

00:13:02.025 --> 00:13:03.545 other spices. So garlic powder,
NOTE Confidence: 0.9812728

00:13:03.545 --> 00:13:04.445 like I said,
NOTE Confidence: 0.9729419

00:13:05.465 --> 00:13:06.285 some thyme.
NOTE Confidence: 0.97821003

00:13:06.665 --> 00:13:07.500 We're gonna save some of
NOTE Confidence: 0.97821003

00:13:07.500 --> 00:13:08.700 this time for another recipe
NOTE Confidence: 0.97821003

00:13:08.700 --> 00:13:10.220 later, and then some black
NOTE Confidence: 0.97821003

00:13:10.220 --> 00:13:11.280 pepper as well.
NOTE Confidence: 0.9593378

00:13:13.420 --> 00:13:15.180 And then in addition, one
NOTE Confidence: 0.9593378

00:13:15.180 --> 00:13:16.300 ingredient that we're gonna add
NOTE Confidence: 0.9593378

00:13:16.300 --> 00:13:17.180 to that just to add
NOTE Confidence: 0.9593378

00:13:17.180 --> 00:13:18.460 a bit more flavors, we're
NOTE Confidence: 0.9593378

00:13:18.460 --> 00:13:19.260 gonna add a little bit
NOTE Confidence: 0.9593378

00:13:19.260 --> 00:13:20.480 of Parmesan cheese.
NOTE Confidence: 0.96304685

00:13:21.304 --> 00:13:22.505 Now, certainly, you know, we're

NOTE Confidence: 0.96304685
00:13:22.505 --> 00:13:23.565 talking about convenience.
NOTE Confidence: 0.95494956
00:13:24.105 --> 00:13:25.304 You can buy the Parmesan
NOTE Confidence: 0.95494956
00:13:25.304 --> 00:13:26.985 cheese in the shaker bottle.
NOTE Confidence: 0.95494956
00:13:26.985 --> 00:13:28.585 Right? Right. It's cheese at
NOTE Confidence: 0.95494956
00:13:28.585 --> 00:13:29.225 the end of the day.
NOTE Confidence: 0.95494956
00:13:29.225 --> 00:13:29.945 I do have a little
NOTE Confidence: 0.95494956
00:13:29.945 --> 00:13:31.804 block of Parmesan cheese here
NOTE Confidence: 0.95494956
00:13:32.025 --> 00:13:32.985 that on then just with
NOTE Confidence: 0.95494956
00:13:32.985 --> 00:13:34.425 my little grater here. So
NOTE Confidence: 0.95494956
00:13:34.425 --> 00:13:36.300 this tool is known as
NOTE Confidence: 0.95494956
00:13:36.300 --> 00:13:37.040 a microplane.
NOTE Confidence: 0.98821086
00:13:37.420 --> 00:13:39.100 Sometimes you'll see it as
NOTE Confidence: 0.98821086
00:13:39.100 --> 00:13:39.420 a,
NOTE Confidence: 0.9694359
00:13:39.900 --> 00:13:41.100 also called a zester. Right?
NOTE Confidence: 0.9694359
00:13:41.100 --> 00:13:42.380 Typically, right, for zesting a
NOTE Confidence: 0.9694359

00:13:42.380 --> 00:13:43.980 lemon. It works really great
NOTE Confidence: 0.9694359

00:13:43.980 --> 00:13:45.179 if you don't wanna bust
NOTE Confidence: 0.9694359

00:13:45.179 --> 00:13:46.080 out the whole
NOTE Confidence: 0.9548571

00:13:46.540 --> 00:13:48.000 large, like, you know,
NOTE Confidence: 0.9853052

00:13:49.195 --> 00:13:50.795 cheese grater block. This can
NOTE Confidence: 0.9853052

00:13:50.795 --> 00:13:52.095 be a really great tool.
NOTE Confidence: 0.9743687

00:13:53.434 --> 00:13:54.475 And so what we're gonna
NOTE Confidence: 0.9743687

00:13:54.475 --> 00:13:55.675 do is just grate some
NOTE Confidence: 0.9743687

00:13:55.675 --> 00:13:56.635 cheese in there. Not a
NOTE Confidence: 0.9743687

00:13:56.635 --> 00:13:58.714 ton. We're probably looking for
NOTE Confidence: 0.9743687

00:13:58.714 --> 00:14:00.095 about two or three tablespoons.
NOTE Confidence: 0.9856606

00:14:00.475 --> 00:14:01.595 And this is over a
NOTE Confidence: 0.9856606

00:14:01.595 --> 00:14:02.635 cup of our whole wheat
NOTE Confidence: 0.9856606

00:14:02.635 --> 00:14:03.774 breadcrumbs here.
NOTE Confidence: 0.98515743

00:14:04.660 --> 00:14:05.540 And this is gonna be
NOTE Confidence: 0.98515743

00:14:05.620 --> 00:14:06.280 this recipe,

NOTE Confidence: 0.960249
00:14:06.820 --> 00:14:08.260 we're using about one pound
NOTE Confidence: 0.960249
00:14:08.260 --> 00:14:09.220 of chicken breast, which gives
NOTE Confidence: 0.960249
00:14:09.220 --> 00:14:09.940 us, you know, a couple
NOTE Confidence: 0.960249
00:14:09.940 --> 00:14:11.140 servings of our little tenders
NOTE Confidence: 0.960249
00:14:11.140 --> 00:14:12.360 that we're gonna be making.
NOTE Confidence: 0.960249
00:14:12.420 --> 00:14:13.780 But this one scales up
NOTE Confidence: 0.960249
00:14:13.780 --> 00:14:15.620 really well. I particularly like
NOTE Confidence: 0.960249
00:14:15.620 --> 00:14:17.300 these chicken tenders actually freeze
NOTE Confidence: 0.960249
00:14:17.300 --> 00:14:18.580 very well. So after you
NOTE Confidence: 0.960249
00:14:18.580 --> 00:14:19.704 bake them, you can kind
NOTE Confidence: 0.960249
00:14:19.704 --> 00:14:20.845 of get some prep
NOTE Confidence: 0.9802498
00:14:21.705 --> 00:14:22.825 done. Right? If you're already
NOTE Confidence: 0.9802498
00:14:22.825 --> 00:14:23.545 getting the oven on and
NOTE Confidence: 0.9802498
00:14:23.545 --> 00:14:24.505 you're already making the chicken
NOTE Confidence: 0.9802498
00:14:24.505 --> 00:14:25.785 tenders, you may as well
NOTE Confidence: 0.9802498

00:14:25.785 --> 00:14:26.745 do a larger batch if
NOTE Confidence: 0.9802498

00:14:26.745 --> 00:14:27.785 you got the ingredients on
NOTE Confidence: 0.9802498

00:14:27.785 --> 00:14:28.665 hand. And then with your
NOTE Confidence: 0.9802498

00:14:28.665 --> 00:14:29.705 hand or with a spatula,
NOTE Confidence: 0.9802498

00:14:29.705 --> 00:14:30.425 we're just gonna go ahead
NOTE Confidence: 0.9802498

00:14:30.425 --> 00:14:31.225 and give this a little
NOTE Confidence: 0.9802498

00:14:31.225 --> 00:14:32.760 stir, really get those nice
NOTE Confidence: 0.9802498

00:14:33.000 --> 00:14:34.440 flavors mixed in with our
NOTE Confidence: 0.9802498

00:14:34.440 --> 00:14:34.940 breadcrumbs.
NOTE Confidence: 0.95469147

00:14:35.960 --> 00:14:36.760 And then you may have
NOTE Confidence: 0.95469147

00:14:36.760 --> 00:14:38.120 noticed, right, these breadcrumbs look
NOTE Confidence: 0.95469147

00:14:38.120 --> 00:14:39.400 maybe a little darker than
NOTE Confidence: 0.95469147

00:14:39.400 --> 00:14:40.360 what you would usually buy
NOTE Confidence: 0.95469147

00:14:40.360 --> 00:14:41.560 at the grocery store. That's
NOTE Confidence: 0.95469147

00:14:41.560 --> 00:14:43.560 because these are actually oat
NOTE Confidence: 0.95469147

00:14:43.560 --> 00:14:44.060 breadcrumbs.

NOTE Confidence: 0.9984917

00:14:44.600 --> 00:14:45.925 Yep. So we're talking about

NOTE Confidence: 0.9984917

00:14:45.925 --> 00:14:47.464 increasing our consumption

NOTE Confidence: 0.9732145

00:14:47.845 --> 00:14:49.925 of, of dietary fiber. Right?

NOTE Confidence: 0.9732145

00:14:49.925 --> 00:14:51.464 Because it is linked to

NOTE Confidence: 0.97724247

00:14:52.565 --> 00:14:54.485 reduced risks of, of certain

NOTE Confidence: 0.97724247

00:14:54.485 --> 00:14:55.445 types of cancers if we

NOTE Confidence: 0.97724247

00:14:55.445 --> 00:14:57.865 can really hit those, dietary,

NOTE Confidence: 0.9930692

00:14:58.325 --> 00:14:59.625 recommendations for

NOTE Confidence: 0.97998846

00:15:00.080 --> 00:15:01.440 for fiber. So that's why

NOTE Confidence: 0.97998846

00:15:01.440 --> 00:15:02.720 we're using whole wheat breadcrumbs.

NOTE Confidence: 0.97998846

00:15:02.720 --> 00:15:04.000 Can typically be a little

NOTE Confidence: 0.97998846

00:15:04.000 --> 00:15:05.280 harder to find at the

NOTE Confidence: 0.97998846

00:15:05.280 --> 00:15:07.360 grocery store. These ones happen

NOTE Confidence: 0.97998846

00:15:07.360 --> 00:15:08.820 to be whole wheat panko

NOTE Confidence: 0.91041744

00:15:09.200 --> 00:15:09.700 breadcrumbs.

NOTE Confidence: 0.983408

00:15:10.320 --> 00:15:11.840 Regardless, even if you can't
NOTE Confidence: 0.983408

00:15:11.840 --> 00:15:12.885 do the whole wheat breadcrumbs,
NOTE Confidence: 0.983408

00:15:12.965 --> 00:15:13.925 One thing I recommend is
NOTE Confidence: 0.983408

00:15:13.925 --> 00:15:15.285 if you're buying breadcrumbs, try
NOTE Confidence: 0.983408

00:15:15.285 --> 00:15:16.965 to buy unseasoned ones and
NOTE Confidence: 0.983408

00:15:16.965 --> 00:15:18.805 add the seasonings yourself. Most
NOTE Confidence: 0.983408

00:15:18.805 --> 00:15:19.845 of the seasoning that they
NOTE Confidence: 0.983408

00:15:19.845 --> 00:15:20.885 are adding to whole wheat
NOTE Confidence: 0.983408

00:15:20.885 --> 00:15:22.665 breadcrumbs is just salt,
NOTE Confidence: 0.9995482

00:15:23.445 --> 00:15:24.405 and you can get a
NOTE Confidence: 0.9995482

00:15:24.405 --> 00:15:25.605 lot more diverse with the
NOTE Confidence: 0.9995482

00:15:25.605 --> 00:15:26.105 flavors
NOTE Confidence: 0.9341723

00:15:26.450 --> 00:15:28.710 and decrease your sodium consumption.
NOTE Confidence: 0.9785279

00:15:29.410 --> 00:15:30.610 So I got one tray
NOTE Confidence: 0.9785279

00:15:30.610 --> 00:15:31.890 here. That's our bread crumbs
NOTE Confidence: 0.9785279

00:15:31.890 --> 00:15:33.250 ready to go. I got

NOTE Confidence: 0.9785279

00:15:33.250 --> 00:15:34.450 another tray here. This is

NOTE Confidence: 0.9785279

00:15:34.450 --> 00:15:35.430 a couple eggs

NOTE Confidence: 0.8995466

00:15:35.970 --> 00:15:37.110 just beaten together

NOTE Confidence: 0.959587

00:15:37.970 --> 00:15:39.570 into your eggs. Another great

NOTE Confidence: 0.959587

00:15:39.570 --> 00:15:40.945 opportunity to add some flavor.

NOTE Confidence: 0.959587

00:15:40.945 --> 00:15:41.584 So if I was at

NOTE Confidence: 0.959587

00:15:41.584 --> 00:15:42.305 home, what I might do

NOTE Confidence: 0.959587

00:15:42.305 --> 00:15:42.865 is I might add a

NOTE Confidence: 0.959587

00:15:42.865 --> 00:15:43.985 little hot sauce into my

NOTE Confidence: 0.959587

00:15:43.985 --> 00:15:44.945 eggs here and whisk them.

NOTE Confidence: 0.959587

00:15:44.945 --> 00:15:46.144 So that way then my

NOTE Confidence: 0.959587

00:15:46.144 --> 00:15:47.425 chicken tenders, rather than dipping

NOTE Confidence: 0.959587

00:15:47.425 --> 00:15:48.385 them into hot sauce, they're

NOTE Confidence: 0.959587

00:15:48.385 --> 00:15:50.065 kinda naturally spicy a little

NOTE Confidence: 0.959587

00:15:50.065 --> 00:15:51.904 bit. Great. If you or

NOTE Confidence: 0.959587

00:15:51.904 --> 00:15:53.105 kids at home prefer, you
NOTE Confidence: 0.959587

00:15:53.105 --> 00:15:54.240 know, like the spicy tenders
NOTE Confidence: 0.959587

00:15:54.240 --> 00:15:55.840 from Popeyes. Right? You can
NOTE Confidence: 0.959587

00:15:55.840 --> 00:15:57.040 do this at home, kind
NOTE Confidence: 0.959587

00:15:57.040 --> 00:15:58.160 of as an alternative. And
NOTE Confidence: 0.959587

00:15:58.160 --> 00:15:59.120 then I have, of course,
NOTE Confidence: 0.959587

00:15:59.120 --> 00:16:00.500 I have my chicken breast
NOTE Confidence: 0.959587

00:16:00.560 --> 00:16:02.080 here, which, all I did
NOTE Confidence: 0.959587

00:16:02.080 --> 00:16:03.040 is I took one chicken
NOTE Confidence: 0.959587

00:16:03.040 --> 00:16:04.080 breast. I cut it up
NOTE Confidence: 0.959587

00:16:04.080 --> 00:16:05.600 into, you know, little bite
NOTE Confidence: 0.959587

00:16:05.600 --> 00:16:07.280 sized pieces, maybe about the
NOTE Confidence: 0.959587

00:16:07.280 --> 00:16:09.140 size of my thumb. Right?
NOTE Confidence: 0.9832185

00:16:09.654 --> 00:16:10.775 And then anytime that we're
NOTE Confidence: 0.9832185

00:16:10.775 --> 00:16:11.915 doing any kind
NOTE Confidence: 0.99204445

00:16:12.615 --> 00:16:13.275 of breading

NOTE Confidence: 0.9524991
00:16:13.735 --> 00:16:14.855 where, you know, we are
NOTE Confidence: 0.9524991
00:16:14.855 --> 00:16:15.835 gonna be moving,
NOTE Confidence: 0.9488716
00:16:16.695 --> 00:16:18.455 an ingredient through the eggs
NOTE Confidence: 0.9488716
00:16:18.455 --> 00:16:19.895 into the bread crumbs onto
NOTE Confidence: 0.9488716
00:16:19.895 --> 00:16:20.955 a sheet tray,
NOTE Confidence: 0.99750257
00:16:21.335 --> 00:16:22.295 what we wanna do is
NOTE Confidence: 0.99750257
00:16:22.295 --> 00:16:23.415 try to have a wet
NOTE Confidence: 0.99750257
00:16:23.415 --> 00:16:25.080 hand and a dry hand
NOTE Confidence: 0.99750257
00:16:25.240 --> 00:16:26.780 ready to go
NOTE Confidence: 0.9594512
00:16:28.040 --> 00:16:28.920 so that what we can
NOTE Confidence: 0.9594512
00:16:28.920 --> 00:16:29.640 do is we keep that
NOTE Confidence: 0.9594512
00:16:29.640 --> 00:16:30.760 one hand from getting really
NOTE Confidence: 0.9594512
00:16:30.760 --> 00:16:32.920 clumpy and filled with the,
NOTE Confidence: 0.9594512
00:16:33.240 --> 00:16:34.680 filled with breadcrumbs. Right? So
NOTE Confidence: 0.9594512
00:16:34.680 --> 00:16:35.320 what I'm gonna do is
NOTE Confidence: 0.9594512

00:16:35.320 --> 00:16:36.600 take a couple pieces of
NOTE Confidence: 0.9594512

00:16:36.600 --> 00:16:37.980 our chicken here,
NOTE Confidence: 0.97219676

00:16:39.495 --> 00:16:40.695 get them into my egg
NOTE Confidence: 0.97219676

00:16:40.695 --> 00:16:41.195 wash.
NOTE Confidence: 0.9679078

00:16:42.695 --> 00:16:43.895 And then because I'm touching
NOTE Confidence: 0.9679078

00:16:43.895 --> 00:16:44.855 the chicken and because it's
NOTE Confidence: 0.9679078

00:16:44.855 --> 00:16:45.835 going into the egg,
NOTE Confidence: 0.91764945

00:16:46.375 --> 00:16:47.815 identify my left hand here
NOTE Confidence: 0.91764945

00:16:47.815 --> 00:16:48.855 as my wet hand. And
NOTE Confidence: 0.91764945

00:16:48.855 --> 00:16:50.315 you just want to get
NOTE Confidence: 0.9987512

00:16:51.350 --> 00:16:52.950 those pieces nice and evenly
NOTE Confidence: 0.9987512

00:16:52.950 --> 00:16:53.450 coated
NOTE Confidence: 0.89654994

00:16:53.990 --> 00:16:56.330 with those whisked eggs. A
NOTE Confidence: 0.89654994

00:16:56.630 --> 00:16:57.350 smooth I will say too,
NOTE Confidence: 0.89654994

00:16:57.350 --> 00:16:58.310 like, get the kids involved
NOTE Confidence: 0.89654994

00:16:58.310 --> 00:16:59.450 too. Oh, yeah. Absolutely.

NOTE Confidence: 0.9655566
00:16:59.910 --> 00:17:00.950 Right? I think part of
NOTE Confidence: 0.9655566
00:17:00.950 --> 00:17:02.710 it is parents feel overwhelmed
NOTE Confidence: 0.9655566
00:17:02.710 --> 00:17:03.510 because it's gonna take a
NOTE Confidence: 0.9655566
00:17:03.510 --> 00:17:04.310 lot of time away from
NOTE Confidence: 0.9655566
00:17:04.310 --> 00:17:05.290 the kids. Mhmm.
NOTE Confidence: 0.9691659
00:17:05.615 --> 00:17:06.734 But get them involved. They
NOTE Confidence: 0.9691659
00:17:06.734 --> 00:17:07.695 would love to mix that
NOTE Confidence: 0.9691659
00:17:07.695 --> 00:17:09.234 Parmesan or shred the Parmesan
NOTE Confidence: 0.9691659
00:17:09.295 --> 00:17:10.335 or, you know, get their
NOTE Confidence: 0.9691659
00:17:10.335 --> 00:17:11.215 hands dirty. I think as
NOTE Confidence: 0.9691659
00:17:11.215 --> 00:17:12.435 long as you're willing to
NOTE Confidence: 0.9691659
00:17:12.494 --> 00:17:14.015 let them get messy. Absolutely.
NOTE Confidence: 0.9691659
00:17:14.015 --> 00:17:15.055 Plus, you know, I think
NOTE Confidence: 0.9691659
00:17:15.055 --> 00:17:16.175 there is a a decent
NOTE Confidence: 0.9691659
00:17:16.175 --> 00:17:17.055 amount of research out there
NOTE Confidence: 0.9691659

00:17:17.055 --> 00:17:17.855 that shows if you can
NOTE Confidence: 0.9691659

00:17:17.855 --> 00:17:19.000 get kids involved with the
NOTE Confidence: 0.9691659

00:17:19.000 --> 00:17:20.119 food that they're eating, they're
NOTE Confidence: 0.9691659

00:17:20.119 --> 00:17:21.320 more likely to wanna try
NOTE Confidence: 0.9691659

00:17:21.320 --> 00:17:22.600 those things. Yep. So I've
NOTE Confidence: 0.9691659

00:17:22.600 --> 00:17:23.720 taken some of my pieces
NOTE Confidence: 0.9691659

00:17:23.720 --> 00:17:24.680 of chicken here. Again, I'm
NOTE Confidence: 0.9691659

00:17:24.680 --> 00:17:25.640 using my left hand because
NOTE Confidence: 0.9691659

00:17:25.640 --> 00:17:27.080 that's my wet hand, to
NOTE Confidence: 0.9691659

00:17:27.080 --> 00:17:28.040 get those into the bread
NOTE Confidence: 0.9691659

00:17:28.040 --> 00:17:29.240 crumbs. And then with my
NOTE Confidence: 0.9691659

00:17:29.240 --> 00:17:30.619 right hand, my dry hand,
NOTE Confidence: 0.9691659

00:17:30.675 --> 00:17:31.635 I'll go and I'll kinda
NOTE Confidence: 0.9691659

00:17:31.635 --> 00:17:32.994 just evenly toss. I'm gonna
NOTE Confidence: 0.9691659

00:17:32.994 --> 00:17:33.494 nice
NOTE Confidence: 0.9744666

00:17:33.875 --> 00:17:35.155 even coating around all these.

NOTE Confidence: 0.9744666
00:17:35.155 --> 00:17:35.795 Part of the thing I
NOTE Confidence: 0.9744666
00:17:35.795 --> 00:17:37.235 like about these panko breadcrumbs
NOTE Confidence: 0.9744666
00:17:37.235 --> 00:17:38.355 is that they're pretty much
NOTE Confidence: 0.9744666
00:17:38.355 --> 00:17:39.735 the same as regular breadcrumbs.
NOTE Confidence: 0.97248995
00:17:40.755 --> 00:17:42.195 The just the pieces of
NOTE Confidence: 0.97248995
00:17:42.195 --> 00:17:43.315 of bread are a little
NOTE Confidence: 0.97248995
00:17:43.315 --> 00:17:45.080 bit thicker, a little bit
NOTE Confidence: 0.97248995
00:17:45.080 --> 00:17:45.880 more there's a little more
NOTE Confidence: 0.97248995
00:17:45.880 --> 00:17:47.000 texture to them. They're not
NOTE Confidence: 0.97248995
00:17:47.000 --> 00:17:48.200 as finely or they're not
NOTE Confidence: 0.97248995
00:17:48.200 --> 00:17:49.420 as fine or as coarse.
NOTE Confidence: 0.97248995
00:17:49.480 --> 00:17:50.280 So you get kind of
NOTE Confidence: 0.97248995
00:17:50.280 --> 00:17:52.440 those nice, like, craggly pieces
NOTE Confidence: 0.97248995
00:17:52.440 --> 00:17:53.560 that you would sometimes get,
NOTE Confidence: 0.97248995
00:17:53.560 --> 00:17:54.680 like, with something like fried
NOTE Confidence: 0.97248995

00:17:54.680 --> 00:17:55.880 chicken. Right? Yeah. And then

NOTE Confidence: 0.97248995

00:17:55.880 --> 00:17:56.760 all I'm gonna do is

NOTE Confidence: 0.97248995

00:17:56.760 --> 00:17:58.040 move them over here. I

NOTE Confidence: 0.97248995

00:17:58.040 --> 00:18:00.164 got a little, prepared baking

NOTE Confidence: 0.97248995

00:18:00.164 --> 00:18:00.965 sheet there with just a

NOTE Confidence: 0.97248995

00:18:00.965 --> 00:18:02.184 piece of parchment paper.

NOTE Confidence: 0.99501467

00:18:02.804 --> 00:18:04.025 And I'm gonna get these

NOTE Confidence: 0.99501467

00:18:04.325 --> 00:18:05.065 all done

NOTE Confidence: 0.98527986

00:18:05.605 --> 00:18:07.605 and pop them into the

NOTE Confidence: 0.98527986

00:18:07.605 --> 00:18:09.044 oven, which I got preheated

NOTE Confidence: 0.98527986

00:18:09.044 --> 00:18:10.664 to about four hundred degrees.

NOTE Confidence: 0.97646654

00:18:11.070 --> 00:18:12.990 This absolutely works at home

NOTE Confidence: 0.97646654

00:18:12.990 --> 00:18:14.350 with whatever oven you've got.

NOTE Confidence: 0.97646654

00:18:14.350 --> 00:18:15.710 But I will say, you

NOTE Confidence: 0.97646654

00:18:15.710 --> 00:18:16.590 know, we just passed the

NOTE Confidence: 0.97646654

00:18:16.590 --> 00:18:17.470 holidays. So if you were

NOTE Confidence: 0.97646654

00:18:17.470 --> 00:18:18.510 lucky enough to get gifted

NOTE Confidence: 0.97646654

00:18:18.510 --> 00:18:19.409 an air fryer,

NOTE Confidence: 0.96676075

00:18:19.789 --> 00:18:21.950 great opportunity. Right? Yeah. What

NOTE Confidence: 0.96676075

00:18:21.950 --> 00:18:23.330 air frying is is basically,

NOTE Confidence: 0.9979443

00:18:24.664 --> 00:18:25.465 it's if you have an

NOTE Confidence: 0.9979443

00:18:25.465 --> 00:18:26.765 oven that does convection,

NOTE Confidence: 0.97935957

00:18:27.385 --> 00:18:28.505 air frying is basically the

NOTE Confidence: 0.97935957

00:18:28.505 --> 00:18:29.304 same thing. So it's like

NOTE Confidence: 0.97935957

00:18:29.304 --> 00:18:30.205 a normal oven,

NOTE Confidence: 0.94809777

00:18:30.664 --> 00:18:31.705 but then there's a fan

NOTE Confidence: 0.94809777

00:18:31.705 --> 00:18:32.744 in the back, and that

NOTE Confidence: 0.94809777

00:18:32.744 --> 00:18:33.945 fan moves the hot air

NOTE Confidence: 0.94809777

00:18:33.945 --> 00:18:35.085 around more rapidly.

NOTE Confidence: 0.9840062

00:18:36.424 --> 00:18:37.304 And what that does is

NOTE Confidence: 0.9840062

00:18:37.304 --> 00:18:38.585 it promotes things getting a

NOTE Confidence: 0.9840062

00:18:38.585 --> 00:18:39.705 little bit crispier, a little
NOTE Confidence: 0.9840062

00:18:39.705 --> 00:18:41.010 bit faster because that oven
NOTE Confidence: 0.9840062

00:18:41.010 --> 00:18:42.310 stays hotter for longer.
NOTE Confidence: 0.9683491

00:18:42.850 --> 00:18:43.730 So I think we can
NOTE Confidence: 0.9683491

00:18:43.730 --> 00:18:44.850 kinda zoom back out as
NOTE Confidence: 0.9683491

00:18:44.850 --> 00:18:46.210 I'm going down the the
NOTE Confidence: 0.9683491

00:18:46.210 --> 00:18:47.250 line here and getting this
NOTE Confidence: 0.9683491

00:18:47.250 --> 00:18:47.990 other chicken
NOTE Confidence: 0.99697953

00:18:48.530 --> 00:18:49.510 ready to go.
NOTE Confidence: 0.87025285

00:18:51.250 --> 00:18:52.869 For a good gluten free.
NOTE Confidence: 0.87025285

00:18:53.015 --> 00:18:54.395 A good gluten free.
NOTE Confidence: 0.82330376

00:18:55.415 --> 00:18:56.615 Okay. So, like, go ahead.
NOTE Confidence: 0.82330376

00:18:56.615 --> 00:18:57.815 I mean, even like rice
NOTE Confidence: 0.82330376

00:18:57.815 --> 00:18:59.095 krispies, like, I've seen people
NOTE Confidence: 0.82330376

00:18:59.095 --> 00:19:01.415 use Absolutely. Cornflakes works very
NOTE Confidence: 0.82330376

00:19:01.415 --> 00:19:02.315 well. Yep.

NOTE Confidence: 0.95237905
00:19:03.335 --> 00:19:04.615 You could also certainly make
NOTE Confidence: 0.95237905
00:19:04.615 --> 00:19:05.735 your own if you had
NOTE Confidence: 0.95237905
00:19:05.735 --> 00:19:06.855 the time. Of course, that
NOTE Confidence: 0.95237905
00:19:06.855 --> 00:19:07.920 is we're all in the
NOTE Confidence: 0.95237905
00:19:07.920 --> 00:19:08.800 we're all in the the
NOTE Confidence: 0.95237905
00:19:08.800 --> 00:19:09.920 mode of saving time today.
NOTE Confidence: 0.95237905
00:19:09.920 --> 00:19:10.800 So, of course, making your
NOTE Confidence: 0.95237905
00:19:10.800 --> 00:19:12.000 own breadcrumbs might not be
NOTE Confidence: 0.95237905
00:19:12.000 --> 00:19:13.280 realistic. They do have the
NOTE Confidence: 0.95237905
00:19:13.280 --> 00:19:14.640 gluten free panko ones that
NOTE Confidence: 0.95237905
00:19:14.640 --> 00:19:15.440 I've used, and they are
NOTE Confidence: 0.95237905
00:19:15.440 --> 00:19:17.440 actually really crispy. Yeah. They
NOTE Confidence: 0.95237905
00:19:17.440 --> 00:19:18.720 actually get the the chicken
NOTE Confidence: 0.95237905
00:19:18.720 --> 00:19:19.920 really crispy. So Mhmm. That's
NOTE Confidence: 0.95237905
00:19:19.920 --> 00:19:21.175 a good question. Yeah. Absolutely.
NOTE Confidence: 0.95237905

00:19:21.175 --> 00:19:22.055 And then, yeah, if you
NOTE Confidence: 0.95237905

00:19:22.055 --> 00:19:23.175 were ever interested in making
NOTE Confidence: 0.95237905

00:19:23.175 --> 00:19:24.375 your own bread crumbs, basically,
NOTE Confidence: 0.95237905

00:19:24.375 --> 00:19:25.015 what you would do is
NOTE Confidence: 0.95237905

00:19:25.015 --> 00:19:26.215 you would take some bread.
NOTE Confidence: 0.95237905

00:19:26.215 --> 00:19:27.415 Works best with stale bread
NOTE Confidence: 0.95237905

00:19:27.415 --> 00:19:28.295 because you're not gonna eat
NOTE Confidence: 0.95237905

00:19:28.295 --> 00:19:28.875 it anyway.
NOTE Confidence: 0.9564417

00:19:29.655 --> 00:19:30.855 Then you pop that bread,
NOTE Confidence: 0.9564417

00:19:30.855 --> 00:19:31.734 you know, cut it into
NOTE Confidence: 0.9564417

00:19:31.734 --> 00:19:33.015 little pieces, pop it in
NOTE Confidence: 0.9564417

00:19:33.015 --> 00:19:34.135 the oven so that it
NOTE Confidence: 0.9564417

00:19:34.135 --> 00:19:35.095 gets, you know, nice. And
NOTE Confidence: 0.9564417

00:19:35.095 --> 00:19:35.975 you really want it to
NOTE Confidence: 0.9564417

00:19:35.975 --> 00:19:38.109 be dehydrated, like ready to
NOTE Confidence: 0.9564417

00:19:38.109 --> 00:19:39.470 shatter if you were to

NOTE Confidence: 0.9564417

00:19:39.470 --> 00:19:40.510 drop it. And then what

NOTE Confidence: 0.9564417

00:19:40.510 --> 00:19:41.230 you do is you pop

NOTE Confidence: 0.9564417

00:19:41.230 --> 00:19:42.270 those pieces of bread into

NOTE Confidence: 0.9564417

00:19:42.270 --> 00:19:43.630 something like a large food

NOTE Confidence: 0.9564417

00:19:43.630 --> 00:19:44.830 processor and pulse it down

NOTE Confidence: 0.9564417

00:19:44.830 --> 00:19:45.869 until you have bread. Which

NOTE Confidence: 0.9564417

00:19:45.869 --> 00:19:46.670 would be so easy for

NOTE Confidence: 0.9564417

00:19:46.670 --> 00:19:47.869 gluten free because the bread

NOTE Confidence: 0.9564417

00:19:47.869 --> 00:19:49.650 is so dry anyway. Exactly.

NOTE Confidence: 0.9564417

00:19:49.650 --> 00:19:50.984 That is very true.

NOTE Confidence: 0.96464527

00:19:51.865 --> 00:19:53.705 Yeah. Perfect. Alrighty. Any other

NOTE Confidence: 0.96464527

00:19:53.705 --> 00:19:55.145 questions that have come through?

NOTE Confidence: 0.80610293

00:19:55.545 --> 00:19:56.924 So far. Perfect. Alrighty.

NOTE Confidence: 0.9802486

00:19:57.545 --> 00:19:58.585 Now one thing, obviously, you

NOTE Confidence: 0.9802486

00:19:58.585 --> 00:20:00.184 know, as we're kinda we're

NOTE Confidence: 0.9802486

00:20:00.184 --> 00:20:01.325 making the the
NOTE Confidence: 0.9768347

00:20:01.625 --> 00:20:02.744 the chicken tenders here, I
NOTE Confidence: 0.9768347

00:20:02.744 --> 00:20:04.045 think the obvious comparison
NOTE Confidence: 0.9685409

00:20:04.440 --> 00:20:05.720 that people might draw or
NOTE Confidence: 0.9685409

00:20:05.720 --> 00:20:07.399 question they might wonder about
NOTE Confidence: 0.9685409

00:20:07.399 --> 00:20:08.279 is, well, why don't I
NOTE Confidence: 0.9685409

00:20:08.279 --> 00:20:09.559 just buy, you know, chicken
NOTE Confidence: 0.9685409

00:20:09.559 --> 00:20:10.919 tenders at the grocery store?
NOTE Confidence: 0.9685409

00:20:10.919 --> 00:20:12.279 Right? If we're talking about
NOTE Confidence: 0.9685409

00:20:12.279 --> 00:20:13.639 saving time, there really is
NOTE Confidence: 0.9685409

00:20:13.799 --> 00:20:15.320 it's truly, like, you would
NOTE Confidence: 0.9685409

00:20:15.320 --> 00:20:16.519 save more time doing it
NOTE Confidence: 0.9685409

00:20:16.519 --> 00:20:17.559 at the grocery store. But
NOTE Confidence: 0.9685409

00:20:17.559 --> 00:20:19.105 you'll notice, like, I'm basically
NOTE Confidence: 0.9685409

00:20:19.105 --> 00:20:20.385 done. I have one little
NOTE Confidence: 0.9685409

00:20:20.385 --> 00:20:21.184 batch of chicken left to

NOTE Confidence: 0.9685409

00:20:21.184 --> 00:20:21.904 go here. I've been doing

NOTE Confidence: 0.9685409

00:20:21.904 --> 00:20:23.345 this for five minutes maybe.

NOTE Confidence: 0.9685409

00:20:23.345 --> 00:20:24.544 It'd go faster even if

NOTE Confidence: 0.9685409

00:20:24.544 --> 00:20:25.424 you had helpers at home.

NOTE Confidence: 0.9685409

00:20:25.424 --> 00:20:25.924 Right?

NOTE Confidence: 0.9369962

00:20:26.304 --> 00:20:27.605 But what we were we

NOTE Confidence: 0.9369962

00:20:27.744 --> 00:20:29.345 actually just looked at Tyson

NOTE Confidence: 0.9369962

00:20:29.505 --> 00:20:31.765 the Tyson chicken tenders. Right?

NOTE Confidence: 0.9369962

00:20:31.970 --> 00:20:33.170 We we compared the nutrition

NOTE Confidence: 0.9369962

00:20:33.170 --> 00:20:34.369 labels before we got on

NOTE Confidence: 0.9369962

00:20:34.369 --> 00:20:34.869 here,

NOTE Confidence: 0.996823

00:20:35.250 --> 00:20:36.850 and it was these were

NOTE Confidence: 0.996823

00:20:36.850 --> 00:20:38.850 less calories Yep. Way more

NOTE Confidence: 0.996823

00:20:38.850 --> 00:20:40.710 fiber Yep. Less fat,

NOTE Confidence: 0.98854023

00:20:41.090 --> 00:20:43.010 less sodium. Yeah. So pretty

NOTE Confidence: 0.98854023

00:20:43.010 --> 00:20:43.730 much all the things that
NOTE Confidence: 0.98854023

00:20:43.730 --> 00:20:44.530 you were talking about at
NOTE Confidence: 0.98854023

00:20:44.530 --> 00:20:45.830 the beginning there. Right?
NOTE Confidence: 0.9752065

00:20:47.054 --> 00:20:48.494 And, of course and, actually,
NOTE Confidence: 0.9752065

00:20:48.494 --> 00:20:49.615 the serving size on these
NOTE Confidence: 0.9752065

00:20:49.615 --> 00:20:50.655 was bigger as well. The
NOTE Confidence: 0.9752065

00:20:50.655 --> 00:20:52.095 Tyson chicken nuggets, the serving
NOTE Confidence: 0.9752065

00:20:52.095 --> 00:20:53.554 size was about three ounces,
NOTE Confidence: 0.9752065

00:20:53.615 --> 00:20:54.494 which is actually a very
NOTE Confidence: 0.9752065

00:20:54.494 --> 00:20:56.335 reasonable serving size. Generally speaking,
NOTE Confidence: 0.9752065

00:20:56.335 --> 00:20:57.375 when we're talking about our
NOTE Confidence: 0.9752065

00:20:57.375 --> 00:20:58.355 animal proteins,
NOTE Confidence: 0.95196944

00:20:58.655 --> 00:21:00.015 whether it's chicken or anything
NOTE Confidence: 0.95196944

00:21:00.015 --> 00:21:01.080 else, we We want we
NOTE Confidence: 0.95196944

00:21:01.080 --> 00:21:02.039 think of that serving size
NOTE Confidence: 0.95196944

00:21:02.039 --> 00:21:02.919 as being, like, three to

NOTE Confidence: 0.95196944
00:21:02.919 --> 00:21:04.200 five ounces, right about in
NOTE Confidence: 0.95196944
00:21:04.200 --> 00:21:04.840 there. It's about the size
NOTE Confidence: 0.95196944
00:21:04.840 --> 00:21:05.980 of a deck of cards,
NOTE Confidence: 0.98840654
00:21:06.280 --> 00:21:07.080 fits in the palm of
NOTE Confidence: 0.98840654
00:21:07.080 --> 00:21:08.359 your hand very well. But
NOTE Confidence: 0.98840654
00:21:08.359 --> 00:21:09.400 the serving size on these
NOTE Confidence: 0.98840654
00:21:09.400 --> 00:21:10.700 tenders is four ounces.
NOTE Confidence: 0.99826455
00:21:11.320 --> 00:21:12.200 So you actually get to
NOTE Confidence: 0.99826455
00:21:12.200 --> 00:21:13.160 enjoy a little bit more
NOTE Confidence: 0.99826455
00:21:13.400 --> 00:21:13.875 Mhmm.
NOTE Confidence: 0.9516137
00:21:14.835 --> 00:21:16.055 And with still less calories,
NOTE Confidence: 0.9516137
00:21:16.115 --> 00:21:18.035 less fat, more fiber. So
NOTE Confidence: 0.9516137
00:21:18.035 --> 00:21:19.555 truly more bang for your
NOTE Confidence: 0.9516137
00:21:19.555 --> 00:21:20.695 buck here. Right.
NOTE Confidence: 0.9852196
00:21:21.715 --> 00:21:22.994 And like I said, you
NOTE Confidence: 0.9852196

00:21:22.994 --> 00:21:23.815 know, those
NOTE Confidence: 0.93043137

00:21:24.115 --> 00:21:24.935 very quickly
NOTE Confidence: 0.97848314

00:21:26.450 --> 00:21:28.450 preps in large batches very
NOTE Confidence: 0.97848314

00:21:28.450 --> 00:21:29.730 well, and then you can
NOTE Confidence: 0.97848314

00:21:29.730 --> 00:21:31.010 customize the flavor. Right? You
NOTE Confidence: 0.97848314

00:21:31.010 --> 00:21:31.730 don't have to try to
NOTE Confidence: 0.97848314

00:21:31.730 --> 00:21:33.430 find some kinda, like, special
NOTE Confidence: 0.97848314

00:21:33.570 --> 00:21:34.770 version at the grocery store.
NOTE Confidence: 0.97848314

00:21:34.770 --> 00:21:35.990 If you want them spicy,
NOTE Confidence: 0.97848314

00:21:36.050 --> 00:21:36.930 you know, and maybe add
NOTE Confidence: 0.97848314

00:21:36.930 --> 00:21:37.830 a little cayenne,
NOTE Confidence: 0.9870299

00:21:38.290 --> 00:21:39.410 maybe add a little hot
NOTE Confidence: 0.9870299

00:21:39.410 --> 00:21:40.710 sauce into your chicken.
NOTE Confidence: 0.97319883

00:21:42.035 --> 00:21:42.915 And you'll see, right, I
NOTE Confidence: 0.97319883

00:21:42.915 --> 00:21:44.674 got pretty easily here, I
NOTE Confidence: 0.97319883

00:21:44.674 --> 00:21:46.135 got one little sheet pan

NOTE Confidence: 0.97319883

00:21:46.275 --> 00:21:47.395 filled up. I'm gonna pop

NOTE Confidence: 0.97319883

00:21:47.395 --> 00:21:48.595 these in the oven. And

NOTE Confidence: 0.97319883

00:21:48.595 --> 00:21:49.315 then by the time that

NOTE Confidence: 0.97319883

00:21:49.315 --> 00:21:50.195 we are done tonight, I'll

NOTE Confidence: 0.97319883

00:21:50.195 --> 00:21:51.715 have nice little crispy delicious

NOTE Confidence: 0.97319883

00:21:51.715 --> 00:21:52.755 pieces of chicken for us

NOTE Confidence: 0.97319883

00:21:52.755 --> 00:21:54.275 to sample. So I'm gonna

NOTE Confidence: 0.97319883

00:21:54.275 --> 00:21:55.155 wash my hands real quick,

NOTE Confidence: 0.97319883

00:21:55.155 --> 00:21:55.955 and then I'm gonna pop

NOTE Confidence: 0.97319883

00:21:55.955 --> 00:21:57.015 that in the oven.

NOTE Confidence: 0.49383014

00:22:04.490 --> 00:22:04.990 Alright.

NOTE Confidence: 0.966867

00:22:05.929 --> 00:22:07.049 Right. So like I said,

NOTE Confidence: 0.966867

00:22:07.049 --> 00:22:08.570 I got my oven going

NOTE Confidence: 0.966867

00:22:08.570 --> 00:22:10.090 to around four hundred degrees.

NOTE Confidence: 0.966867

00:22:10.090 --> 00:22:10.890 These are gonna go in

NOTE Confidence: 0.966867

00:22:10.890 --> 00:22:12.494 there for about ten to
NOTE Confidence: 0.966867

00:22:12.494 --> 00:22:13.475 fifteen minutes.
NOTE Confidence: 0.9984338

00:22:14.895 --> 00:22:15.855 And while we're doing that,
NOTE Confidence: 0.9984338

00:22:15.855 --> 00:22:16.734 we can talk about some
NOTE Confidence: 0.9984338

00:22:16.734 --> 00:22:18.675 of our other recipes tonight.
NOTE Confidence: 0.98030746

00:22:19.055 --> 00:22:20.435 We had a question too.
NOTE Confidence: 0.98030746

00:22:20.575 --> 00:22:21.375 What do I look for
NOTE Confidence: 0.98030746

00:22:21.375 --> 00:22:22.494 when buying chicken? There are
NOTE Confidence: 0.98030746

00:22:22.494 --> 00:22:23.615 so many types, same with
NOTE Confidence: 0.98030746

00:22:23.615 --> 00:22:24.115 eggs.
NOTE Confidence: 0.9978479

00:22:24.790 --> 00:22:26.710 Great question. Yeah. Really great
NOTE Confidence: 0.9978479

00:22:26.710 --> 00:22:27.609 question. So
NOTE Confidence: 0.9884219

00:22:28.150 --> 00:22:30.150 research shows that purchasing organic
NOTE Confidence: 0.9884219

00:22:30.150 --> 00:22:32.170 over nonorganic is not necessarily
NOTE Confidence: 0.9884219

00:22:32.310 --> 00:22:33.050 more nutritious.
NOTE Confidence: 0.9962135

00:22:34.230 --> 00:22:35.530 I think if you have

NOTE Confidence: 0.9962135
00:22:35.670 --> 00:22:37.510 local options, so local eggs,
NOTE Confidence: 0.9962135
00:22:37.510 --> 00:22:38.490 local chicken
NOTE Confidence: 0.9898569
00:22:38.945 --> 00:22:40.145 that you can purchase, that's
NOTE Confidence: 0.9898569
00:22:40.145 --> 00:22:40.645 obviously
NOTE Confidence: 0.9788966
00:22:41.025 --> 00:22:42.225 the best option because you
NOTE Confidence: 0.9788966
00:22:42.225 --> 00:22:43.744 have more control over, you
NOTE Confidence: 0.9788966
00:22:43.744 --> 00:22:45.025 know, how the chickens are
NOTE Confidence: 0.9788966
00:22:45.025 --> 00:22:46.385 are, you know, treated and
NOTE Confidence: 0.9788966
00:22:46.385 --> 00:22:47.765 processed and all of that.
NOTE Confidence: 0.9871782
00:22:49.105 --> 00:22:49.984 Really, I guess, it's up
NOTE Confidence: 0.9871782
00:22:49.984 --> 00:22:51.184 to your comfort level and
NOTE Confidence: 0.9871782
00:22:51.184 --> 00:22:53.230 also your budget. So if
NOTE Confidence: 0.9871782
00:22:53.230 --> 00:22:54.669 it's between not buying chicken
NOTE Confidence: 0.9871782
00:22:54.669 --> 00:22:56.049 because you can't afford it,
NOTE Confidence: 0.977017
00:22:57.150 --> 00:22:57.950 you know, because you can't
NOTE Confidence: 0.977017

00:22:57.950 --> 00:22:59.150 buy the organic chicken, it's
NOTE Confidence: 0.977017

00:22:59.150 --> 00:22:59.890 too expensive,
NOTE Confidence: 0.97542953

00:23:00.510 --> 00:23:02.270 or, you know, not doing
NOTE Confidence: 0.97542953

00:23:02.270 --> 00:23:02.990 it at all, I would
NOTE Confidence: 0.97542953

00:23:02.990 --> 00:23:04.109 say just buy the regular
NOTE Confidence: 0.97542953

00:23:04.109 --> 00:23:06.385 nonorganic chicken. Right? Yeah.
NOTE Confidence: 0.9591576

00:23:06.705 --> 00:23:07.905 Same with eggs. I mean,
NOTE Confidence: 0.9591576

00:23:07.905 --> 00:23:09.285 it's the same thing. There's
NOTE Confidence: 0.97025114

00:23:09.665 --> 00:23:11.825 there's truly nothing we've identified
NOTE Confidence: 0.97025114

00:23:11.825 --> 00:23:13.025 in research that shows that
NOTE Confidence: 0.97025114

00:23:13.025 --> 00:23:14.065 the organic egg is more
NOTE Confidence: 0.97025114

00:23:14.065 --> 00:23:14.565 nutritious.
NOTE Confidence: 0.9934537

00:23:15.345 --> 00:23:17.285 It's really just personal preference.
NOTE Confidence: 0.9934537

00:23:17.505 --> 00:23:18.145 But I would say if
NOTE Confidence: 0.9934537

00:23:18.145 --> 00:23:19.845 you can't afford organic eggs,
NOTE Confidence: 0.9632789

00:23:20.149 --> 00:23:21.750 get regular eggs. Get regular

NOTE Confidence: 0.9632789

00:23:21.750 --> 00:23:23.990 chicken. Yeah. Absolutely. And then

NOTE Confidence: 0.9632789

00:23:23.990 --> 00:23:24.869 even we can get in

NOTE Confidence: 0.9632789

00:23:24.950 --> 00:23:25.669 we could get into a

NOTE Confidence: 0.9632789

00:23:25.669 --> 00:23:27.210 little discussion about, like, chicken

NOTE Confidence: 0.9632789

00:23:27.269 --> 00:23:29.269 thigh versus chicken breast. Right?

NOTE Confidence: 0.9632789

00:23:29.269 --> 00:23:30.970 Or skin on versus skinless.

NOTE Confidence: 0.9632789

00:23:31.029 --> 00:23:31.990 Well, so alright. So when

NOTE Confidence: 0.9632789

00:23:31.990 --> 00:23:32.950 it comes to the thigh

NOTE Confidence: 0.9632789

00:23:32.950 --> 00:23:34.309 versus the breast, I mean,

NOTE Confidence: 0.9632789

00:23:34.309 --> 00:23:35.855 very comparable amount of of

NOTE Confidence: 0.9632789

00:23:35.855 --> 00:23:36.355 protein.

NOTE Confidence: 0.98716104

00:23:36.655 --> 00:23:38.415 Mhmm. The thigh tends to

NOTE Confidence: 0.98716104

00:23:38.415 --> 00:23:39.295 have a little bit more

NOTE Confidence: 0.98716104

00:23:39.295 --> 00:23:41.055 fat. Right? Yep. It's not

NOTE Confidence: 0.98716104

00:23:41.055 --> 00:23:41.855 to say the fat is

NOTE Confidence: 0.98716104

00:23:41.855 --> 00:23:42.895 the bad guy, but something
NOTE Confidence: 0.98716104

00:23:42.895 --> 00:23:44.494 to be conscious of. Right.
NOTE Confidence: 0.9914005

00:23:45.135 --> 00:23:46.095 I think where the more
NOTE Confidence: 0.9914005

00:23:46.095 --> 00:23:47.455 interesting conversation is maybe the
NOTE Confidence: 0.9914005

00:23:47.455 --> 00:23:48.575 skin on versus the skin
NOTE Confidence: 0.9914005

00:23:48.575 --> 00:23:49.694 off. Do you wanna talk
NOTE Confidence: 0.9914005

00:23:49.694 --> 00:23:51.068 about that while I gather
NOTE Confidence: 0.9914005

00:23:51.068 --> 00:23:52.442 my ingredients here a little?
NOTE Confidence: 0.9914005

00:23:52.442 --> 00:23:53.816 Yeah. Just leaving the skin
NOTE Confidence: 0.9914005

00:23:53.816 --> 00:23:55.739 on is gonna it it's
NOTE Confidence: 0.9914005

00:23:55.739 --> 00:23:57.113 gonna contain more fat. Right?
NOTE Confidence: 0.9914005

00:23:57.113 --> 00:23:58.487 More fat content. So if
NOTE Confidence: 0.9914005

00:23:58.487 --> 00:23:59.861 you're really looking to be
NOTE Confidence: 0.9914005

00:23:59.861 --> 00:24:01.235 more heart healthy, heart conscious,
NOTE Confidence: 0.9914005

00:24:01.510 --> 00:24:02.665 or heart disease in your
NOTE Confidence: 0.9914005

00:24:02.665 --> 00:24:03.865 family, trying to lower your

NOTE Confidence: 0.9914005

00:24:03.865 --> 00:24:05.865 LDL cholesterol or your total

NOTE Confidence: 0.9914005

00:24:05.865 --> 00:24:07.785 cholesterol, then removing the skin

NOTE Confidence: 0.9914005

00:24:07.785 --> 00:24:09.225 would be very ideal. Yep.

NOTE Confidence: 0.9914005

00:24:09.225 --> 00:24:10.185 If you have, you know,

NOTE Confidence: 0.9914005

00:24:10.185 --> 00:24:11.305 young kids, you're not so

NOTE Confidence: 0.9914005

00:24:11.305 --> 00:24:12.825 concerned about this, then, you

NOTE Confidence: 0.9914005

00:24:12.825 --> 00:24:14.185 know, skipping that step would

NOTE Confidence: 0.9914005

00:24:14.185 --> 00:24:14.700 be fine.

NOTE Confidence: 0.9523589

00:24:15.580 --> 00:24:17.100 And sometimes, you know, I

NOTE Confidence: 0.9523589

00:24:17.100 --> 00:24:17.840 will say,

NOTE Confidence: 0.965446

00:24:18.220 --> 00:24:19.419 a piece of chicken with

NOTE Confidence: 0.965446

00:24:19.419 --> 00:24:20.700 the skin on Mhmm. It

NOTE Confidence: 0.965446

00:24:20.700 --> 00:24:21.899 tastes really good. Right? It's

NOTE Confidence: 0.965446

00:24:21.899 --> 00:24:24.399 crispy. Right? Yep. My head,

NOTE Confidence: 0.97407806

00:24:25.019 --> 00:24:25.740 if I can then if

NOTE Confidence: 0.97407806

00:24:25.740 --> 00:24:26.779 I can do that chicken
NOTE Confidence: 0.97407806

00:24:26.779 --> 00:24:27.500 thigh or the chicken breast
NOTE Confidence: 0.97407806

00:24:27.500 --> 00:24:28.315 and it's got the skin
NOTE Confidence: 0.97407806

00:24:28.315 --> 00:24:29.195 on, but then I'm pairing
NOTE Confidence: 0.97407806

00:24:29.195 --> 00:24:29.994 it with, like, a lot
NOTE Confidence: 0.97407806

00:24:29.994 --> 00:24:31.755 of vegetables, and that skin
NOTE Confidence: 0.97407806

00:24:31.755 --> 00:24:32.955 is making that whole plate
NOTE Confidence: 0.97407806

00:24:32.955 --> 00:24:34.555 just more palatable. Yeah. Right?
NOTE Confidence: 0.97407806

00:24:34.555 --> 00:24:35.055 Like,
NOTE Confidence: 0.97167337

00:24:35.435 --> 00:24:36.395 for getting those veggies in
NOTE Confidence: 0.97167337

00:24:36.395 --> 00:24:37.675 there that maybe wouldn't otherwise
NOTE Confidence: 0.97167337

00:24:37.675 --> 00:24:39.275 be Yeah. Overall, still a
NOTE Confidence: 0.97167337

00:24:39.275 --> 00:24:40.609 thumbs up, we think. I
NOTE Confidence: 0.97167337

00:24:40.609 --> 00:24:41.410 say the same thing with,
NOTE Confidence: 0.97167337

00:24:41.410 --> 00:24:42.770 like, salad dressing. People always
NOTE Confidence: 0.97167337

00:24:42.770 --> 00:24:43.410 come to me. They're like,

NOTE Confidence: 0.97167337

00:24:43.410 --> 00:24:44.530 well, what's the best salad

NOTE Confidence: 0.97167337

00:24:44.530 --> 00:24:45.030 dressing?

NOTE Confidence: 0.9363518

00:24:45.330 --> 00:24:46.210 And I say, well, what

NOTE Confidence: 0.9363518

00:24:46.210 --> 00:24:47.570 salad dressing makes you eat

NOTE Confidence: 0.9363518

00:24:47.570 --> 00:24:48.930 salad? Yeah. What what makes

NOTE Confidence: 0.9363518

00:24:48.930 --> 00:24:50.130 you look forward to salad?

NOTE Confidence: 0.9363518

00:24:50.130 --> 00:24:51.250 Yeah. Because the salad dressing

NOTE Confidence: 0.9363518

00:24:51.250 --> 00:24:52.930 doesn't counteract the vegetables. No.

NOTE Confidence: 0.9363518

00:24:52.930 --> 00:24:53.730 They don't they don't they

NOTE Confidence: 0.9363518

00:24:53.730 --> 00:24:54.609 don't cut each other out.

NOTE Confidence: 0.9363518

00:24:54.609 --> 00:24:55.484 Right. It might have four

NOTE Confidence: 0.9363518

00:24:55.484 --> 00:24:56.685 grams of added sugar, but,

NOTE Confidence: 0.9363518

00:24:56.685 --> 00:24:57.185 again,

NOTE Confidence: 0.98233324

00:24:57.565 --> 00:25:00.225 if that Italian zesty dressing

NOTE Confidence: 0.98233324

00:25:00.365 --> 00:25:01.885 helps you eat, you know,

NOTE Confidence: 0.98233324

00:25:01.885 --> 00:25:03.165 two full cups of lettuce
NOTE Confidence: 0.98233324

00:25:03.165 --> 00:25:05.645 and cucumbers and tomato and,
NOTE Confidence: 0.98233324

00:25:05.645 --> 00:25:07.085 you know, tofu, then go
NOTE Confidence: 0.98233324

00:25:07.085 --> 00:25:08.285 for it. Right? Like, who
NOTE Confidence: 0.98233324

00:25:08.285 --> 00:25:09.085 are we to say to
NOTE Confidence: 0.98233324

00:25:09.085 --> 00:25:10.305 not do that? Absolutely.
NOTE Confidence: 0.95757484

00:25:11.700 --> 00:25:13.780 Great question, though. So perfect.
NOTE Confidence: 0.95757484

00:25:13.780 --> 00:25:14.280 So,
NOTE Confidence: 0.980267

00:25:14.980 --> 00:25:15.940 if we come back down
NOTE Confidence: 0.980267

00:25:15.940 --> 00:25:16.820 to my cutting board here,
NOTE Confidence: 0.980267

00:25:16.820 --> 00:25:17.700 I am gonna start working
NOTE Confidence: 0.980267

00:25:17.700 --> 00:25:19.460 on our pasta recipe. I'm
NOTE Confidence: 0.980267

00:25:19.460 --> 00:25:20.660 gonna see I got twelve
NOTE Confidence: 0.980267

00:25:20.660 --> 00:25:21.940 minutes on my chicken timer.
NOTE Confidence: 0.980267

00:25:21.940 --> 00:25:22.580 I'm gonna see if I
NOTE Confidence: 0.980267

00:25:22.580 --> 00:25:23.540 can get this whole thing

NOTE Confidence: 0.980267
00:25:23.540 --> 00:25:24.820 done in twelve minutes just
NOTE Confidence: 0.980267
00:25:24.820 --> 00:25:25.700 to show how easy it
NOTE Confidence: 0.980267
00:25:25.700 --> 00:25:26.359 is. So
NOTE Confidence: 0.97553766
00:25:26.715 --> 00:25:28.475 I've got a pan heating
NOTE Confidence: 0.97553766
00:25:28.475 --> 00:25:29.434 up on the stove to
NOTE Confidence: 0.97553766
00:25:29.434 --> 00:25:30.075 the to the right. I
NOTE Confidence: 0.97553766
00:25:30.075 --> 00:25:31.115 mean, they're just a big
NOTE Confidence: 0.97553766
00:25:31.115 --> 00:25:32.234 saute pan. Right now, I
NOTE Confidence: 0.97553766
00:25:32.234 --> 00:25:33.035 got it on a low
NOTE Confidence: 0.97553766
00:25:33.035 --> 00:25:34.234 heat just to kinda start
NOTE Confidence: 0.97553766
00:25:34.234 --> 00:25:35.515 going. When I get to
NOTE Confidence: 0.97553766
00:25:35.515 --> 00:25:36.635 start cooking, I'll raise that
NOTE Confidence: 0.97553766
00:25:36.635 --> 00:25:37.994 heat. I got some cloves
NOTE Confidence: 0.97553766
00:25:37.994 --> 00:25:39.515 of garlic here. I'm gonna
NOTE Confidence: 0.97553766
00:25:39.515 --> 00:25:40.554 show a really easy way
NOTE Confidence: 0.97553766

00:25:40.554 --> 00:25:42.174 to mince this. Though,
NOTE Confidence: 0.9534506

00:25:42.520 --> 00:25:43.400 some chefs get on their
NOTE Confidence: 0.9534506

00:25:43.400 --> 00:25:44.200 high horse about it a
NOTE Confidence: 0.9534506

00:25:44.200 --> 00:25:45.000 little bit. I am not
NOTE Confidence: 0.9534506

00:25:45.000 --> 00:25:46.600 opposed to jarred garlic or
NOTE Confidence: 0.9534506

00:25:46.600 --> 00:25:48.119 jar lick sometimes as it's
NOTE Confidence: 0.9534506

00:25:48.119 --> 00:25:49.160 called. Is there a difference?
NOTE Confidence: 0.9534506

00:25:49.160 --> 00:25:50.679 Like Yeah. So, I mean,
NOTE Confidence: 0.9534506

00:25:50.679 --> 00:25:51.960 the jarred garlic might be
NOTE Confidence: 0.9534506

00:25:51.960 --> 00:25:52.679 in a little bit of
NOTE Confidence: 0.9534506

00:25:52.679 --> 00:25:53.720 oil. So that's just something
NOTE Confidence: 0.9534506

00:25:53.720 --> 00:25:54.840 to be conscious of. Maybe
NOTE Confidence: 0.9534506

00:25:54.840 --> 00:25:55.720 all that means though is
NOTE Confidence: 0.9534506

00:25:55.720 --> 00:25:56.685 that when you add when
NOTE Confidence: 0.9534506

00:25:56.765 --> 00:25:57.965 you're still going to cook,
NOTE Confidence: 0.9534506

00:25:57.965 --> 00:25:58.765 maybe just add a little

NOTE Confidence: 0.9534506

00:25:58.765 --> 00:25:59.985 less oil to the pan

NOTE Confidence: 0.9534506

00:26:00.045 --> 00:26:00.845 because you know that there's

NOTE Confidence: 0.9534506

00:26:00.845 --> 00:26:02.225 some in your garlic already.

NOTE Confidence: 0.9890153

00:26:02.765 --> 00:26:03.825 Otherwise, nutritionally,

NOTE Confidence: 0.97912204

00:26:04.365 --> 00:26:05.405 it's the same thing. I

NOTE Confidence: 0.97912204

00:26:05.405 --> 00:26:06.685 think it still tastes plenty

NOTE Confidence: 0.97912204

00:26:06.685 --> 00:26:07.805 good. But if you're interested

NOTE Confidence: 0.97912204

00:26:07.805 --> 00:26:09.005 in knowing how to easily

NOTE Confidence: 0.97912204

00:26:09.005 --> 00:26:10.045 mince your garlic, what I

NOTE Confidence: 0.97912204

00:26:10.045 --> 00:26:11.050 recommend is bring it to

NOTE Confidence: 0.97912204

00:26:11.050 --> 00:26:11.850 the edge of your cutting

NOTE Confidence: 0.97912204

00:26:11.850 --> 00:26:12.890 board here, almost to the

NOTE Confidence: 0.97912204

00:26:12.890 --> 00:26:13.690 point where it's off, and

NOTE Confidence: 0.97912204

00:26:13.690 --> 00:26:14.890 then rest your knife on

NOTE Confidence: 0.97912204

00:26:14.890 --> 00:26:16.170 top and then to the

NOTE Confidence: 0.97912204

00:26:16.170 --> 00:26:17.450 point where this the handle
NOTE Confidence: 0.97912204

00:26:17.450 --> 00:26:18.490 is also off the cutting
NOTE Confidence: 0.97912204

00:26:18.490 --> 00:26:19.850 board. Sometimes what folks might
NOTE Confidence: 0.97912204

00:26:19.850 --> 00:26:20.490 do is they take their
NOTE Confidence: 0.97912204

00:26:20.490 --> 00:26:21.290 hand way up high and
NOTE Confidence: 0.97912204

00:26:21.290 --> 00:26:22.410 they, like, slam it down
NOTE Confidence: 0.97912204

00:26:22.410 --> 00:26:23.210 on the knife. You don't
NOTE Confidence: 0.97912204

00:26:23.210 --> 00:26:24.250 actually have to do that
NOTE Confidence: 0.97912204

00:26:24.250 --> 00:26:25.555 to crack your garlic. All
NOTE Confidence: 0.97912204

00:26:25.555 --> 00:26:26.595 we're gonna do is rest
NOTE Confidence: 0.97912204

00:26:26.595 --> 00:26:27.715 our knife on top. Maybe
NOTE Confidence: 0.97912204

00:26:27.715 --> 00:26:29.795 angle that blade slightly down
NOTE Confidence: 0.97912204

00:26:29.795 --> 00:26:30.775 just for safety.
NOTE Confidence: 0.93190205

00:26:31.155 --> 00:26:32.595 Rest our heel of our
NOTE Confidence: 0.93190205

00:26:32.595 --> 00:26:33.555 of our other hand on
NOTE Confidence: 0.93190205

00:26:33.555 --> 00:26:34.355 top and then give a

NOTE Confidence: 0.93190205

00:26:34.355 --> 00:26:35.255 nice press.

NOTE Confidence: 0.98729503

00:26:35.875 --> 00:26:36.994 Get a nice little crack

NOTE Confidence: 0.98729503

00:26:36.994 --> 00:26:38.115 there. I hope the microphone

NOTE Confidence: 0.98729503

00:26:38.115 --> 00:26:39.075 picked it up. But then

NOTE Confidence: 0.98729503

00:26:39.075 --> 00:26:39.895 you'll see that

NOTE Confidence: 0.9656996

00:26:40.250 --> 00:26:42.010 skin of our garlic comes

NOTE Confidence: 0.9656996

00:26:42.010 --> 00:26:43.130 off all in one nice

NOTE Confidence: 0.9656996

00:26:43.130 --> 00:26:44.890 piece. Our our the garlic

NOTE Confidence: 0.9656996

00:26:44.890 --> 00:26:45.710 lays there.

NOTE Confidence: 0.98092633

00:26:46.170 --> 00:26:48.090 Those pieces of, garlic skin,

NOTE Confidence: 0.98092633

00:26:48.090 --> 00:26:48.890 I will set off to

NOTE Confidence: 0.98092633

00:26:48.890 --> 00:26:49.850 the side. Maybe if we

NOTE Confidence: 0.98092633

00:26:49.850 --> 00:26:50.890 have time, we can talk

NOTE Confidence: 0.98092633

00:26:50.890 --> 00:26:52.410 about some uses for our

NOTE Confidence: 0.98092633

00:26:52.410 --> 00:26:54.250 vegetable scraps like making vegetable

NOTE Confidence: 0.98092633

00:26:54.250 --> 00:26:55.455 stock. We can we can
NOTE Confidence: 0.98092633

00:26:55.455 --> 00:26:56.835 circle back around to that.
NOTE Confidence: 0.9686963

00:26:57.455 --> 00:26:59.215 So same thing, garlic here.
NOTE Confidence: 0.9686963

00:26:59.215 --> 00:27:00.655 Sometimes when garlic tends to
NOTE Confidence: 0.9686963

00:27:00.655 --> 00:27:02.175 get a little older, like
NOTE Confidence: 0.9686963

00:27:02.175 --> 00:27:03.615 these pieces are, the ends
NOTE Confidence: 0.9686963

00:27:03.615 --> 00:27:05.234 of the garlic will be,
NOTE Confidence: 0.99120796

00:27:05.934 --> 00:27:07.375 a little more dried out.
NOTE Confidence: 0.99120796

00:27:07.375 --> 00:27:08.255 So we can always give
NOTE Confidence: 0.99120796

00:27:08.255 --> 00:27:09.635 that a little trim
NOTE Confidence: 0.9928638

00:27:10.039 --> 00:27:10.919 and set that off to
NOTE Confidence: 0.9928638

00:27:10.919 --> 00:27:11.960 the side. And then I
NOTE Confidence: 0.9928638

00:27:11.960 --> 00:27:13.320 want this minced, which really
NOTE Confidence: 0.9928638

00:27:13.320 --> 00:27:14.840 just means small pieces. They
NOTE Confidence: 0.9928638

00:27:14.840 --> 00:27:16.140 don't need to be uniform.
NOTE Confidence: 0.98297215

00:27:16.520 --> 00:27:17.799 So I'm gonna just give

NOTE Confidence: 0.98297215

00:27:17.799 --> 00:27:19.580 this a couple rough chops.

NOTE Confidence: 0.98297215

00:27:19.640 --> 00:27:20.140 Right?

NOTE Confidence: 0.97449285

00:27:21.159 --> 00:27:22.200 And something that we love

NOTE Confidence: 0.97449285

00:27:22.200 --> 00:27:22.919 to talk about in the

NOTE Confidence: 0.97449285

00:27:22.919 --> 00:27:24.039 teaching kitchen here, right, is,

NOTE Confidence: 0.97449285

00:27:24.039 --> 00:27:25.419 of course, our knife skills,

NOTE Confidence: 0.9647536

00:27:25.924 --> 00:27:27.525 getting good practice there, always

NOTE Confidence: 0.9647536

00:27:27.525 --> 00:27:28.804 making sure our hand is

NOTE Confidence: 0.9647536

00:27:28.804 --> 00:27:29.525 safe. You know, it's that

NOTE Confidence: 0.9647536

00:27:29.525 --> 00:27:30.565 thumb and the pinky are

NOTE Confidence: 0.9647536

00:27:30.565 --> 00:27:32.484 tucked behind my other fingers

NOTE Confidence: 0.9647536

00:27:32.484 --> 00:27:33.845 there. But so I got

NOTE Confidence: 0.9647536

00:27:33.845 --> 00:27:35.284 my garlic roughly chopped here.

NOTE Confidence: 0.9647536

00:27:35.284 --> 00:27:36.244 And then to mince it,

NOTE Confidence: 0.9647536

00:27:36.244 --> 00:27:37.125 what you're gonna do is

NOTE Confidence: 0.9647536

00:27:37.125 --> 00:27:38.325 set your knife off to
NOTE Confidence: 0.9647536

00:27:38.325 --> 00:27:40.070 the side, rest your hand
NOTE Confidence: 0.9647536

00:27:40.130 --> 00:27:41.169 on top. For me, I
NOTE Confidence: 0.9647536

00:27:41.169 --> 00:27:42.390 tuck my thumb
NOTE Confidence: 0.9345226

00:27:42.929 --> 00:27:44.289 in so I don't accidentally
NOTE Confidence: 0.9345226

00:27:44.289 --> 00:27:45.409 cut it resting on top
NOTE Confidence: 0.9345226

00:27:45.409 --> 00:27:46.289 there. And then I do
NOTE Confidence: 0.9345226

00:27:46.289 --> 00:27:47.990 a nice little rocking motion
NOTE Confidence: 0.9345226

00:27:48.049 --> 00:27:48.950 back and forth
NOTE Confidence: 0.9610946

00:27:49.970 --> 00:27:51.585 through my garlic here. And
NOTE Confidence: 0.9610946

00:27:51.585 --> 00:27:52.705 it depends if you want
NOTE Confidence: 0.9610946

00:27:52.705 --> 00:27:54.065 a little bit more pronounced,
NOTE Confidence: 0.9610946

00:27:54.065 --> 00:27:55.744 like, kinda raw garlic flavor,
NOTE Confidence: 0.9610946

00:27:55.744 --> 00:27:57.125 you could leave these pieces
NOTE Confidence: 0.9610946

00:27:57.265 --> 00:27:58.865 a little larger. But you
NOTE Confidence: 0.9610946

00:27:58.865 --> 00:28:00.385 can also go as small

NOTE Confidence: 0.9610946

00:28:00.385 --> 00:28:01.905 as you want, especially if

NOTE Confidence: 0.9610946

00:28:01.905 --> 00:28:03.025 you tend to not tolerate

NOTE Confidence: 0.9610946

00:28:03.025 --> 00:28:04.650 garlic as well, finely chopped,

NOTE Confidence: 0.9610946

00:28:04.730 --> 00:28:05.790 little bit better tolerated.

NOTE Confidence: 0.9982059

00:28:06.170 --> 00:28:07.210 And if you don't tolerate

NOTE Confidence: 0.9982059

00:28:07.210 --> 00:28:08.430 fresh garlic, certainly

NOTE Confidence: 0.9378076

00:28:08.890 --> 00:28:10.250 a little bit of, you

NOTE Confidence: 0.9378076

00:28:10.250 --> 00:28:12.010 know, powdered dry garlic is

NOTE Confidence: 0.9378076

00:28:12.010 --> 00:28:13.369 fine as well. We got

NOTE Confidence: 0.9378076

00:28:13.369 --> 00:28:14.730 our nice little chopped pile

NOTE Confidence: 0.9378076

00:28:14.730 --> 00:28:15.230 here.

NOTE Confidence: 0.95278037

00:28:15.690 --> 00:28:16.570 You can use a knife

NOTE Confidence: 0.95278037

00:28:16.570 --> 00:28:17.210 to pick it up, but

NOTE Confidence: 0.95278037

00:28:17.210 --> 00:28:18.490 also I love using my

NOTE Confidence: 0.95278037

00:28:18.490 --> 00:28:20.054 bench scraper here. Typically, you'd

NOTE Confidence: 0.95278037

00:28:20.054 --> 00:28:20.775 see it in a big
NOTE Confidence: 0.95278037

00:28:20.775 --> 00:28:22.054 shop for cutting pieces of
NOTE Confidence: 0.95278037

00:28:22.054 --> 00:28:23.174 dough, but also works really
NOTE Confidence: 0.95278037

00:28:23.174 --> 00:28:24.775 well as a really nice
NOTE Confidence: 0.95278037

00:28:24.775 --> 00:28:26.215 easy surface to pick things
NOTE Confidence: 0.95278037

00:28:26.215 --> 00:28:27.994 up off your cutting board.
NOTE Confidence: 0.96826816

00:28:28.535 --> 00:28:29.655 I don't always love to
NOTE Confidence: 0.96826816

00:28:29.655 --> 00:28:30.615 tell people that you need
NOTE Confidence: 0.96826816

00:28:30.615 --> 00:28:31.415 to go out and buy
NOTE Confidence: 0.96826816

00:28:31.415 --> 00:28:33.300 every fancy kitchen gadget. This
NOTE Confidence: 0.96826816

00:28:33.300 --> 00:28:34.580 one's pretty handy, especially just
NOTE Confidence: 0.96826816

00:28:34.580 --> 00:28:35.540 so easy to grab. It's
NOTE Confidence: 0.96826816

00:28:35.540 --> 00:28:36.500 got a nice thick handle
NOTE Confidence: 0.96826816

00:28:36.500 --> 00:28:37.000 there.
NOTE Confidence: 0.99462867

00:28:37.380 --> 00:28:38.420 So we got that. And
NOTE Confidence: 0.99462867

00:28:38.420 --> 00:28:39.860 then the other vegetable that's

NOTE Confidence: 0.99462867

00:28:39.860 --> 00:28:40.760 going into

NOTE Confidence: 0.98828816

00:28:41.220 --> 00:28:43.080 our pasta is this beautiful

NOTE Confidence: 0.98828816

00:28:43.220 --> 00:28:44.340 kale here. Now I usually

NOTE Confidence: 0.98828816

00:28:44.340 --> 00:28:45.300 would buy green kale at

NOTE Confidence: 0.98828816

00:28:45.300 --> 00:28:46.280 the grocery store.

NOTE Confidence: 0.98183924

00:28:46.580 --> 00:28:47.925 Couldn't find it this time.

NOTE Confidence: 0.98183924

00:28:48.005 --> 00:28:49.625 This kale has purple stems.

NOTE Confidence: 0.98183924

00:28:49.685 --> 00:28:51.045 Nutritionally, they're all pretty much

NOTE Confidence: 0.98183924

00:28:51.045 --> 00:28:51.705 the same.

NOTE Confidence: 0.99531734

00:28:52.165 --> 00:28:53.685 Different colors of vegetables do

NOTE Confidence: 0.99531734

00:28:53.685 --> 00:28:55.065 give us different micronutrients

NOTE Confidence: 0.959317

00:28:55.445 --> 00:28:56.745 and the and the phytochemicals.

NOTE Confidence: 0.99334615

00:28:57.045 --> 00:28:58.325 So there is technically something

NOTE Confidence: 0.99334615

00:28:58.325 --> 00:28:59.365 to be said about if

NOTE Confidence: 0.99334615

00:28:59.365 --> 00:29:00.745 you can find purple kale,

NOTE Confidence: 0.98400503

00:29:01.090 --> 00:29:02.050 great. I mean, it looks
NOTE Confidence: 0.98400503

00:29:02.050 --> 00:29:03.090 pretty. It's gonna look really
NOTE Confidence: 0.98400503

00:29:03.090 --> 00:29:04.950 pretty in our finished dish.
NOTE Confidence: 0.98400503

00:29:05.010 --> 00:29:06.450 But if you can't find
NOTE Confidence: 0.98400503

00:29:06.450 --> 00:29:07.190 fresh kale,
NOTE Confidence: 0.9781718

00:29:07.810 --> 00:29:09.330 frozen kale works just as
NOTE Confidence: 0.9781718

00:29:09.330 --> 00:29:10.610 well. And if you don't
NOTE Confidence: 0.9781718

00:29:10.610 --> 00:29:11.570 love the taste of kale,
NOTE Confidence: 0.9781718

00:29:11.570 --> 00:29:12.210 I get it. It's a
NOTE Confidence: 0.9781718

00:29:12.210 --> 00:29:13.570 little sometimes for people, it's
NOTE Confidence: 0.9781718

00:29:13.570 --> 00:29:14.210 a little much. It could
NOTE Confidence: 0.9781718

00:29:14.210 --> 00:29:16.544 be intimidating. Yeah. Spinach works
NOTE Confidence: 0.9781718

00:29:16.544 --> 00:29:17.505 just as well. Right? A
NOTE Confidence: 0.9781718

00:29:17.505 --> 00:29:18.865 dark leafy green in this
NOTE Confidence: 0.9781718

00:29:18.865 --> 00:29:20.065 vegetable is really what we're
NOTE Confidence: 0.9781718

00:29:20.065 --> 00:29:21.664 aiming for. And spinach, especially

NOTE Confidence: 0.9781718

00:29:21.664 --> 00:29:22.465 for kids, might be a

NOTE Confidence: 0.9781718

00:29:22.465 --> 00:29:24.145 little more tolerated. Yeah. But

NOTE Confidence: 0.9781718

00:29:24.145 --> 00:29:24.945 if you wanna zoom back

NOTE Confidence: 0.9781718

00:29:24.945 --> 00:29:25.585 in on the cutting board

NOTE Confidence: 0.9781718

00:29:25.585 --> 00:29:26.304 here, I just wanna show

NOTE Confidence: 0.9781718

00:29:26.304 --> 00:29:26.804 y'all

NOTE Confidence: 0.99755055

00:29:27.184 --> 00:29:28.065 what I'm gonna do with

NOTE Confidence: 0.99755055

00:29:28.065 --> 00:29:28.945 this kale. So it's going

NOTE Confidence: 0.99755055

00:29:28.945 --> 00:29:30.245 into a pasta dish.

NOTE Confidence: 0.95818317

00:29:30.550 --> 00:29:31.670 The stems down here at

NOTE Confidence: 0.95818317

00:29:31.670 --> 00:29:32.790 the bottom of the kale,

NOTE Confidence: 0.95818317

00:29:32.790 --> 00:29:34.390 this is a little more

NOTE Confidence: 0.95818317

00:29:34.390 --> 00:29:36.310 dried out, tough. You can't

NOTE Confidence: 0.95818317

00:29:36.390 --> 00:29:37.430 like, I'm squeezing it between

NOTE Confidence: 0.95818317

00:29:37.430 --> 00:29:38.470 my fingers and I can't

NOTE Confidence: 0.95818317

00:29:38.470 --> 00:29:39.510 even crush it. But if
NOTE Confidence: 0.95818317

00:29:39.510 --> 00:29:40.150 I come up to these
NOTE Confidence: 0.95818317

00:29:40.150 --> 00:29:41.270 stems up here nearby the
NOTE Confidence: 0.95818317

00:29:41.270 --> 00:29:43.050 leaves, little bit more delicate.
NOTE Confidence: 0.95818317

00:29:43.325 --> 00:29:44.285 And so what I'm gonna
NOTE Confidence: 0.95818317

00:29:44.285 --> 00:29:45.645 do is actually just give
NOTE Confidence: 0.95818317

00:29:45.645 --> 00:29:47.725 one nice clean chop and
NOTE Confidence: 0.95818317

00:29:47.725 --> 00:29:49.165 get those bottom stems off
NOTE Confidence: 0.95818317

00:29:49.165 --> 00:29:50.145 and out of the way.
NOTE Confidence: 0.95818317

00:29:50.205 --> 00:29:51.005 And then I'm left with
NOTE Confidence: 0.95818317

00:29:51.005 --> 00:29:52.125 this bit up here. Now
NOTE Confidence: 0.95818317

00:29:52.125 --> 00:29:53.165 if you, for any reason,
NOTE Confidence: 0.95818317

00:29:53.165 --> 00:29:54.045 if you have any kinda
NOTE Confidence: 0.95818317

00:29:54.045 --> 00:29:55.789 digestive issues maybe, you can
NOTE Confidence: 0.95818317

00:29:55.789 --> 00:29:56.669 get rid of those stems
NOTE Confidence: 0.95818317

00:29:56.669 --> 00:29:58.030 entirely and kind of just

NOTE Confidence: 0.95818317
00:29:58.030 --> 00:29:59.090 cut the leaves
NOTE Confidence: 0.9857376
00:30:00.030 --> 00:30:01.710 off either side there. Very
NOTE Confidence: 0.9857376
00:30:01.710 --> 00:30:03.150 little waste to set aside
NOTE Confidence: 0.9857376
00:30:03.150 --> 00:30:04.110 here, and then we'll get
NOTE Confidence: 0.9857376
00:30:04.110 --> 00:30:05.309 a nice little pile of
NOTE Confidence: 0.9857376
00:30:05.309 --> 00:30:06.370 our kale greens.
NOTE Confidence: 0.98754966
00:30:07.070 --> 00:30:07.950 And then as you get
NOTE Confidence: 0.98754966
00:30:07.950 --> 00:30:09.409 confident, you could really do
NOTE Confidence: 0.98754966
00:30:09.544 --> 00:30:10.904 a couple leaves at once.
NOTE Confidence: 0.98754966
00:30:10.904 --> 00:30:12.184 Right? Sit them all kind
NOTE Confidence: 0.98754966
00:30:12.184 --> 00:30:13.065 of on top of each
NOTE Confidence: 0.98754966
00:30:13.065 --> 00:30:14.284 other with those stems
NOTE Confidence: 0.9140042
00:30:14.745 --> 00:30:15.565 lined up.
NOTE Confidence: 0.9787445
00:30:15.945 --> 00:30:17.784 Take your knife down on
NOTE Confidence: 0.9787445
00:30:17.784 --> 00:30:18.605 one side,
NOTE Confidence: 0.9887441

00:30:19.625 --> 00:30:20.745 and then take your knife
NOTE Confidence: 0.9887441

00:30:20.745 --> 00:30:22.380 down on the other. And
NOTE Confidence: 0.9887441

00:30:22.380 --> 00:30:23.260 then you can always come
NOTE Confidence: 0.9887441

00:30:23.260 --> 00:30:24.060 in and do a little
NOTE Confidence: 0.9887441

00:30:24.060 --> 00:30:25.200 bit of cleanup here
NOTE Confidence: 0.94070697

00:30:25.740 --> 00:30:27.100 on there and just get
NOTE Confidence: 0.94070697

00:30:27.100 --> 00:30:28.460 those thick stems out of
NOTE Confidence: 0.94070697

00:30:28.460 --> 00:30:29.340 the way. The stems are
NOTE Confidence: 0.94070697

00:30:29.340 --> 00:30:31.500 edible. Absolutely. It is more
NOTE Confidence: 0.94070697

00:30:31.500 --> 00:30:33.500 of a, a tolerance thing.
NOTE Confidence: 0.94070697

00:30:33.500 --> 00:30:34.800 Again, they're kinda tough,
NOTE Confidence: 0.9906099

00:30:36.025 --> 00:30:37.065 really chewed on. And if
NOTE Confidence: 0.9906099

00:30:37.065 --> 00:30:38.505 you're gonna cook the, the
NOTE Confidence: 0.9906099

00:30:38.505 --> 00:30:39.005 stems,
NOTE Confidence: 0.9757715

00:30:40.265 --> 00:30:41.385 that's kinda where we're gonna
NOTE Confidence: 0.9757715

00:30:41.385 --> 00:30:42.105 do, like, a low and

NOTE Confidence: 0.9757715

00:30:42.105 --> 00:30:43.065 slow where you wanna cook

NOTE Confidence: 0.9757715

00:30:43.065 --> 00:30:44.265 for a very long time.

NOTE Confidence: 0.9757715

00:30:44.265 --> 00:30:45.625 Whereas for here, we're doing

NOTE Confidence: 0.9757715

00:30:45.625 --> 00:30:46.585 a pretty quick cook because

NOTE Confidence: 0.9757715

00:30:46.585 --> 00:30:47.465 we're gonna cook it just

NOTE Confidence: 0.9757715

00:30:47.465 --> 00:30:48.470 in our pan. If you

NOTE Confidence: 0.9757715

00:30:48.470 --> 00:30:49.270 make a salad with this,

NOTE Confidence: 0.9757715

00:30:49.270 --> 00:30:49.990 you would do the same

NOTE Confidence: 0.9757715

00:30:49.990 --> 00:30:51.430 thing? Yep. Very similar. I

NOTE Confidence: 0.9757715

00:30:51.430 --> 00:30:52.390 would take the stems,

NOTE Confidence: 0.947515

00:30:52.710 --> 00:30:53.670 off. I would just use

NOTE Confidence: 0.947515

00:30:53.670 --> 00:30:54.390 the leaves. And then if

NOTE Confidence: 0.947515

00:30:54.390 --> 00:30:55.350 I was making a salad,

NOTE Confidence: 0.947515

00:30:55.350 --> 00:30:56.230 what I would actually do

NOTE Confidence: 0.947515

00:30:56.230 --> 00:30:57.430 is I would massage the

NOTE Confidence: 0.947515

00:30:57.430 --> 00:30:59.030 kale. Okay. Sometimes I think

NOTE Confidence: 0.947515

00:30:59.030 --> 00:31:00.310 people feel like sounds a

NOTE Confidence: 0.947515

00:31:00.310 --> 00:31:01.050 little silly.

NOTE Confidence: 0.9917798

00:31:01.765 --> 00:31:02.965 But kale, if you've ever

NOTE Confidence: 0.9917798

00:31:02.965 --> 00:31:04.185 tried to eat it raw,

NOTE Confidence: 0.9715068

00:31:04.645 --> 00:31:05.925 kinda is like a little

NOTE Confidence: 0.9715068

00:31:05.925 --> 00:31:07.785 like tough and bitter. Right?

NOTE Confidence: 0.9715068

00:31:07.845 --> 00:31:09.285 Cooking it helps relax that

NOTE Confidence: 0.9715068

00:31:09.285 --> 00:31:10.085 a little bit, but then

NOTE Confidence: 0.9715068

00:31:10.085 --> 00:31:11.365 also the massaging it. So

NOTE Confidence: 0.9715068

00:31:11.365 --> 00:31:12.165 what I would do is

NOTE Confidence: 0.9715068

00:31:12.165 --> 00:31:13.465 I would take a towel,

NOTE Confidence: 0.9715068

00:31:13.605 --> 00:31:14.940 lay it down, put my

NOTE Confidence: 0.9715068

00:31:14.940 --> 00:31:17.020 chopped leaves on that towel,

NOTE Confidence: 0.9715068

00:31:17.020 --> 00:31:18.140 then rest another towel on

NOTE Confidence: 0.9715068

00:31:18.140 --> 00:31:19.260 top, and then literally, like,

NOTE Confidence: 0.9715068

00:31:19.260 --> 00:31:20.139 give it a massage for

NOTE Confidence: 0.9715068

00:31:20.139 --> 00:31:21.340 a couple minutes. That helps

NOTE Confidence: 0.9715068

00:31:21.340 --> 00:31:23.020 release some of the,

NOTE Confidence: 0.94066846

00:31:23.580 --> 00:31:24.559 some of the gases,

NOTE Confidence: 0.9844581

00:31:25.419 --> 00:31:27.020 which contributes to the bitterness,

NOTE Confidence: 0.9844581

00:31:27.020 --> 00:31:27.820 makes it a little more

NOTE Confidence: 0.9844581

00:31:27.820 --> 00:31:29.520 palatable, easily digestible.

NOTE Confidence: 0.96986115

00:31:29.899 --> 00:31:30.855 So but, yeah, you can

NOTE Confidence: 0.96986115

00:31:30.855 --> 00:31:32.615 absolutely enjoy raw kale. Some

NOTE Confidence: 0.96986115

00:31:32.615 --> 00:31:33.735 people massage it with olive

NOTE Confidence: 0.96986115

00:31:33.735 --> 00:31:35.255 oil. Is that necessary? I've

NOTE Confidence: 0.96986115

00:31:35.255 --> 00:31:36.295 seen that before. I don't

NOTE Confidence: 0.96986115

00:31:36.295 --> 00:31:37.115 think it's necessarily

NOTE Confidence: 0.9646359

00:31:37.655 --> 00:31:39.575 necessary, but I do like

NOTE Confidence: 0.9646359

00:31:39.575 --> 00:31:41.015 that, you know, if it's

NOTE Confidence: 0.9646359

00:31:41.015 --> 00:31:41.895 gonna make it again, it's
NOTE Confidence: 0.9646359

00:31:41.895 --> 00:31:42.695 gonna make you eat the
NOTE Confidence: 0.9646359

00:31:42.695 --> 00:31:44.135 vegetables Yeah. Then go for
NOTE Confidence: 0.9646359

00:31:44.135 --> 00:31:45.490 it. So great question. So,
NOTE Confidence: 0.9646359

00:31:45.490 --> 00:31:46.370 Daniel, I think we can
NOTE Confidence: 0.9646359

00:31:46.370 --> 00:31:47.570 zoom back out while we're
NOTE Confidence: 0.9646359

00:31:47.570 --> 00:31:48.929 chatting here because I think
NOTE Confidence: 0.9646359

00:31:48.929 --> 00:31:50.150 folks get the idea
NOTE Confidence: 0.8646892

00:31:50.530 --> 00:31:52.070 about what I'm doing here.
NOTE Confidence: 0.87578905

00:31:52.530 --> 00:31:54.210 Doing on time. Probably a
NOTE Confidence: 0.87578905

00:31:54.210 --> 00:31:55.490 couple minutes behind. That's because
NOTE Confidence: 0.87578905

00:31:55.490 --> 00:31:56.770 that's because I'm yapping. That's
NOTE Confidence: 0.87578905

00:31:56.770 --> 00:31:57.270 alright.
NOTE Confidence: 0.9365649

00:31:58.455 --> 00:31:59.815 The chat part. Exactly. That
NOTE Confidence: 0.9365649

00:31:59.815 --> 00:32:00.775 is the chat the chat
NOTE Confidence: 0.9365649

00:32:00.775 --> 00:32:01.495 part of the chop and

NOTE Confidence: 0.9365649

00:32:01.495 --> 00:32:02.315 chat. Exactly.

NOTE Confidence: 0.98197705

00:32:03.255 --> 00:32:04.875 Perfect. And then, of course,

NOTE Confidence: 0.98197705

00:32:05.015 --> 00:32:06.455 you know, we love the

NOTE Confidence: 0.98197705

00:32:06.455 --> 00:32:07.815 color of the of the

NOTE Confidence: 0.98197705

00:32:07.815 --> 00:32:08.934 dark leafy greens that it's

NOTE Confidence: 0.98197705

00:32:08.934 --> 00:32:10.375 contributing to our dish, but

NOTE Confidence: 0.98197705

00:32:10.375 --> 00:32:10.875 nutritionally,

NOTE Confidence: 0.970747

00:32:11.495 --> 00:32:12.750 we're talking about increasing our

NOTE Confidence: 0.970747

00:32:12.750 --> 00:32:14.190 fruit and vegetable consumption. Why

NOTE Confidence: 0.970747

00:32:14.190 --> 00:32:15.550 do we love the dark

NOTE Confidence: 0.970747

00:32:15.550 --> 00:32:17.150 leafy greens so much? Oh,

NOTE Confidence: 0.970747

00:32:17.150 --> 00:32:19.650 I mean, again, antioxidant content,

NOTE Confidence: 0.9913069

00:32:19.950 --> 00:32:20.910 then we add the fiber

NOTE Confidence: 0.9913069

00:32:20.910 --> 00:32:21.970 content in there.

NOTE Confidence: 0.9855091

00:32:22.430 --> 00:32:24.110 It's just it we tend

NOTE Confidence: 0.9855091

00:32:24.110 --> 00:32:24.910 to go for the same
NOTE Confidence: 0.9855091

00:32:24.910 --> 00:32:25.950 things. We tend to go
NOTE Confidence: 0.9855091

00:32:25.950 --> 00:32:27.475 for the same, you know,
NOTE Confidence: 0.9855091

00:32:27.475 --> 00:32:28.355 tomatoes that we buy every
NOTE Confidence: 0.9855091

00:32:28.355 --> 00:32:29.335 week or cucumbers.
NOTE Confidence: 0.9968307

00:32:30.034 --> 00:32:31.794 So the more vibrant colors
NOTE Confidence: 0.9968307

00:32:31.794 --> 00:32:32.995 means they're richer in these
NOTE Confidence: 0.9968307

00:32:32.995 --> 00:32:35.414 phytochemicals, these antioxidants, these micronu-
trients.
NOTE Confidence: 0.99941564

00:32:35.715 --> 00:32:36.215 So
NOTE Confidence: 0.9706278

00:32:36.595 --> 00:32:37.715 try to venture out. Try
NOTE Confidence: 0.9706278

00:32:37.715 --> 00:32:38.995 to change something change something
NOTE Confidence: 0.9706278

00:32:38.995 --> 00:32:40.615 up. Try something different.
NOTE Confidence: 0.97269666

00:32:40.940 --> 00:32:42.220 Again, I'm, you know, the
NOTE Confidence: 0.97269666

00:32:42.220 --> 00:32:43.179 first one to admit. I'm
NOTE Confidence: 0.97269666

00:32:43.179 --> 00:32:44.620 not normally cooking with kale.
NOTE Confidence: 0.97269666

00:32:44.620 --> 00:32:46.140 No. Because, you know, kids

NOTE Confidence: 0.97269666

00:32:46.140 --> 00:32:47.340 might not accept it as

NOTE Confidence: 0.97269666

00:32:47.340 --> 00:32:48.640 easily. Right? But

NOTE Confidence: 0.9752719

00:32:49.100 --> 00:32:49.980 I think it's great to

NOTE Confidence: 0.9752719

00:32:49.980 --> 00:32:51.420 just expose them to it.

NOTE Confidence: 0.9752719

00:32:51.420 --> 00:32:52.299 Maybe keep it out of

NOTE Confidence: 0.9752719

00:32:52.299 --> 00:32:53.420 their portion of the food

NOTE Confidence: 0.9752719

00:32:53.420 --> 00:32:54.220 and just try to get

NOTE Confidence: 0.9752719

00:32:54.220 --> 00:32:55.525 them to to try it

NOTE Confidence: 0.9752719

00:32:55.525 --> 00:32:56.965 out. Math. Kids are more

NOTE Confidence: 0.9752719

00:32:56.965 --> 00:32:58.005 likely to eat the food

NOTE Confidence: 0.9752719

00:32:58.005 --> 00:32:59.305 if they see the adults

NOTE Confidence: 0.9752719

00:32:59.445 --> 00:33:00.645 eating it. Right? Be so,

NOTE Confidence: 0.9752719

00:33:00.645 --> 00:33:02.085 you know Lead by example.

NOTE Confidence: 0.9752719

00:33:02.085 --> 00:33:03.925 Yeah. Exactly. Great opportunity for

NOTE Confidence: 0.9752719

00:33:03.925 --> 00:33:04.885 you to try something new

NOTE Confidence: 0.9752719

00:33:04.885 --> 00:33:05.605 as well. So I got

NOTE Confidence: 0.9752719

00:33:05.605 --> 00:33:07.125 a couple cups of greens

NOTE Confidence: 0.9752719

00:33:07.125 --> 00:33:08.405 here. I I kicked up

NOTE Confidence: 0.9752719

00:33:08.405 --> 00:33:09.605 the heat on my pan

NOTE Confidence: 0.9752719

00:33:09.605 --> 00:33:10.950 a little bit, and added

NOTE Confidence: 0.9752719

00:33:10.950 --> 00:33:12.470 just a tiny amount of

NOTE Confidence: 0.9752719

00:33:12.470 --> 00:33:13.750 olive oil. I'm really talking,

NOTE Confidence: 0.9752719

00:33:13.750 --> 00:33:15.450 like, less than a tablespoon.

NOTE Confidence: 0.9752719

00:33:15.510 --> 00:33:16.950 You don't need much. These

NOTE Confidence: 0.9752719

00:33:16.950 --> 00:33:17.990 greens, as they cook, are

NOTE Confidence: 0.9752719

00:33:17.990 --> 00:33:19.110 gonna give up a decent

NOTE Confidence: 0.9752719

00:33:19.110 --> 00:33:20.390 amount of water, so that'll

NOTE Confidence: 0.9752719

00:33:20.390 --> 00:33:21.690 help prevent sticking.

NOTE Confidence: 0.97350895

00:33:22.230 --> 00:33:23.429 And you'll notice if we

NOTE Confidence: 0.97350895

00:33:23.429 --> 00:33:24.915 zoom in on the pan,

NOTE Confidence: 0.97350895

00:33:24.915 --> 00:33:25.635 you might be able to
NOTE Confidence: 0.97350895

00:33:25.635 --> 00:33:26.455 kinda see,
NOTE Confidence: 0.9882689

00:33:28.515 --> 00:33:29.795 I got that little pool
NOTE Confidence: 0.9882689

00:33:29.795 --> 00:33:30.515 of oil in there. As
NOTE Confidence: 0.9882689

00:33:30.515 --> 00:33:31.635 this pan continues to heat
NOTE Confidence: 0.9882689

00:33:31.635 --> 00:33:32.595 up, that oil will actually
NOTE Confidence: 0.9882689

00:33:32.595 --> 00:33:33.895 kinda naturally expand
NOTE Confidence: 0.99806434

00:33:34.355 --> 00:33:35.235 to coat the bottom of
NOTE Confidence: 0.99806434

00:33:35.235 --> 00:33:35.895 the pan.
NOTE Confidence: 0.97307456

00:33:36.595 --> 00:33:37.955 Sometimes what people see when
NOTE Confidence: 0.97307456

00:33:37.955 --> 00:33:39.395 you read recipes, especially if
NOTE Confidence: 0.97307456

00:33:39.395 --> 00:33:40.620 you're, like, following a blog
NOTE Confidence: 0.97307456

00:33:40.700 --> 00:33:41.820 online or something, and it'll
NOTE Confidence: 0.97307456

00:33:41.820 --> 00:33:42.620 say, like, oh, coat the
NOTE Confidence: 0.97307456

00:33:42.620 --> 00:33:43.580 bottom of a pan with
NOTE Confidence: 0.97307456

00:33:43.580 --> 00:33:45.020 olive oil. So people think

NOTE Confidence: 0.97307456

00:33:45.020 --> 00:33:45.980 they need to, while that

NOTE Confidence: 0.97307456

00:33:45.980 --> 00:33:47.660 pan is cold Mhmm. Add

NOTE Confidence: 0.97307456

00:33:47.660 --> 00:33:48.620 a ton of olive oil

NOTE Confidence: 0.97307456

00:33:48.620 --> 00:33:49.660 into there. It's actually the

NOTE Confidence: 0.97307456

00:33:49.660 --> 00:33:50.780 case that olive oil, like

NOTE Confidence: 0.97307456

00:33:50.780 --> 00:33:51.900 all sources of fat, will

NOTE Confidence: 0.97307456

00:33:51.900 --> 00:33:53.420 kinda naturally expand as it

NOTE Confidence: 0.97307456

00:33:53.420 --> 00:33:54.780 heats up. So it's actually

NOTE Confidence: 0.97307456

00:33:54.780 --> 00:33:57.085 kinda naturally growing and going

NOTE Confidence: 0.97307456

00:33:57.085 --> 00:33:58.205 to cover the bottom of

NOTE Confidence: 0.97307456

00:33:58.205 --> 00:33:58.924 that pan. So you can

NOTE Confidence: 0.97307456

00:33:58.924 --> 00:33:59.904 get away with using

NOTE Confidence: 0.9849028

00:34:00.605 --> 00:34:02.125 a little less oil than

NOTE Confidence: 0.9849028

00:34:02.125 --> 00:34:03.264 you think you might need.

NOTE Confidence: 0.9849028

00:34:03.325 --> 00:34:04.205 So I got my oil

NOTE Confidence: 0.9849028

00:34:04.205 --> 00:34:05.245 heating up there. I'm gonna

NOTE Confidence: 0.9849028

00:34:05.245 --> 00:34:06.125 go ahead. I'm gonna add

NOTE Confidence: 0.9849028

00:34:06.125 --> 00:34:07.404 all my greens at once.

NOTE Confidence: 0.9849028

00:34:07.404 --> 00:34:08.525 You wanna hear a little

NOTE Confidence: 0.9849028

00:34:08.525 --> 00:34:09.505 bit of a sizzle

NOTE Confidence: 0.99545366

00:34:09.890 --> 00:34:10.690 when they get in there.

NOTE Confidence: 0.99545366

00:34:10.690 --> 00:34:11.730 That means our pan was

NOTE Confidence: 0.99545366

00:34:11.730 --> 00:34:12.469 hot enough.

NOTE Confidence: 0.9660072

00:34:13.250 --> 00:34:14.370 I'm actually gonna add my

NOTE Confidence: 0.9660072

00:34:14.370 --> 00:34:15.489 chopped garlic at the same

NOTE Confidence: 0.9660072

00:34:15.489 --> 00:34:16.850 time. I am not cooking

NOTE Confidence: 0.9660072

00:34:16.850 --> 00:34:18.050 these for very long, two

NOTE Confidence: 0.9660072

00:34:18.050 --> 00:34:19.090 or three minutes. I just

NOTE Confidence: 0.9660072

00:34:19.090 --> 00:34:20.290 want the greens to wilt

NOTE Confidence: 0.9660072

00:34:20.290 --> 00:34:21.250 a little bit and for

NOTE Confidence: 0.9660072

00:34:21.250 --> 00:34:22.790 that garlic to get fragrant.

NOTE Confidence: 0.9660072

00:34:22.935 --> 00:34:23.815 And then on my cutting

NOTE Confidence: 0.9660072

00:34:23.815 --> 00:34:24.775 board, I have a little

NOTE Confidence: 0.9660072

00:34:24.775 --> 00:34:25.655 bit of, like, kind of

NOTE Confidence: 0.9660072

00:34:25.655 --> 00:34:27.575 these parent pieces of greens

NOTE Confidence: 0.9660072

00:34:27.575 --> 00:34:28.935 here. I use my bench

NOTE Confidence: 0.9660072

00:34:28.935 --> 00:34:29.435 scraper,

NOTE Confidence: 0.9843246

00:34:29.735 --> 00:34:31.175 get those get those into

NOTE Confidence: 0.9843246

00:34:31.175 --> 00:34:31.975 the pan as well to

NOTE Confidence: 0.9843246

00:34:31.975 --> 00:34:33.015 cut down on our food

NOTE Confidence: 0.9843246

00:34:33.015 --> 00:34:34.295 waste. No better way to

NOTE Confidence: 0.9843246

00:34:34.295 --> 00:34:35.575 save money than trying to

NOTE Confidence: 0.9843246

00:34:35.575 --> 00:34:36.855 utilize as much of our

NOTE Confidence: 0.9843246

00:34:36.855 --> 00:34:37.355 food

NOTE Confidence: 0.99685264

00:34:37.735 --> 00:34:38.555 as possible.

NOTE Confidence: 0.9770155

00:34:39.469 --> 00:34:40.270 And so we get a

NOTE Confidence: 0.9770155

00:34:40.270 --> 00:34:41.650 nice little sizzle here.
NOTE Confidence: 0.9772215

00:34:41.950 --> 00:34:43.710 These greens, just like if
NOTE Confidence: 0.9772215

00:34:43.710 --> 00:34:44.530 we were cooking,
NOTE Confidence: 0.98038566

00:34:44.910 --> 00:34:46.030 you know, spinach, they're gonna
NOTE Confidence: 0.98038566

00:34:46.030 --> 00:34:47.150 lose a lot of volume
NOTE Confidence: 0.98038566

00:34:47.150 --> 00:34:48.430 as they cook. So this
NOTE Confidence: 0.98038566

00:34:48.430 --> 00:34:49.950 will not take very long.
NOTE Confidence: 0.98038566

00:34:49.950 --> 00:34:51.250 I got those in there.
NOTE Confidence: 0.9535726

00:34:51.844 --> 00:34:52.885 And then while that is
NOTE Confidence: 0.9535726

00:34:52.885 --> 00:34:53.684 getting ready to go, I
NOTE Confidence: 0.9535726

00:34:53.684 --> 00:34:54.885 will talk about other ingredients
NOTE Confidence: 0.9535726

00:34:54.885 --> 00:34:56.325 that we've got. So this
NOTE Confidence: 0.9535726

00:34:56.325 --> 00:34:58.025 is a pasta with
NOTE Confidence: 0.9917337

00:34:58.325 --> 00:34:58.825 greens
NOTE Confidence: 0.99132454

00:34:59.444 --> 00:35:00.484 and beans. So this is
NOTE Confidence: 0.99132454

00:35:00.484 --> 00:35:02.025 a can of cannellini beans.

NOTE Confidence: 0.99877024

00:35:02.964 --> 00:35:04.025 I did not

NOTE Confidence: 0.9792072

00:35:04.450 --> 00:35:05.890 buy dry beans and soak

NOTE Confidence: 0.9792072

00:35:05.890 --> 00:35:07.010 them and then boil them.

NOTE Confidence: 0.9792072

00:35:07.010 --> 00:35:08.130 Right? Because who has the

NOTE Confidence: 0.9792072

00:35:08.130 --> 00:35:09.170 time to do that? So

NOTE Confidence: 0.9792072

00:35:09.170 --> 00:35:10.290 this is literally a can

NOTE Confidence: 0.9792072

00:35:10.290 --> 00:35:10.950 of beans,

NOTE Confidence: 0.9795892

00:35:11.489 --> 00:35:13.250 drained and rinsed because sometimes

NOTE Confidence: 0.9795892

00:35:13.250 --> 00:35:14.210 canned beans will have a

NOTE Confidence: 0.9795892

00:35:14.210 --> 00:35:15.489 lot of sodium on them.

NOTE Confidence: 0.9795892

00:35:15.489 --> 00:35:17.364 Yep. Draining and rinsing in

NOTE Confidence: 0.9795892

00:35:17.364 --> 00:35:18.485 a colander gets rid of

NOTE Confidence: 0.9795892

00:35:18.485 --> 00:35:19.364 a lot of that extra

NOTE Confidence: 0.9795892

00:35:19.364 --> 00:35:20.325 sodium, so we don't have

NOTE Confidence: 0.9795892

00:35:20.325 --> 00:35:21.364 to worry about that. But

NOTE Confidence: 0.9795892

00:35:21.364 --> 00:35:21.864 otherwise,
NOTE Confidence: 0.9542726

00:35:22.245 --> 00:35:23.765 normal can of beans. I've
NOTE Confidence: 0.9542726

00:35:23.765 --> 00:35:25.045 also got half of a
NOTE Confidence: 0.9542726

00:35:25.045 --> 00:35:26.405 lemon here. You know, in
NOTE Confidence: 0.9542726

00:35:26.405 --> 00:35:26.905 the
NOTE Confidence: 0.9590849

00:35:27.205 --> 00:35:28.485 effort to cut down maybe
NOTE Confidence: 0.9590849

00:35:28.485 --> 00:35:30.005 on our sodium consumption, our
NOTE Confidence: 0.9590849

00:35:30.005 --> 00:35:31.145 salt intake. Right?
NOTE Confidence: 0.94508016

00:35:31.510 --> 00:35:32.550 Oftentimes, what a lot of
NOTE Confidence: 0.94508016

00:35:32.550 --> 00:35:33.510 people will point towards is
NOTE Confidence: 0.94508016

00:35:33.510 --> 00:35:34.470 what you can use other,
NOTE Confidence: 0.94508016

00:35:34.790 --> 00:35:36.310 spices and herbs, which you
NOTE Confidence: 0.94508016

00:35:36.310 --> 00:35:38.870 absolutely can. But adding citrus
NOTE Confidence: 0.94508016

00:35:38.870 --> 00:35:39.750 in the form of something
NOTE Confidence: 0.94508016

00:35:39.750 --> 00:35:40.870 like our lemon juice is
NOTE Confidence: 0.94508016

00:35:40.870 --> 00:35:41.989 a really great way as

NOTE Confidence: 0.94508016

00:35:41.989 --> 00:35:42.489 well

NOTE Confidence: 0.9650129

00:35:42.790 --> 00:35:43.989 to make our food taste

NOTE Confidence: 0.9650129

00:35:43.989 --> 00:35:44.790 like it's got a lot

NOTE Confidence: 0.9650129

00:35:44.790 --> 00:35:46.565 of flavor without increasing the

NOTE Confidence: 0.9650129

00:35:46.565 --> 00:35:48.964 sodium. Right. And then, really

NOTE Confidence: 0.9650129

00:35:48.964 --> 00:35:50.085 the only other ingredient that

NOTE Confidence: 0.9650129

00:35:50.085 --> 00:35:50.805 I've gotten here is we're

NOTE Confidence: 0.9650129

00:35:50.805 --> 00:35:51.605 gonna have a little bit

NOTE Confidence: 0.9650129

00:35:51.605 --> 00:35:52.825 of vegetable stock.

NOTE Confidence: 0.97144127

00:35:53.765 --> 00:35:55.364 I believe the recipe does

NOTE Confidence: 0.97144127

00:35:55.364 --> 00:35:56.164 call to use a little

NOTE Confidence: 0.97144127

00:35:56.164 --> 00:35:57.364 bit of white wine to

NOTE Confidence: 0.97144127

00:35:57.364 --> 00:35:59.440 deglaze the pan. I'm using

NOTE Confidence: 0.97144127

00:35:59.440 --> 00:36:00.520 vegetable stock for a couple

NOTE Confidence: 0.97144127

00:36:00.520 --> 00:36:01.600 of reasons. Number one, I

NOTE Confidence: 0.97144127

00:36:01.600 --> 00:36:03.600 just don't always have alcohol
NOTE Confidence: 0.97144127

00:36:03.600 --> 00:36:04.640 on hand that I wanna
NOTE Confidence: 0.97144127

00:36:04.640 --> 00:36:05.680 cook with. But if we're
NOTE Confidence: 0.97144127

00:36:05.680 --> 00:36:07.120 talking about decreasing or even
NOTE Confidence: 0.97144127

00:36:07.120 --> 00:36:09.120 potentially eliminating our our alcohol
NOTE Confidence: 0.97144127

00:36:09.120 --> 00:36:10.480 consumption, which I don't think
NOTE Confidence: 0.97144127

00:36:10.480 --> 00:36:11.520 was one of your items,
NOTE Confidence: 0.97144127

00:36:11.520 --> 00:36:12.800 but we but I know
NOTE Confidence: 0.97144127

00:36:12.800 --> 00:36:13.840 but I know you talk
NOTE Confidence: 0.97144127

00:36:13.840 --> 00:36:14.580 about with
NOTE Confidence: 0.94427085

00:36:15.114 --> 00:36:16.555 insurance. Stuff. So, yes, I
NOTE Confidence: 0.94427085

00:36:16.555 --> 00:36:18.075 recommend people limit as much
NOTE Confidence: 0.94427085

00:36:18.075 --> 00:36:18.735 as possible.
NOTE Confidence: 0.99767464

00:36:19.035 --> 00:36:19.915 Like, even if you go
NOTE Confidence: 0.99767464

00:36:19.915 --> 00:36:20.415 to
NOTE Confidence: 0.9841116

00:36:20.715 --> 00:36:21.675 a I c r dot

NOTE Confidence: 0.9841116
00:36:21.675 --> 00:36:23.275 org, they'll recommend, you know,
NOTE Confidence: 0.9841116
00:36:23.275 --> 00:36:24.155 one drink a day for
NOTE Confidence: 0.9841116
00:36:24.155 --> 00:36:25.515 women, which is equivalent to,
NOTE Confidence: 0.9841116
00:36:25.515 --> 00:36:26.555 like, a five ounce glass
NOTE Confidence: 0.9841116
00:36:26.555 --> 00:36:27.594 of wine or a twelve
NOTE Confidence: 0.9841116
00:36:27.594 --> 00:36:28.415 ounce beer,
NOTE Confidence: 0.9506491
00:36:29.020 --> 00:36:30.380 one pint five five ounces
NOTE Confidence: 0.9506491
00:36:30.380 --> 00:36:31.980 of liquor. For men, it's
NOTE Confidence: 0.9506491
00:36:31.980 --> 00:36:33.420 two servings of alcohol per
NOTE Confidence: 0.9506491
00:36:33.420 --> 00:36:34.700 day. But in general, we
NOTE Confidence: 0.9506491
00:36:34.700 --> 00:36:36.060 know that any consumption of
NOTE Confidence: 0.9506491
00:36:36.060 --> 00:36:37.120 alcohol is linked
NOTE Confidence: 0.99528325
00:36:37.900 --> 00:36:39.100 to increased risk of six
NOTE Confidence: 0.99528325
00:36:39.100 --> 00:36:40.960 different types of cancer directly.
NOTE Confidence: 0.97063625
00:36:41.385 --> 00:36:43.225 So I tell people just
NOTE Confidence: 0.97063625

00:36:43.225 --> 00:36:44.025 cut it back as much
NOTE Confidence: 0.97063625

00:36:44.025 --> 00:36:45.545 as you possibly can. So
NOTE Confidence: 0.97063625

00:36:45.545 --> 00:36:46.505 if you're somebody that normally
NOTE Confidence: 0.97063625

00:36:46.505 --> 00:36:47.625 cooked with white wine, maybe
NOTE Confidence: 0.97063625

00:36:47.625 --> 00:36:48.745 you do try this vegetable
NOTE Confidence: 0.97063625

00:36:48.745 --> 00:36:50.344 stock instead. Yeah. The the
NOTE Confidence: 0.97063625

00:36:50.344 --> 00:36:52.605 real purpose is not to
NOTE Confidence: 0.9774794

00:36:53.559 --> 00:36:54.440 you're certainly not gonna get
NOTE Confidence: 0.9774794

00:36:54.440 --> 00:36:55.400 drunk on it. Right? I
NOTE Confidence: 0.9774794

00:36:55.400 --> 00:36:56.599 mean, that's that's not why
NOTE Confidence: 0.9774794

00:36:56.599 --> 00:36:57.640 we're adding it. We're adding
NOTE Confidence: 0.9774794

00:36:57.640 --> 00:36:58.599 it to do a technique
NOTE Confidence: 0.9774794

00:36:58.599 --> 00:36:59.660 known as deglazing,
NOTE Confidence: 0.9925143

00:37:00.280 --> 00:37:01.160 which is where and if
NOTE Confidence: 0.9925143

00:37:01.160 --> 00:37:02.520 we bring our camera around
NOTE Confidence: 0.9925143

00:37:02.520 --> 00:37:03.400 to look at our pan,

NOTE Confidence: 0.9925143

00:37:03.400 --> 00:37:04.539 maybe we'll see.

NOTE Confidence: 0.9402088

00:37:05.975 --> 00:37:07.895 Kinda right in the middle.

NOTE Confidence: 0.9402088

00:37:07.895 --> 00:37:08.375 It might be a little

NOTE Confidence: 0.9402088

00:37:08.375 --> 00:37:09.255 hard to tell. We're gonna

NOTE Confidence: 0.9402088

00:37:09.255 --> 00:37:09.895 sit and sit in some

NOTE Confidence: 0.9402088

00:37:09.895 --> 00:37:11.515 little some little brown bits

NOTE Confidence: 0.99289393

00:37:11.975 --> 00:37:13.255 stuck on the bottom of

NOTE Confidence: 0.99289393

00:37:13.255 --> 00:37:14.855 our pan. That is, the

NOTE Confidence: 0.99289393

00:37:14.855 --> 00:37:16.215 the French term for that

NOTE Confidence: 0.99289393

00:37:16.215 --> 00:37:17.895 is fond, f o n

NOTE Confidence: 0.99289393

00:37:17.895 --> 00:37:18.395 d.

NOTE Confidence: 0.97092426

00:37:19.700 --> 00:37:20.900 But basically, everything that sticks

NOTE Confidence: 0.97092426

00:37:20.900 --> 00:37:21.540 on the bottom of your

NOTE Confidence: 0.97092426

00:37:21.540 --> 00:37:22.660 pan when you're cooking vegetables,

NOTE Confidence: 0.97092426

00:37:22.660 --> 00:37:23.620 when you're cooking meat, that's

NOTE Confidence: 0.97092426

00:37:23.620 --> 00:37:25.460 like flavor. That's basically adhering

NOTE Confidence: 0.97092426

00:37:25.460 --> 00:37:26.820 itself to the pan. Smells

NOTE Confidence: 0.97092426

00:37:26.820 --> 00:37:28.760 good too. Yeah. And so

NOTE Confidence: 0.97092426

00:37:28.820 --> 00:37:30.120 we wanna get that flavor

NOTE Confidence: 0.97092426

00:37:30.260 --> 00:37:31.140 off the bottom of our

NOTE Confidence: 0.97092426

00:37:31.140 --> 00:37:32.420 pan into our dish. So

NOTE Confidence: 0.97092426

00:37:32.420 --> 00:37:33.860 deglazing is where we introduce

NOTE Confidence: 0.97092426

00:37:33.860 --> 00:37:35.240 a liquid to the pan

NOTE Confidence: 0.97092426

00:37:35.435 --> 00:37:36.395 in order to release all

NOTE Confidence: 0.97092426

00:37:36.395 --> 00:37:37.835 that stuff from there. Typically

NOTE Confidence: 0.97092426

00:37:37.835 --> 00:37:38.795 done with wine because it's

NOTE Confidence: 0.97092426

00:37:38.795 --> 00:37:39.994 a French technique, so of

NOTE Confidence: 0.97092426

00:37:39.994 --> 00:37:40.715 course. Right?

NOTE Confidence: 0.9885837

00:37:41.114 --> 00:37:41.755 But you could do it

NOTE Confidence: 0.9885837

00:37:41.755 --> 00:37:42.795 with water. You could do

NOTE Confidence: 0.9885837

00:37:42.795 --> 00:37:44.075 it with vegetable stock. If

NOTE Confidence: 0.9885837

00:37:44.075 --> 00:37:45.035 you wanted if you just

NOTE Confidence: 0.9885837

00:37:45.035 --> 00:37:45.994 had water on hand, but

NOTE Confidence: 0.9885837

00:37:45.994 --> 00:37:46.875 you wanted a little bit

NOTE Confidence: 0.9885837

00:37:46.875 --> 00:37:47.915 more flavor to it, add

NOTE Confidence: 0.9885837

00:37:47.915 --> 00:37:49.114 a squeeze of lemon juice

NOTE Confidence: 0.9885837

00:37:49.114 --> 00:37:50.719 to that water. Right? All

NOTE Confidence: 0.9885837

00:37:50.719 --> 00:37:51.680 of it is it's the

NOTE Confidence: 0.9885837

00:37:51.680 --> 00:37:52.480 primary goal is to get

NOTE Confidence: 0.9885837

00:37:52.480 --> 00:37:53.279 the stuff off the bottom

NOTE Confidence: 0.9885837

00:37:53.279 --> 00:37:53.920 of the pan and then

NOTE Confidence: 0.9885837

00:37:53.920 --> 00:37:54.660 to flavor

NOTE Confidence: 0.9725827

00:37:54.960 --> 00:37:56.000 what is in there. So

NOTE Confidence: 0.9725827

00:37:56.000 --> 00:37:57.200 I'm gonna check our chicken

NOTE Confidence: 0.9725827

00:37:57.200 --> 00:37:58.480 tenders. I I lost my

NOTE Confidence: 0.9725827

00:37:58.480 --> 00:37:59.599 bet with myself by a

NOTE Confidence: 0.9725827

00:37:59.599 --> 00:38:01.039 minute or two here. We
NOTE Confidence: 0.9725827

00:38:01.039 --> 00:38:03.460 are almost done. Let's see.
NOTE Confidence: 0.95613766

00:38:03.844 --> 00:38:05.364 Pull those out. See. We
NOTE Confidence: 0.95613766

00:38:05.364 --> 00:38:06.644 can definitely tell. If we
NOTE Confidence: 0.95613766

00:38:06.644 --> 00:38:07.684 bring the camera over to
NOTE Confidence: 0.95613766

00:38:07.684 --> 00:38:08.904 the middle, Danielle,
NOTE Confidence: 0.9995544

00:38:09.684 --> 00:38:10.805 we can see that they
NOTE Confidence: 0.9995544

00:38:10.805 --> 00:38:11.305 are
NOTE Confidence: 0.9918391

00:38:12.325 --> 00:38:13.444 starting to get nice and
NOTE Confidence: 0.9918391

00:38:13.444 --> 00:38:14.404 crispy there. I'm gonna give
NOTE Confidence: 0.9918391

00:38:14.404 --> 00:38:15.364 these a couple more minutes
NOTE Confidence: 0.9918391

00:38:15.364 --> 00:38:16.265 just to brown.
NOTE Confidence: 0.9810491

00:38:17.180 --> 00:38:18.700 Promise the pasta will be
NOTE Confidence: 0.9810491

00:38:18.700 --> 00:38:20.080 done by then.
NOTE Confidence: 0.9934606

00:38:20.620 --> 00:38:21.900 Give that maybe five more
NOTE Confidence: 0.9934606

00:38:21.900 --> 00:38:22.400 minutes.

NOTE Confidence: 0.9761069

00:38:22.860 --> 00:38:23.740 The nice part is those

NOTE Confidence: 0.9761069

00:38:23.740 --> 00:38:25.340 pieces of chicken are, are

NOTE Confidence: 0.9761069

00:38:25.340 --> 00:38:27.100 cut so small that we'd

NOTE Confidence: 0.9761069

00:38:27.100 --> 00:38:28.940 be very hard pressed, to

NOTE Confidence: 0.9761069

00:38:28.940 --> 00:38:30.940 undercook them. And because they're

NOTE Confidence: 0.9761069

00:38:30.940 --> 00:38:31.980 also smaller, they're a little

NOTE Confidence: 0.9761069

00:38:31.980 --> 00:38:33.255 more forgiving to overcook.

NOTE Confidence: 0.9811103

00:38:33.555 --> 00:38:34.515 So kind of a happy

NOTE Confidence: 0.9811103

00:38:34.515 --> 00:38:35.234 medium. As long as you

NOTE Confidence: 0.9811103

00:38:35.234 --> 00:38:36.195 don't forget about them in

NOTE Confidence: 0.9811103

00:38:36.195 --> 00:38:37.395 the oven, they'll be good.

NOTE Confidence: 0.9811103

00:38:37.395 --> 00:38:38.195 So I got my greens.

NOTE Confidence: 0.9811103

00:38:38.195 --> 00:38:39.395 You'll notice they're they've they've

NOTE Confidence: 0.9811103

00:38:39.395 --> 00:38:40.935 wilted here quite a bit.

NOTE Confidence: 0.9811103

00:38:40.994 --> 00:38:42.355 And then what's gonna happen,

NOTE Confidence: 0.9811103

00:38:42.355 --> 00:38:44.195 Danielle, when we come in
NOTE Confidence: 0.9811103

00:38:44.195 --> 00:38:45.075 and we introduce a little
NOTE Confidence: 0.9811103

00:38:45.075 --> 00:38:45.875 bit of liquid, we're gonna
NOTE Confidence: 0.9811103

00:38:45.875 --> 00:38:46.775 get some steam,
NOTE Confidence: 0.9501468

00:38:48.620 --> 00:38:50.080 A nice sizzle there.
NOTE Confidence: 0.97173005

00:38:50.860 --> 00:38:52.140 And all that liquid then
NOTE Confidence: 0.97173005

00:38:52.140 --> 00:38:53.340 with something I'm using a
NOTE Confidence: 0.97173005

00:38:53.340 --> 00:38:54.540 spatula just because it sounds
NOTE Confidence: 0.97173005

00:38:54.540 --> 00:38:55.920 a little nicer on camera
NOTE Confidence: 0.97173005

00:38:55.980 --> 00:38:57.580 than a metal spoon. But
NOTE Confidence: 0.97173005

00:38:57.580 --> 00:38:58.940 use that to get all
NOTE Confidence: 0.97173005

00:38:58.940 --> 00:38:59.920 that stuck
NOTE Confidence: 0.9457998

00:39:01.035 --> 00:39:02.494 bits off the bottom there.
NOTE Confidence: 0.970288

00:39:02.875 --> 00:39:04.795 Instantly kinda releases the flavor
NOTE Confidence: 0.970288

00:39:04.795 --> 00:39:06.575 of the homemade vegetable stock,
NOTE Confidence: 0.970288

00:39:06.714 --> 00:39:07.915 which I use which I

NOTE Confidence: 0.970288

00:39:07.915 --> 00:39:08.875 made using some of the

NOTE Confidence: 0.970288

00:39:08.875 --> 00:39:10.075 scraps that we collect here

NOTE Confidence: 0.970288

00:39:10.075 --> 00:39:11.055 in the teaching kitchen,

NOTE Confidence: 0.97023344

00:39:11.755 --> 00:39:12.734 but then also

NOTE Confidence: 0.99081063

00:39:13.035 --> 00:39:13.535 flavors

NOTE Confidence: 0.98883414

00:39:14.480 --> 00:39:15.520 our dish there. Then what

NOTE Confidence: 0.98883414

00:39:15.520 --> 00:39:16.400 we're gonna do is we're

NOTE Confidence: 0.98883414

00:39:16.400 --> 00:39:18.420 gonna stir in our beans.

NOTE Confidence: 0.9787378

00:39:18.960 --> 00:39:20.079 Let those get warmed up

NOTE Confidence: 0.9787378

00:39:20.079 --> 00:39:21.760 again. Just a can of

NOTE Confidence: 0.9787378

00:39:21.760 --> 00:39:23.279 white beans that we drained

NOTE Confidence: 0.9787378

00:39:23.279 --> 00:39:24.020 and rinsed.

NOTE Confidence: 0.97086364

00:39:24.960 --> 00:39:25.760 I feel like beans are

NOTE Confidence: 0.97086364

00:39:25.760 --> 00:39:27.700 so underestimated. Like, they're Absolutely.

NOTE Confidence: 0.9433951

00:39:28.079 --> 00:39:29.119 You know? I I feel

NOTE Confidence: 0.9433951

00:39:29.119 --> 00:39:30.375 like people are always asking
NOTE Confidence: 0.9433951

00:39:30.375 --> 00:39:31.114 for ways
NOTE Confidence: 0.960864

00:39:31.735 --> 00:39:32.535 to kinda getting back to
NOTE Confidence: 0.960864

00:39:32.535 --> 00:39:34.455 the processed meat thing. Mhmm.
NOTE Confidence: 0.960864

00:39:34.455 --> 00:39:35.255 How do I get away
NOTE Confidence: 0.960864

00:39:35.255 --> 00:39:36.135 from the sausage? How do
NOTE Confidence: 0.960864

00:39:36.135 --> 00:39:37.175 I get away from these
NOTE Confidence: 0.960864

00:39:37.175 --> 00:39:38.775 deli meats? And, you know,
NOTE Confidence: 0.960864

00:39:38.775 --> 00:39:40.775 scrambled eggs. Mix some cottage
NOTE Confidence: 0.960864

00:39:40.775 --> 00:39:41.815 cheese in, melt that down
NOTE Confidence: 0.960864

00:39:41.815 --> 00:39:43.015 to get more protein, add
NOTE Confidence: 0.960864

00:39:43.015 --> 00:39:44.619 some black beans. Like, it's
NOTE Confidence: 0.960864

00:39:44.619 --> 00:39:45.820 just so easy. Add some
NOTE Confidence: 0.960864

00:39:45.820 --> 00:39:47.340 salsa. You know? It kind
NOTE Confidence: 0.960864

00:39:47.340 --> 00:39:48.460 of just helps to broaden
NOTE Confidence: 0.960864

00:39:48.460 --> 00:39:50.219 that horizon with different options,

NOTE Confidence: 0.960864
00:39:50.219 --> 00:39:51.820 but they're so cheap. Ninety
NOTE Confidence: 0.960864
00:39:51.820 --> 00:39:53.020 cents a can. You eat
NOTE Confidence: 0.960864
00:39:53.020 --> 00:39:53.980 them off really good. You
NOTE Confidence: 0.960864
00:39:53.980 --> 00:39:54.859 have them in the fridge
NOTE Confidence: 0.960864
00:39:54.859 --> 00:39:56.060 ready to go. Yeah. What
NOTE Confidence: 0.960864
00:39:56.060 --> 00:39:57.420 can you buy for ninety
NOTE Confidence: 0.960864
00:39:57.420 --> 00:39:59.180 cents? Nothing at the grocery
NOTE Confidence: 0.960864
00:39:59.180 --> 00:40:00.915 store. Right? Versus, you know,
NOTE Confidence: 0.960864
00:40:00.915 --> 00:40:01.795 a a can of black
NOTE Confidence: 0.960864
00:40:01.795 --> 00:40:02.995 beans or any kind of
NOTE Confidence: 0.960864
00:40:02.995 --> 00:40:05.094 bean. It yeah. Ninety cents.
NOTE Confidence: 0.98489517
00:40:05.635 --> 00:40:06.435 It's about a cup and
NOTE Confidence: 0.98489517
00:40:06.435 --> 00:40:07.395 a half of beans, which
NOTE Confidence: 0.98489517
00:40:07.395 --> 00:40:08.195 is what we got in
NOTE Confidence: 0.98489517
00:40:08.195 --> 00:40:09.395 here, also mixed in with
NOTE Confidence: 0.98489517

00:40:09.395 --> 00:40:11.015 our, whole wheat pasta
NOTE Confidence: 0.99585557

00:40:11.395 --> 00:40:12.055 in here.
NOTE Confidence: 0.9178607

00:40:12.594 --> 00:40:13.715 So we get the nice
NOTE Confidence: 0.9178607

00:40:13.715 --> 00:40:14.215 color
NOTE Confidence: 0.8983932

00:40:14.770 --> 00:40:16.290 from the greens. The beans
NOTE Confidence: 0.8983932

00:40:16.290 --> 00:40:17.650 kinda blend themselves in there.
NOTE Confidence: 0.8983932

00:40:17.650 --> 00:40:18.850 Again, I this pasta we
NOTE Confidence: 0.8983932

00:40:18.850 --> 00:40:20.390 did cook before,
NOTE Confidence: 0.9756438

00:40:21.970 --> 00:40:22.690 and then we're just gonna
NOTE Confidence: 0.9756438

00:40:22.690 --> 00:40:24.210 put some finishing touches on
NOTE Confidence: 0.9756438

00:40:24.210 --> 00:40:25.330 that. The first of which
NOTE Confidence: 0.9756438

00:40:25.330 --> 00:40:26.210 is a nice little squeeze
NOTE Confidence: 0.9756438

00:40:26.210 --> 00:40:28.114 of lemon juice. Mhmm. And
NOTE Confidence: 0.9756438

00:40:28.114 --> 00:40:28.994 you did the whole grain
NOTE Confidence: 0.9756438

00:40:28.994 --> 00:40:29.875 pasta too? Yes. So we
NOTE Confidence: 0.9756438

00:40:29.875 --> 00:40:30.915 did whole grain pasta, which

NOTE Confidence: 0.9756438

00:40:30.915 --> 00:40:32.275 we can definitely talk about.

NOTE Confidence: 0.9756438

00:40:32.275 --> 00:40:33.714 So I think that whole

NOTE Confidence: 0.9756438

00:40:33.714 --> 00:40:35.155 wheat pasta and whole grain

NOTE Confidence: 0.9756438

00:40:35.155 --> 00:40:36.915 pasta have come a long

NOTE Confidence: 0.9756438

00:40:36.915 --> 00:40:37.795 way. Yeah. They have. I

NOTE Confidence: 0.9756438

00:40:37.795 --> 00:40:39.174 think a couple years ago,

NOTE Confidence: 0.9712308

00:40:39.474 --> 00:40:40.755 they kinda had a bad

NOTE Confidence: 0.9712308

00:40:40.755 --> 00:40:42.719 rap because they were, like,

NOTE Confidence: 0.9712308

00:40:42.800 --> 00:40:44.800 chewy and dense, and they've

NOTE Confidence: 0.9712308

00:40:44.800 --> 00:40:46.160 gotten a lot better. Even

NOTE Confidence: 0.9712308

00:40:46.160 --> 00:40:47.280 if they're still just made

NOTE Confidence: 0.9712308

00:40:47.280 --> 00:40:48.239 of, you know, regular old

NOTE Confidence: 0.9712308

00:40:48.239 --> 00:40:49.920 whole wheat flour, they've gotten

NOTE Confidence: 0.9712308

00:40:49.920 --> 00:40:51.359 a lot better. There's also,

NOTE Confidence: 0.9712308

00:40:51.359 --> 00:40:52.239 like, people come to me

NOTE Confidence: 0.9712308

00:40:52.239 --> 00:40:52.960 and they say, well, my
NOTE Confidence: 0.9712308

00:40:52.960 --> 00:40:54.560 husband hates whole grain pasta
NOTE Confidence: 0.9712308

00:40:54.560 --> 00:40:55.515 or, you know, they won't
NOTE Confidence: 0.9712308

00:40:55.515 --> 00:40:56.234 do it. So then you
NOTE Confidence: 0.9712308

00:40:56.234 --> 00:40:57.114 end up doing two different
NOTE Confidence: 0.9712308

00:40:57.114 --> 00:40:58.494 types of pasta with dinner.
NOTE Confidence: 0.9712308

00:40:58.635 --> 00:40:59.755 And I think also that's
NOTE Confidence: 0.9712308

00:40:59.755 --> 00:41:00.635 where you have to bend
NOTE Confidence: 0.9712308

00:41:00.635 --> 00:41:02.015 and kind of just compromise.
NOTE Confidence: 0.9712308

00:41:02.075 --> 00:41:03.275 And if somebody doesn't do
NOTE Confidence: 0.9712308

00:41:03.275 --> 00:41:04.315 whole grain, maybe doing a
NOTE Confidence: 0.9712308

00:41:04.315 --> 00:41:05.914 high protein burrito pasta or
NOTE Confidence: 0.9712308

00:41:06.075 --> 00:41:07.809 Yeah. Absolutely. Chickpea pasta or
NOTE Confidence: 0.9712308

00:41:07.809 --> 00:41:08.930 trying out all the different
NOTE Confidence: 0.9712308

00:41:08.930 --> 00:41:10.049 types. Right? The benefit is
NOTE Confidence: 0.9712308

00:41:10.049 --> 00:41:11.170 the the fiber and the

NOTE Confidence: 0.9712308

00:41:11.170 --> 00:41:13.250 protein. So Absolutely. Yeah. There's

NOTE Confidence: 0.9712308

00:41:13.250 --> 00:41:14.289 a lot of different kind

NOTE Confidence: 0.9712308

00:41:14.289 --> 00:41:15.489 of pastas out there. And,

NOTE Confidence: 0.9712308

00:41:15.489 --> 00:41:16.849 you know, every so often,

NOTE Confidence: 0.9712308

00:41:16.849 --> 00:41:17.730 if you still wanna enjoy

NOTE Confidence: 0.9712308

00:41:17.730 --> 00:41:19.010 the white pasta, that's fine.

NOTE Confidence: 0.9712308

00:41:19.010 --> 00:41:19.890 You can make the same

NOTE Confidence: 0.9712308

00:41:19.890 --> 00:41:20.715 dish. You could make it

NOTE Confidence: 0.9712308

00:41:20.715 --> 00:41:21.835 with white pasta, and I

NOTE Confidence: 0.9712308

00:41:21.835 --> 00:41:22.715 would love the fact that

NOTE Confidence: 0.9712308

00:41:22.715 --> 00:41:24.155 you're getting beans and the

NOTE Confidence: 0.9712308

00:41:24.155 --> 00:41:25.675 greens in there. And so

NOTE Confidence: 0.9712308

00:41:25.675 --> 00:41:26.235 the last thing that we're

NOTE Confidence: 0.9712308

00:41:26.235 --> 00:41:27.035 gonna add, I'm gonna turn

NOTE Confidence: 0.9712308

00:41:27.035 --> 00:41:27.835 the heat down on this

NOTE Confidence: 0.9712308

00:41:27.835 --> 00:41:29.675 just slightly. I'm gonna grab,
NOTE Confidence: 0.9712308

00:41:29.915 --> 00:41:31.455 my trusty friend again, Parmesan
NOTE Confidence: 0.9712308

00:41:31.515 --> 00:41:32.655 cheese here. Okay.
NOTE Confidence: 0.9352749

00:41:33.755 --> 00:41:35.430 Kinda like pound for pound.
NOTE Confidence: 0.9352749

00:41:35.430 --> 00:41:36.310 Let's say you were adding
NOTE Confidence: 0.9352749

00:41:36.469 --> 00:41:37.670 debating adding a teaspoon of
NOTE Confidence: 0.9352749

00:41:37.670 --> 00:41:39.030 Parmesan cheese or a teaspoon
NOTE Confidence: 0.9352749

00:41:39.030 --> 00:41:40.550 of salt. The Parmesan cheese
NOTE Confidence: 0.9352749

00:41:40.550 --> 00:41:41.670 is kinda giving us that
NOTE Confidence: 0.9352749

00:41:41.670 --> 00:41:43.510 nice, like, salty flavor, but
NOTE Confidence: 0.9352749

00:41:43.510 --> 00:41:45.270 with less sodium kinda per
NOTE Confidence: 0.9352749

00:41:45.270 --> 00:41:46.869 unit, however however you wanna
NOTE Confidence: 0.9352749

00:41:46.869 --> 00:41:48.070 compare them. So we can
NOTE Confidence: 0.9352749

00:41:48.070 --> 00:41:49.430 be I would say, you
NOTE Confidence: 0.9352749

00:41:49.430 --> 00:41:50.330 know, this recipe,
NOTE Confidence: 0.97120583

00:41:50.765 --> 00:41:52.364 grand total for it makes

NOTE Confidence: 0.97120583

00:41:52.364 --> 00:41:53.645 four servings. It calls for

NOTE Confidence: 0.97120583

00:41:53.645 --> 00:41:55.485 six tablespoons of Parmesan cheese.

NOTE Confidence: 0.97120583

00:41:55.485 --> 00:41:56.525 It's a tablespoon and a

NOTE Confidence: 0.97120583

00:41:56.525 --> 00:41:58.125 half per serving. Maybe that's

NOTE Confidence: 0.97120583

00:41:58.125 --> 00:41:59.245 a little more cheese flavor

NOTE Confidence: 0.97120583

00:41:59.245 --> 00:42:00.525 than you're looking for here.

NOTE Confidence: 0.97120583

00:42:00.525 --> 00:42:02.065 But, again, with that microplane,

NOTE Confidence: 0.9964087

00:42:02.364 --> 00:42:03.485 you can get a very

NOTE Confidence: 0.9964087

00:42:03.485 --> 00:42:04.285 nice I mean, this makes

NOTE Confidence: 0.9964087

00:42:04.285 --> 00:42:05.505 for a very nice presentation

NOTE Confidence: 0.9993718

00:42:05.940 --> 00:42:07.140 when you can get the

NOTE Confidence: 0.9993718

00:42:07.140 --> 00:42:08.579 shredded cheese right on top

NOTE Confidence: 0.9993718

00:42:08.579 --> 00:42:09.719 of the pasta there.

NOTE Confidence: 0.938493

00:42:10.020 --> 00:42:10.739 And if you feel like

NOTE Confidence: 0.938493

00:42:10.739 --> 00:42:11.780 this pasta, like, you know,

NOTE Confidence: 0.938493

00:42:11.780 --> 00:42:12.819 we got the we got
NOTE Confidence: 0.938493

00:42:12.819 --> 00:42:13.700 the white and we got
NOTE Confidence: 0.938493

00:42:13.700 --> 00:42:14.579 the green in here, like,
NOTE Confidence: 0.938493

00:42:14.579 --> 00:42:15.300 if you feel like it's
NOTE Confidence: 0.938493

00:42:15.300 --> 00:42:16.660 a little monotone for you,
NOTE Confidence: 0.938493

00:42:16.660 --> 00:42:18.020 you can absolutely add some
NOTE Confidence: 0.938493

00:42:18.020 --> 00:42:20.195 other yes. Tomato sun dried
NOTE Confidence: 0.938493

00:42:20.195 --> 00:42:21.094 tomatoes especially
NOTE Confidence: 0.8455736

00:42:21.475 --> 00:42:22.515 or like a roasted red
NOTE Confidence: 0.8455736

00:42:22.515 --> 00:42:23.335 pepper. Right?
NOTE Confidence: 0.9169503

00:42:23.715 --> 00:42:25.235 Mushroom. Oh, yes. Some mushrooms.
NOTE Confidence: 0.9169503

00:42:25.235 --> 00:42:26.195 Again, right out of the
NOTE Confidence: 0.9169503

00:42:26.195 --> 00:42:27.635 jar. No reason that you
NOTE Confidence: 0.9169503

00:42:27.635 --> 00:42:29.555 have to go and dry
NOTE Confidence: 0.9169503

00:42:29.555 --> 00:42:31.315 your own, you know, sun
NOTE Confidence: 0.9169503

00:42:31.315 --> 00:42:32.835 dry your own tomatoes. I

NOTE Confidence: 0.9169503
00:42:32.835 --> 00:42:33.335 mean,
NOTE Confidence: 0.9293174
00:42:34.040 --> 00:42:35.400 until we get that nice
NOTE Confidence: 0.9293174
00:42:35.400 --> 00:42:36.440 little garnish there, we can
NOTE Confidence: 0.9293174
00:42:36.440 --> 00:42:37.320 zoom back in and look
NOTE Confidence: 0.9293174
00:42:37.320 --> 00:42:38.119 at that because I think
NOTE Confidence: 0.9293174
00:42:38.119 --> 00:42:38.859 that looks
NOTE Confidence: 0.99834514
00:42:39.400 --> 00:42:39.900 pretty
NOTE Confidence: 0.9335066
00:42:40.680 --> 00:42:42.680 pretty show worthy. That cheese
NOTE Confidence: 0.9335066
00:42:42.680 --> 00:42:43.960 will kinda melt on top
NOTE Confidence: 0.9335066
00:42:43.960 --> 00:42:45.099 as we go here.
NOTE Confidence: 0.9714516
00:42:45.560 --> 00:42:46.680 Timer is about to go
NOTE Confidence: 0.9714516
00:42:46.680 --> 00:42:47.640 off for our chicken, so
NOTE Confidence: 0.9714516
00:42:47.640 --> 00:42:48.680 we're pretty good. So grand
NOTE Confidence: 0.9714516
00:42:48.680 --> 00:42:50.065 total, that pasta took me
NOTE Confidence: 0.9714516
00:42:50.065 --> 00:42:51.505 fifteen minutes to make. Right.
NOTE Confidence: 0.9714516

00:42:51.505 --> 00:42:53.105 Yeah. Obviously, the pasta was
NOTE Confidence: 0.9714516

00:42:53.105 --> 00:42:54.465 already cooked, but if you're
NOTE Confidence: 0.9714516

00:42:54.465 --> 00:42:55.285 a good multitasker
NOTE Confidence: 0.95919615

00:42:55.745 --> 00:42:57.185 Right. Pot of water going
NOTE Confidence: 0.95919615

00:42:57.185 --> 00:42:58.385 on one side for boiling
NOTE Confidence: 0.95919615

00:42:58.385 --> 00:42:59.585 your pasta, start to cook
NOTE Confidence: 0.95919615

00:42:59.585 --> 00:43:00.625 those veggies as soon as
NOTE Confidence: 0.95919615

00:43:00.625 --> 00:43:02.109 the pasta's cooked. Dump it
NOTE Confidence: 0.95919615

00:43:02.109 --> 00:43:03.070 right into the pot here.
NOTE Confidence: 0.95919615

00:43:03.070 --> 00:43:04.510 Yeah. Yeah. Somebody is also
NOTE Confidence: 0.95919615

00:43:04.510 --> 00:43:05.469 asking if you need to
NOTE Confidence: 0.95919615

00:43:05.469 --> 00:43:07.010 use low fat cheese.
NOTE Confidence: 0.98140585

00:43:07.869 --> 00:43:08.989 That's up to you. Yeah.
NOTE Confidence: 0.98140585

00:43:08.989 --> 00:43:09.950 Doing a low fat cheese
NOTE Confidence: 0.98140585

00:43:10.030 --> 00:43:11.390 so the difference between low
NOTE Confidence: 0.98140585

00:43:11.390 --> 00:43:13.089 fat, reduced fat, whole fat

NOTE Confidence: 0.98140585

00:43:13.230 --> 00:43:14.510 is the saturated fat and

NOTE Confidence: 0.98140585

00:43:14.510 --> 00:43:16.134 calorie content. So if you're

NOTE Confidence: 0.98140585

00:43:16.134 --> 00:43:17.914 somebody that has elevated LDL

NOTE Confidence: 0.98140585

00:43:17.974 --> 00:43:18.954 or total cholesterol,

NOTE Confidence: 0.98417056

00:43:19.414 --> 00:43:20.375 you're looking to lower that

NOTE Confidence: 0.98417056

00:43:20.375 --> 00:43:21.414 or you're looking to lose

NOTE Confidence: 0.98417056

00:43:21.414 --> 00:43:21.914 weight,

NOTE Confidence: 0.98285925

00:43:22.535 --> 00:43:23.755 reduce risk of cardiovascular

NOTE Confidence: 0.9703374

00:43:24.134 --> 00:43:26.134 disease, then, yeah, definitely choose

NOTE Confidence: 0.9703374

00:43:26.134 --> 00:43:27.575 a low fat cheese or

NOTE Confidence: 0.9703374

00:43:27.575 --> 00:43:28.535 maybe even just skip the

NOTE Confidence: 0.9703374

00:43:28.535 --> 00:43:29.355 cheese altogether.

NOTE Confidence: 0.9214341

00:43:30.170 --> 00:43:30.890 You could add a little

NOTE Confidence: 0.9214341

00:43:30.890 --> 00:43:31.850 bit more olive oil and

NOTE Confidence: 0.9214341

00:43:31.850 --> 00:43:32.570 then you could add more

NOTE Confidence: 0.9214341

00:43:32.570 --> 00:43:33.390 veggies in.
NOTE Confidence: 0.9614525

00:43:34.650 --> 00:43:35.930 So definitely tailor that to
NOTE Confidence: 0.9614525

00:43:35.930 --> 00:43:36.810 be whatever you need it
NOTE Confidence: 0.9614525

00:43:36.810 --> 00:43:38.270 to be, but, you know,
NOTE Confidence: 0.94406193

00:43:38.730 --> 00:43:40.410 most dairy products should be
NOTE Confidence: 0.94406193

00:43:40.410 --> 00:43:41.610 a reduced fat or a
NOTE Confidence: 0.94406193

00:43:41.610 --> 00:43:42.255 low fat.
NOTE Confidence: 0.95863503

00:43:42.815 --> 00:43:44.174 But for me, cottage cheese,
NOTE Confidence: 0.95863503

00:43:44.174 --> 00:43:45.214 I can't do low fat.
NOTE Confidence: 0.95863503

00:43:45.214 --> 00:43:46.094 I need whole fat so
NOTE Confidence: 0.95863503

00:43:46.094 --> 00:43:47.055 that the curds aren't so
NOTE Confidence: 0.95863503

00:43:47.055 --> 00:43:48.654 dry. So we kinda have
NOTE Confidence: 0.95863503

00:43:48.654 --> 00:43:49.614 to pick and choose what
NOTE Confidence: 0.95863503

00:43:49.614 --> 00:43:50.815 we're willing to compromise with
NOTE Confidence: 0.95863503

00:43:50.815 --> 00:43:52.094 that. But a low fat
NOTE Confidence: 0.95863503

00:43:52.094 --> 00:43:52.974 cheese would be a great

NOTE Confidence: 0.95863503

00:43:52.974 --> 00:43:53.934 option like a low fat

NOTE Confidence: 0.95863503

00:43:53.934 --> 00:43:55.239 mozzarella or, you know, skim

NOTE Confidence: 0.95863503

00:43:55.239 --> 00:43:57.000 mozzarella. I mean, Parmesan cheese

NOTE Confidence: 0.95863503

00:43:57.000 --> 00:43:58.280 inherently is pretty low in

NOTE Confidence: 0.95863503

00:43:58.280 --> 00:43:59.480 fat. That's how that's why

NOTE Confidence: 0.95863503

00:43:59.480 --> 00:44:01.000 it's a solid block rather

NOTE Confidence: 0.95863503

00:44:01.000 --> 00:44:01.960 than, like, a loose kind

NOTE Confidence: 0.95863503

00:44:01.960 --> 00:44:03.320 of cheese versus, like, the

NOTE Confidence: 0.95863503

00:44:03.320 --> 00:44:04.440 opposite end of the spectrum,

NOTE Confidence: 0.95863503

00:44:04.440 --> 00:44:05.239 which is, like, a brie

NOTE Confidence: 0.95863503

00:44:05.239 --> 00:44:06.240 or a goat cheese Right.

NOTE Confidence: 0.95863503

00:44:06.440 --> 00:44:07.560 Higher fat content. That's why

NOTE Confidence: 0.95863503

00:44:07.560 --> 00:44:08.380 it's so soft.

NOTE Confidence: 0.97447467

00:44:09.640 --> 00:44:10.460 So yeah.

NOTE Confidence: 0.9963408

00:44:10.895 --> 00:44:11.935 I did just shut the

NOTE Confidence: 0.9963408

00:44:11.935 --> 00:44:13.295 oven off. The chicken tenders
NOTE Confidence: 0.9963408

00:44:13.295 --> 00:44:14.015 are done, but I'm gonna
NOTE Confidence: 0.9963408

00:44:14.015 --> 00:44:14.815 keep them in there so
NOTE Confidence: 0.9963408

00:44:14.815 --> 00:44:15.875 they stay warm.
NOTE Confidence: 0.95338464

00:44:16.175 --> 00:44:17.535 Our pasta's done. The last
NOTE Confidence: 0.95338464

00:44:17.535 --> 00:44:18.655 recipe that we're gonna do
NOTE Confidence: 0.95338464

00:44:18.655 --> 00:44:20.015 tonight is this homemade ranch
NOTE Confidence: 0.95338464

00:44:20.015 --> 00:44:21.694 dressing. I think, actually, kinda
NOTE Confidence: 0.95338464

00:44:21.694 --> 00:44:22.575 this is the star of
NOTE Confidence: 0.95338464

00:44:22.575 --> 00:44:23.155 the show.
NOTE Confidence: 0.9730043

00:44:24.810 --> 00:44:25.530 So what do we got
NOTE Confidence: 0.9730043

00:44:25.530 --> 00:44:26.330 going on in this ranch
NOTE Confidence: 0.9730043

00:44:26.330 --> 00:44:27.690 dressing? It's only a couple
NOTE Confidence: 0.9730043

00:44:27.690 --> 00:44:29.050 ingredients. Most of them are
NOTE Confidence: 0.9730043

00:44:29.050 --> 00:44:30.730 spices, and we're just gonna
NOTE Confidence: 0.9730043

00:44:30.730 --> 00:44:31.530 make them in a mason

NOTE Confidence: 0.9730043

00:44:31.530 --> 00:44:32.730 jar. No need to dirty

NOTE Confidence: 0.9730043

00:44:32.730 --> 00:44:34.170 a bowl or a food

NOTE Confidence: 0.9730043

00:44:34.170 --> 00:44:35.530 processor or blender or anything.

NOTE Confidence: 0.9730043

00:44:35.530 --> 00:44:36.410 So I got my mason

NOTE Confidence: 0.9730043

00:44:36.410 --> 00:44:37.625 jar here. Add Add ingredients

NOTE Confidence: 0.9730043

00:44:37.625 --> 00:44:38.344 one at a time. I

NOTE Confidence: 0.9730043

00:44:38.344 --> 00:44:39.224 think we can zoom in

NOTE Confidence: 0.9730043

00:44:39.224 --> 00:44:40.505 on the cutting board as

NOTE Confidence: 0.9730043

00:44:40.505 --> 00:44:41.405 we add things.

NOTE Confidence: 0.9747663

00:44:43.545 --> 00:44:46.204 So our first and primary

NOTE Confidence: 0.9747663

00:44:46.344 --> 00:44:48.105 ingredient is yogurt. And, again,

NOTE Confidence: 0.9747663

00:44:48.105 --> 00:44:49.385 we're talking about our dairy.

NOTE Confidence: 0.9747663

00:44:49.385 --> 00:44:50.665 Right? So this was this

NOTE Confidence: 0.9747663

00:44:50.665 --> 00:44:51.305 is our,

NOTE Confidence: 0.99893636

00:44:52.059 --> 00:44:53.520 our low fat

NOTE Confidence: 0.86103964

00:44:53.980 --> 00:44:55.520 plain Greek yogurt.
NOTE Confidence: 0.9699871

00:44:56.219 --> 00:44:57.180 Why do we like Greek
NOTE Confidence: 0.9699871

00:44:57.180 --> 00:44:58.460 yogurt? Tends to be, compared
NOTE Confidence: 0.9699871

00:44:58.460 --> 00:44:59.660 to regular yogurt, tends to
NOTE Confidence: 0.9699871

00:44:59.660 --> 00:45:00.940 be higher in protein, lower
NOTE Confidence: 0.9699871

00:45:00.940 --> 00:45:02.140 in sugar. But even if
NOTE Confidence: 0.9699871

00:45:02.140 --> 00:45:03.520 you can't find Greek yogurt,
NOTE Confidence: 0.9699871

00:45:03.815 --> 00:45:05.415 just a low fat yogurt
NOTE Confidence: 0.9699871

00:45:05.415 --> 00:45:06.295 is a great base for
NOTE Confidence: 0.9699871

00:45:06.295 --> 00:45:07.895 this compared to, again, sorry
NOTE Confidence: 0.9699871

00:45:07.895 --> 00:45:09.255 to burst any bubbles, but
NOTE Confidence: 0.9699871

00:45:09.255 --> 00:45:10.855 those store bought dressings, the
NOTE Confidence: 0.9699871

00:45:10.855 --> 00:45:12.215 ranch, the blue cheese, the
NOTE Confidence: 0.9699871

00:45:12.215 --> 00:45:12.715 Caesar
NOTE Confidence: 0.81694293

00:45:13.175 --> 00:45:14.315 is primarily
NOTE Confidence: 0.9613295

00:45:14.855 --> 00:45:16.375 oil based. And if it's

NOTE Confidence: 0.9613295

00:45:16.375 --> 00:45:17.960 oil based, then the primary

NOTE Confidence: 0.9613295

00:45:17.960 --> 00:45:20.039 nutrient that's contributing is fat.

NOTE Confidence: 0.9613295

00:45:20.039 --> 00:45:20.920 Mhmm. And again, it's not

NOTE Confidence: 0.9613295

00:45:20.920 --> 00:45:21.880 that fat is the bad

NOTE Confidence: 0.9613295

00:45:21.880 --> 00:45:22.380 guy,

NOTE Confidence: 0.9978382

00:45:23.400 --> 00:45:23.900 but

NOTE Confidence: 0.9940688

00:45:24.440 --> 00:45:25.239 if we can try to

NOTE Confidence: 0.9940688

00:45:25.239 --> 00:45:26.039 find a way to sneak

NOTE Confidence: 0.9940688

00:45:26.039 --> 00:45:27.480 in some extra protein, which

NOTE Confidence: 0.9940688

00:45:27.480 --> 00:45:28.680 is usually something that people

NOTE Confidence: 0.9940688

00:45:28.680 --> 00:45:29.739 are trying to do,

NOTE Confidence: 0.9547019

00:45:30.364 --> 00:45:31.164 how easy is it to

NOTE Confidence: 0.9547019

00:45:31.164 --> 00:45:32.125 do it in salad dressing?

NOTE Confidence: 0.9547019

00:45:32.125 --> 00:45:33.484 It's such a bad rap.

NOTE Confidence: 0.9547019

00:45:33.484 --> 00:45:34.364 Milk is one of those

NOTE Confidence: 0.9547019

00:45:34.364 --> 00:45:35.885 things now that's, you know,
NOTE Confidence: 0.9547019

00:45:35.885 --> 00:45:37.325 lumped into that category of
NOTE Confidence: 0.9547019

00:45:37.325 --> 00:45:38.924 stay away from. Right? Everybody's
NOTE Confidence: 0.9547019

00:45:38.924 --> 00:45:39.964 changing over to the almond
NOTE Confidence: 0.9547019

00:45:39.964 --> 00:45:41.244 milks and the oat milks,
NOTE Confidence: 0.9547019

00:45:41.244 --> 00:45:41.744 and,
NOTE Confidence: 0.99943846

00:45:42.605 --> 00:45:43.484 there's no need to do
NOTE Confidence: 0.99943846

00:45:43.484 --> 00:45:44.525 that. So if you don't
NOTE Confidence: 0.99943846

00:45:44.525 --> 00:45:45.025 tolerate
NOTE Confidence: 0.9927607

00:45:45.369 --> 00:45:46.890 regular milk or animal, you
NOTE Confidence: 0.9927607

00:45:46.890 --> 00:45:48.650 know, animal products, then that's
NOTE Confidence: 0.9927607

00:45:48.650 --> 00:45:49.630 one thing. But
NOTE Confidence: 0.9805078

00:45:50.250 --> 00:45:52.089 doing, you know, regular Greek
NOTE Confidence: 0.9805078

00:45:52.089 --> 00:45:54.650 yogurt or doing regular cow's
NOTE Confidence: 0.9805078

00:45:54.650 --> 00:45:56.570 milk Mhmm. One percent reduced
NOTE Confidence: 0.9805078

00:45:56.570 --> 00:45:57.070 fat,

NOTE Confidence: 0.9457982

00:45:58.145 --> 00:45:59.744 is totally fine and actually

NOTE Confidence: 0.9457982

00:45:59.744 --> 00:46:01.344 very protective against many different

NOTE Confidence: 0.9457982

00:46:01.344 --> 00:46:02.625 types of cancer too. Yeah.

NOTE Confidence: 0.9457982

00:46:02.625 --> 00:46:04.005 And helps with bone density,

NOTE Confidence: 0.9457982

00:46:04.065 --> 00:46:05.744 especially people who are entering

NOTE Confidence: 0.9457982

00:46:05.744 --> 00:46:07.425 menopause or after breast cancer

NOTE Confidence: 0.9457982

00:46:07.425 --> 00:46:08.385 treatment, and now they're on

NOTE Confidence: 0.9457982

00:46:08.385 --> 00:46:09.125 a hormone,

NOTE Confidence: 0.97209567

00:46:09.905 --> 00:46:11.505 hormone medication to, you know,

NOTE Confidence: 0.97209567

00:46:11.505 --> 00:46:13.750 suppress estrogen. So, again, these

NOTE Confidence: 0.97209567

00:46:13.750 --> 00:46:15.350 things are very important to

NOTE Confidence: 0.97209567

00:46:15.350 --> 00:46:16.550 to incorporate into the diet

NOTE Confidence: 0.97209567

00:46:16.550 --> 00:46:18.170 in moderation. Don't be afraid.

NOTE Confidence: 0.97209567

00:46:18.310 --> 00:46:19.750 Absolutely. And so I've kinda

NOTE Confidence: 0.97209567

00:46:19.750 --> 00:46:20.790 done the other ingredient that

NOTE Confidence: 0.97209567

00:46:20.790 --> 00:46:21.590 I just added into there
NOTE Confidence: 0.97209567

00:46:21.590 --> 00:46:22.310 was a little bit of
NOTE Confidence: 0.97209567

00:46:22.310 --> 00:46:23.670 sour cream. I kinda did
NOTE Confidence: 0.97209567

00:46:23.670 --> 00:46:24.790 a three to one ratio.
NOTE Confidence: 0.97209567

00:46:24.790 --> 00:46:25.670 So it's three quarters of
NOTE Confidence: 0.97209567

00:46:25.670 --> 00:46:26.825 a cup of yogurt, one
NOTE Confidence: 0.97209567

00:46:26.825 --> 00:46:28.025 quarter cup of sour cream,
NOTE Confidence: 0.97209567

00:46:28.025 --> 00:46:29.384 again, a reduced fat sour
NOTE Confidence: 0.97209567

00:46:29.384 --> 00:46:30.825 cream. And then our liquid
NOTE Confidence: 0.97209567

00:46:30.825 --> 00:46:32.025 components actually make this a
NOTE Confidence: 0.97209567

00:46:32.025 --> 00:46:33.704 little bit looser is some
NOTE Confidence: 0.97209567

00:46:33.704 --> 00:46:34.984 buttermilk. That's what I've got
NOTE Confidence: 0.97209567

00:46:34.984 --> 00:46:36.525 going on in here. So
NOTE Confidence: 0.97209567

00:46:36.585 --> 00:46:37.724 little bit of a misnomer.
NOTE Confidence: 0.9990327

00:46:38.184 --> 00:46:38.684 Buttermilk
NOTE Confidence: 0.99969506

00:46:39.549 --> 00:46:40.210 is not

NOTE Confidence: 0.9812117

00:46:40.670 --> 00:46:42.750 fattier than normal milk. Most

NOTE Confidence: 0.9812117

00:46:42.750 --> 00:46:44.910 buttermilk is actually nonfat or

NOTE Confidence: 0.9812117

00:46:44.910 --> 00:46:46.910 reduced fat. It's called buttermilk

NOTE Confidence: 0.9812117

00:46:46.910 --> 00:46:48.109 because it's basically milk that

NOTE Confidence: 0.9812117

00:46:48.109 --> 00:46:49.410 has gone through a controlled

NOTE Confidence: 0.9812117

00:46:49.549 --> 00:46:50.049 curdling

NOTE Confidence: 0.92136145

00:46:50.349 --> 00:46:51.150 so that it is a

NOTE Confidence: 0.92136145

00:46:51.150 --> 00:46:52.109 little bit like of a

NOTE Confidence: 0.92136145

00:46:52.109 --> 00:46:54.455 thicker, more sour texture, almost

NOTE Confidence: 0.92136145

00:46:54.455 --> 00:46:56.635 halfway between milk and butter.

NOTE Confidence: 0.97464085

00:46:57.575 --> 00:46:58.535 And, of course, we love

NOTE Confidence: 0.97464085

00:46:58.535 --> 00:46:59.255 to use it in things

NOTE Confidence: 0.97464085

00:46:59.255 --> 00:47:01.094 like a buttermilk ranch or,

NOTE Confidence: 0.97464085

00:47:01.094 --> 00:47:02.635 you know, there's buttermilk pancakes,

NOTE Confidence: 0.97464085

00:47:02.775 --> 00:47:03.975 great opportunity to increase your

NOTE Confidence: 0.97464085

00:47:03.975 --> 00:47:05.175 flavor. I'm gonna pour that
NOTE Confidence: 0.97464085

00:47:05.175 --> 00:47:06.635 right into my jar here.
NOTE Confidence: 0.9994105

00:47:07.710 --> 00:47:08.590 And that is really the
NOTE Confidence: 0.9994105

00:47:08.590 --> 00:47:10.369 basis of our dressing.
NOTE Confidence: 0.98965937

00:47:11.070 --> 00:47:12.030 We are gonna add a
NOTE Confidence: 0.98965937

00:47:12.030 --> 00:47:14.190 couple more ingredients. So I've
NOTE Confidence: 0.98965937

00:47:14.190 --> 00:47:15.710 got a small, small, small
NOTE Confidence: 0.98965937

00:47:15.710 --> 00:47:17.070 amount of apple cider vinegar,
NOTE Confidence: 0.98965937

00:47:17.070 --> 00:47:18.210 only about a teaspoon.
NOTE Confidence: 0.9654567

00:47:18.510 --> 00:47:20.270 That vinegar kinda helps,
NOTE Confidence: 0.9808452

00:47:20.750 --> 00:47:22.605 balance out with its acidity.
NOTE Confidence: 0.9808452

00:47:22.605 --> 00:47:23.565 It helps balance out some
NOTE Confidence: 0.9808452

00:47:23.565 --> 00:47:24.525 other things. And then I've
NOTE Confidence: 0.9808452

00:47:24.525 --> 00:47:25.645 got a little bit of
NOTE Confidence: 0.9808452

00:47:25.645 --> 00:47:27.565 sugar here, really not much.
NOTE Confidence: 0.9808452

00:47:27.565 --> 00:47:28.925 In this whole mason jar,

NOTE Confidence: 0.9808452

00:47:28.925 --> 00:47:30.285 it's only three quarters of,

NOTE Confidence: 0.9808452

00:47:30.525 --> 00:47:31.344 of a teaspoon

NOTE Confidence: 0.9619265

00:47:31.805 --> 00:47:33.185 of sugar. So really

NOTE Confidence: 0.9892276

00:47:33.645 --> 00:47:34.925 not much that we're gonna

NOTE Confidence: 0.9892276

00:47:34.925 --> 00:47:36.510 add into there. Just we

NOTE Confidence: 0.9892276

00:47:36.510 --> 00:47:37.710 need some sweetness to kinda

NOTE Confidence: 0.9892276

00:47:37.710 --> 00:47:38.989 help balance things out. And

NOTE Confidence: 0.9892276

00:47:38.989 --> 00:47:39.950 then we're gonna add some

NOTE Confidence: 0.9892276

00:47:39.950 --> 00:47:41.870 spices, which is really what

NOTE Confidence: 0.9892276

00:47:41.870 --> 00:47:42.690 gets us

NOTE Confidence: 0.9946562

00:47:43.550 --> 00:47:44.290 to tasting

NOTE Confidence: 0.9840618

00:47:45.150 --> 00:47:46.590 like a, like a ranch

NOTE Confidence: 0.9840618

00:47:46.590 --> 00:47:47.570 dressing. So,

NOTE Confidence: 0.9935517

00:47:48.030 --> 00:47:48.830 of course, we got a

NOTE Confidence: 0.9935517

00:47:48.830 --> 00:47:49.950 little bit of salt that

NOTE Confidence: 0.9935517

00:47:49.950 --> 00:47:51.250 we're gonna add into there
NOTE Confidence: 0.9829156

00:47:51.785 --> 00:47:52.665 and a little bit of
NOTE Confidence: 0.9829156

00:47:52.665 --> 00:47:53.405 black pepper.
NOTE Confidence: 0.99039793

00:47:56.344 --> 00:47:58.045 But then we're gonna add
NOTE Confidence: 0.93711376

00:47:58.585 --> 00:47:59.325 some garlic,
NOTE Confidence: 0.9905012

00:47:59.864 --> 00:48:02.125 very classic addition to our,
NOTE Confidence: 0.9711935

00:48:03.625 --> 00:48:04.665 to our dish there, as
NOTE Confidence: 0.9711935

00:48:04.665 --> 00:48:06.205 well as some onion powder.
NOTE Confidence: 0.94275045

00:48:07.730 --> 00:48:08.390 Do that.
NOTE Confidence: 0.9925537

00:48:09.730 --> 00:48:11.089 Then we've got some,
NOTE Confidence: 0.9465454

00:48:12.050 --> 00:48:13.890 dry parsley here. That's gonna
NOTE Confidence: 0.9465454

00:48:13.890 --> 00:48:15.030 go in.
NOTE Confidence: 0.9459735

00:48:15.650 --> 00:48:17.670 And then finally, some dried
NOTE Confidence: 0.9459735

00:48:17.730 --> 00:48:19.250 chives. Can sometimes be a
NOTE Confidence: 0.9459735

00:48:19.250 --> 00:48:20.290 little harder to find, so
NOTE Confidence: 0.9459735

00:48:20.290 --> 00:48:21.750 you can use fresh absolutely.

NOTE Confidence: 0.96372336
00:48:23.175 --> 00:48:24.295 Fresh high is probably even
NOTE Confidence: 0.96372336
00:48:24.295 --> 00:48:25.815 better. Yeah. And then all
NOTE Confidence: 0.96372336
00:48:25.815 --> 00:48:27.335 we're gonna do is really
NOTE Confidence: 0.96372336
00:48:27.335 --> 00:48:28.375 tightly screw that lid on
NOTE Confidence: 0.96372336
00:48:28.375 --> 00:48:29.175 there, and then I'm just
NOTE Confidence: 0.96372336
00:48:29.175 --> 00:48:30.375 gonna shake this for a
NOTE Confidence: 0.96372336
00:48:30.375 --> 00:48:31.195 couple minutes.
NOTE Confidence: 0.9545127
00:48:31.495 --> 00:48:32.455 Got a good grip on
NOTE Confidence: 0.9545127
00:48:32.455 --> 00:48:33.335 here. Let's say if you're
NOTE Confidence: 0.9545127
00:48:33.335 --> 00:48:34.375 gonna involve your Two. If
NOTE Confidence: 0.9545127
00:48:34.375 --> 00:48:35.575 you're gonna involve your kids
NOTE Confidence: 0.9545127
00:48:35.575 --> 00:48:36.555 in this process,
NOTE Confidence: 0.96247447
00:48:36.980 --> 00:48:37.859 they make sure they got
NOTE Confidence: 0.96247447
00:48:37.859 --> 00:48:39.380 a good grip. I'll stop
NOTE Confidence: 0.96247447
00:48:39.380 --> 00:48:41.239 talking. No. Yeah. You're good.
NOTE Confidence: 0.99949706

00:48:41.859 --> 00:48:42.359 Beautiful.
NOTE Confidence: 0.99671775

00:48:42.739 --> 00:48:43.619 That's it. That's how you
NOTE Confidence: 0.99671775

00:48:43.619 --> 00:48:44.920 make homemade ranch dressing.
NOTE Confidence: 0.93341124

00:48:45.619 --> 00:48:46.819 And if we compare this,
NOTE Confidence: 0.93341124

00:48:46.819 --> 00:48:48.020 we compare this to, like,
NOTE Confidence: 0.93341124

00:48:48.020 --> 00:48:49.140 you know, we're throwing shade
NOTE Confidence: 0.93341124

00:48:49.140 --> 00:48:50.020 at some brands tonight. We
NOTE Confidence: 0.93341124

00:48:50.020 --> 00:48:51.059 compare this to, like, hidden
NOTE Confidence: 0.98445004

00:48:52.955 --> 00:48:54.155 alright. We compared this to
NOTE Confidence: 0.98445004

00:48:54.155 --> 00:48:55.755 a leading brand of ranch
NOTE Confidence: 0.98445004

00:48:55.755 --> 00:48:57.114 dressing. How about that?
NOTE Confidence: 0.97757244

00:48:57.435 --> 00:48:58.875 And so here here was
NOTE Confidence: 0.97757244

00:48:58.875 --> 00:48:59.675 kind of the difference. So
NOTE Confidence: 0.97757244

00:48:59.675 --> 00:49:00.955 first of all, our serving
NOTE Confidence: 0.97757244

00:49:00.955 --> 00:49:01.675 size was a little bit
NOTE Confidence: 0.97757244

00:49:01.675 --> 00:49:03.435 bigger. They usually their recommended

NOTE Confidence: 0.97757244
00:49:03.435 --> 00:49:04.715 serving size is somewhere between
NOTE Confidence: 0.97757244
00:49:04.715 --> 00:49:06.175 one to two tablespoons. Mhmm.
NOTE Confidence: 0.97757244
00:49:06.315 --> 00:49:07.375 Ours is two tablespoons.
NOTE Confidence: 0.99920243
00:49:07.675 --> 00:49:08.175 Yep.
NOTE Confidence: 0.96784705
00:49:08.750 --> 00:49:09.549 What did ours end up
NOTE Confidence: 0.96784705
00:49:09.549 --> 00:49:11.069 being? It was lower calories
NOTE Confidence: 0.96784705
00:49:11.069 --> 00:49:12.910 and lower fat content. Yeah.
NOTE Confidence: 0.96784705
00:49:12.910 --> 00:49:14.270 Absolutely. Strictly because of the
NOTE Confidence: 0.96784705
00:49:14.270 --> 00:49:15.710 nonfat plain yogurt. Right? The
NOTE Confidence: 0.96784705
00:49:15.710 --> 00:49:16.849 nonfat Greek yogurt.
NOTE Confidence: 0.99382687
00:49:17.630 --> 00:49:19.250 And then all the benefits
NOTE Confidence: 0.99382687
00:49:19.309 --> 00:49:20.349 added with the herbs and
NOTE Confidence: 0.99382687
00:49:20.349 --> 00:49:21.549 the spices and things that
NOTE Confidence: 0.99382687
00:49:21.549 --> 00:49:22.510 we're adding in. Right? So
NOTE Confidence: 0.99382687
00:49:22.510 --> 00:49:23.790 many people wanna take a
NOTE Confidence: 0.99382687

00:49:23.790 --> 00:49:25.435 pill or take a supplement
NOTE Confidence: 0.9891786

00:49:25.895 --> 00:49:27.094 to reap the benefit. But
NOTE Confidence: 0.9891786

00:49:27.094 --> 00:49:28.295 if you can add turmeric,
NOTE Confidence: 0.9891786

00:49:28.295 --> 00:49:29.915 if you can add oregano,
NOTE Confidence: 0.9891786

00:49:30.055 --> 00:49:30.775 if you can add these
NOTE Confidence: 0.9891786

00:49:30.775 --> 00:49:32.535 spices Absolutely. To your food,
NOTE Confidence: 0.9891786

00:49:32.535 --> 00:49:33.195 you're getting
NOTE Confidence: 0.96977913

00:49:33.495 --> 00:49:34.535 all of the benefit from
NOTE Confidence: 0.96977913

00:49:34.535 --> 00:49:35.655 the food source. Yeah. Not
NOTE Confidence: 0.96977913

00:49:35.655 --> 00:49:36.855 to mention, now the primary
NOTE Confidence: 0.96977913

00:49:36.855 --> 00:49:38.055 nutrient in here instead of
NOTE Confidence: 0.96977913

00:49:38.055 --> 00:49:40.155 fat is protein. Right. Absolutely.
NOTE Confidence: 0.9571392

00:49:40.500 --> 00:49:41.860 So using it for veggies.
NOTE Confidence: 0.9571392

00:49:41.860 --> 00:49:42.980 Right? Using it on a
NOTE Confidence: 0.9571392

00:49:42.980 --> 00:49:44.340 wrap. Yeah. Using it with
NOTE Confidence: 0.9571392

00:49:44.340 --> 00:49:45.380 your pizza that you like

NOTE Confidence: 0.9571392

00:49:45.380 --> 00:49:46.420 dipping your pizza, you know,

NOTE Confidence: 0.9571392

00:49:46.420 --> 00:49:47.700 in the ranch dressing or

NOTE Confidence: 0.9571392

00:49:47.700 --> 00:49:49.380 the ranch dip. So Perfect.

NOTE Confidence: 0.9571392

00:49:49.380 --> 00:49:50.020 Yeah. And we can if

NOTE Confidence: 0.9571392

00:49:50.020 --> 00:49:50.900 we can I can see

NOTE Confidence: 0.9571392

00:49:50.900 --> 00:49:51.700 if I can angle this

NOTE Confidence: 0.9571392

00:49:51.700 --> 00:49:52.920 in so you can see,

NOTE Confidence: 0.9723872

00:49:53.614 --> 00:49:54.494 a little bit of what's

NOTE Confidence: 0.9723872

00:49:54.494 --> 00:49:55.214 going on in the jar,

NOTE Confidence: 0.9723872

00:49:55.214 --> 00:49:55.961 but I'm gonna put that

NOTE Confidence: 0.9723872

00:49:56.094 --> 00:49:57.214 some of it out into

NOTE Confidence: 0.9723872

00:49:57.214 --> 00:49:59.214 a, a bowl later? But,

NOTE Confidence: 0.9723872

00:49:59.214 --> 00:50:00.255 I mean, you can literally

NOTE Confidence: 0.9723872

00:50:00.415 --> 00:50:01.375 you dip a spoon into

NOTE Confidence: 0.9723872

00:50:01.375 --> 00:50:02.094 it, and it has the

NOTE Confidence: 0.9723872

00:50:02.094 --> 00:50:03.474 exact same texture
NOTE Confidence: 0.93346435

00:50:03.855 --> 00:50:05.135 as ranch dressing. How long
NOTE Confidence: 0.93346435

00:50:05.135 --> 00:50:06.494 would you keep that, like,
NOTE Confidence: 0.93346435

00:50:06.494 --> 00:50:07.535 in a fridge? Probably about
NOTE Confidence: 0.93346435

00:50:07.535 --> 00:50:08.515 a week. Okay.
NOTE Confidence: 0.9950322

00:50:10.310 --> 00:50:10.810 The
NOTE Confidence: 0.9576689

00:50:11.190 --> 00:50:13.190 main thing is that dairy,
NOTE Confidence: 0.9576689

00:50:13.190 --> 00:50:14.390 like anything else, it does
NOTE Confidence: 0.9576689

00:50:14.390 --> 00:50:15.690 have a shelf life. Yeah.
NOTE Confidence: 0.9576689

00:50:15.750 --> 00:50:17.110 And especially because we've combined
NOTE Confidence: 0.9576689

00:50:17.110 --> 00:50:18.310 a couple different types of
NOTE Confidence: 0.9576689

00:50:18.310 --> 00:50:18.810 dairy
NOTE Confidence: 0.9616352

00:50:19.270 --> 00:50:21.270 with something acidic, the apple
NOTE Confidence: 0.9616352

00:50:21.270 --> 00:50:22.710 cider vinegar in this case.
NOTE Confidence: 0.9616352

00:50:22.710 --> 00:50:24.295 Mhmm. I wouldn't mess around
NOTE Confidence: 0.9616352

00:50:24.295 --> 00:50:25.335 with it too long. Could

NOTE Confidence: 0.9616352

00:50:25.335 --> 00:50:26.295 always give it the smell

NOTE Confidence: 0.9616352

00:50:26.295 --> 00:50:27.575 test, but a week is

NOTE Confidence: 0.9616352

00:50:27.575 --> 00:50:28.775 probably about where we're at

NOTE Confidence: 0.9616352

00:50:28.775 --> 00:50:29.435 there. Okay.

NOTE Confidence: 0.974689

00:50:29.815 --> 00:50:31.094 So perfect. Alright. We're coming

NOTE Confidence: 0.974689

00:50:31.094 --> 00:50:32.455 up at around six thirty.

NOTE Confidence: 0.974689

00:50:32.455 --> 00:50:33.255 I know we have until

NOTE Confidence: 0.974689

00:50:33.255 --> 00:50:34.295 seven, and I'm sure there'll

NOTE Confidence: 0.974689

00:50:34.295 --> 00:50:36.309 be questions. Yep. Actually, do

NOTE Confidence: 0.974689

00:50:36.309 --> 00:50:37.109 we have any questions now?

NOTE Confidence: 0.974689

00:50:37.109 --> 00:50:37.589 Because what I'm gonna do

NOTE Confidence: 0.974689

00:50:37.589 --> 00:50:38.469 is I'm gonna I'm gonna

NOTE Confidence: 0.974689

00:50:38.469 --> 00:50:39.270 plate up some of our

NOTE Confidence: 0.974689

00:50:39.270 --> 00:50:40.230 food so it looks nice

NOTE Confidence: 0.974689

00:50:40.230 --> 00:50:41.210 and pretty here.

NOTE Confidence: 0.99906725

00:50:41.829 --> 00:50:42.329 So
NOTE Confidence: 0.96190494
00:50:42.869 --> 00:50:44.069 somebody asked about the recipes,
NOTE Confidence: 0.96190494
00:50:44.069 --> 00:50:45.030 but we're gonna send those
NOTE Confidence: 0.96190494
00:50:45.030 --> 00:50:46.569 out Yep. Everyone after.
NOTE Confidence: 0.9792859
00:50:46.950 --> 00:50:47.750 There were a couple in
NOTE Confidence: 0.9792859
00:50:47.750 --> 00:50:48.710 the q and a. So
NOTE Confidence: 0.9792859
00:50:48.710 --> 00:50:50.150 what about corn chips, taco
NOTE Confidence: 0.9792859
00:50:50.150 --> 00:50:50.650 chips?
NOTE Confidence: 0.91176665
00:50:51.204 --> 00:50:52.085 Great question. I know we
NOTE Confidence: 0.91176665
00:50:52.085 --> 00:50:53.065 mentioned that in the beginning.
NOTE Confidence: 0.9930067
00:50:53.364 --> 00:50:54.565 Those are fine too. So
NOTE Confidence: 0.9930067
00:50:54.565 --> 00:50:55.364 if you can choose a
NOTE Confidence: 0.9930067
00:50:55.364 --> 00:50:56.525 low sodium option,
NOTE Confidence: 0.981093
00:50:56.964 --> 00:50:58.325 reduced sodium chip, I mean,
NOTE Confidence: 0.981093
00:50:58.325 --> 00:51:00.005 that's great. But that's awesome.
NOTE Confidence: 0.981093
00:51:00.005 --> 00:51:01.364 Again, what is the corn

NOTE Confidence: 0.981093

00:51:01.364 --> 00:51:02.565 chip going to help you

NOTE Confidence: 0.981093

00:51:02.565 --> 00:51:03.684 consume? Is that gonna help

NOTE Confidence: 0.981093

00:51:03.684 --> 00:51:04.724 you get avocado in your

NOTE Confidence: 0.981093

00:51:04.724 --> 00:51:05.480 diet? Is that gonna help

NOTE Confidence: 0.981093

00:51:05.480 --> 00:51:06.599 you get tomatoes for the

NOTE Confidence: 0.981093

00:51:06.599 --> 00:51:07.099 lycopene?

NOTE Confidence: 0.94568294

00:51:07.400 --> 00:51:08.520 Is that gonna help you

NOTE Confidence: 0.94568294

00:51:08.760 --> 00:51:09.719 I don't know. You know,

NOTE Confidence: 0.94568294

00:51:09.719 --> 00:51:10.920 whatever else you would pair

NOTE Confidence: 0.94568294

00:51:10.920 --> 00:51:12.460 with that. Black beans. Absolutely.

NOTE Confidence: 0.94568294

00:51:12.599 --> 00:51:14.359 So absolutely, corn chips are

NOTE Confidence: 0.94568294

00:51:14.359 --> 00:51:15.180 totally fine.

NOTE Confidence: 0.942423

00:51:17.000 --> 00:51:18.825 Thoughts on chickpea protein pastas.

NOTE Confidence: 0.942423

00:51:18.905 --> 00:51:20.265 I love them, actually. I

NOTE Confidence: 0.942423

00:51:20.265 --> 00:51:21.625 think the texture's awesome. I

NOTE Confidence: 0.942423

00:51:21.625 --> 00:51:22.505 don't even have a box
NOTE Confidence: 0.942423

00:51:22.505 --> 00:51:23.785 in here. Let's see. Of,
NOTE Confidence: 0.942423

00:51:23.785 --> 00:51:25.145 like they have Banza like,
NOTE Confidence: 0.942423

00:51:25.145 --> 00:51:26.585 there's Banza brand and things
NOTE Confidence: 0.942423

00:51:26.585 --> 00:51:28.265 like that. Oh, excellent call.
NOTE Confidence: 0.942423

00:51:28.265 --> 00:51:29.704 We're not sponsored. Yeah. Not
NOTE Confidence: 0.942423

00:51:29.704 --> 00:51:31.005 at all. No. Alright.
NOTE Confidence: 0.9985

00:51:31.385 --> 00:51:31.885 So
NOTE Confidence: 0.9236956

00:51:32.905 --> 00:51:33.885 for two ounces,
NOTE Confidence: 0.9188741

00:51:35.300 --> 00:51:37.300 for the serving size yeah.
NOTE Confidence: 0.9188741

00:51:37.300 --> 00:51:38.980 Eight grams of fiber. Eight
NOTE Confidence: 0.9188741

00:51:38.980 --> 00:51:40.060 grams of dietary fiber. So
NOTE Confidence: 0.9188741

00:51:40.060 --> 00:51:41.060 if you It's actually probably
NOTE Confidence: 0.9188741

00:51:41.060 --> 00:51:41.940 more than the whole wheat
NOTE Confidence: 0.9188741

00:51:41.940 --> 00:51:43.219 pot. Absolutely. Be honest. And
NOTE Confidence: 0.9188741

00:51:43.219 --> 00:51:44.360 twenty grams of protein.

NOTE Confidence: 0.9197685

00:51:44.900 --> 00:51:46.100 Yeah. That's So that's huge.

NOTE Confidence: 0.9197685

00:51:46.100 --> 00:51:47.619 Mhmm. Right? It well, what

NOTE Confidence: 0.9197685

00:51:47.619 --> 00:51:48.260 what do a lot of

NOTE Confidence: 0.9197685

00:51:48.260 --> 00:51:49.460 people aim for? Usually, they're

NOTE Confidence: 0.9197685

00:51:49.460 --> 00:51:50.885 saying, oh, twenty to thirty

NOTE Confidence: 0.9197685

00:51:50.885 --> 00:51:52.505 grams of protein per meal.

NOTE Confidence: 0.944521

00:51:53.045 --> 00:51:54.405 Varies per person, of course,

NOTE Confidence: 0.944521

00:51:54.405 --> 00:51:56.405 but do that. Like, that's

NOTE Confidence: 0.944521

00:51:56.405 --> 00:51:58.005 basically your protein goal for

NOTE Confidence: 0.944521

00:51:58.005 --> 00:51:59.705 the meal. It's really impressive.

NOTE Confidence: 0.944521

00:52:00.005 --> 00:52:01.125 And people that live alone.

NOTE Confidence: 0.944521

00:52:01.125 --> 00:52:02.340 Like, I talk to, you

NOTE Confidence: 0.944521

00:52:02.340 --> 00:52:03.380 know, patients all the time

NOTE Confidence: 0.944521

00:52:03.380 --> 00:52:04.420 that live by themselves, and

NOTE Confidence: 0.944521

00:52:04.420 --> 00:52:05.300 they're like, I don't wanna

NOTE Confidence: 0.944521

00:52:05.300 --> 00:52:06.280 do all this cooking
NOTE Confidence: 0.9714903

00:52:06.580 --> 00:52:07.780 to have so much food
NOTE Confidence: 0.9714903

00:52:07.780 --> 00:52:09.140 left over that I'm gonna
NOTE Confidence: 0.9714903

00:52:09.140 --> 00:52:10.660 waste. So if you need
NOTE Confidence: 0.9714903

00:52:10.660 --> 00:52:11.460 to just go with a
NOTE Confidence: 0.9714903

00:52:11.460 --> 00:52:13.220 banza pasta or a chickpea
NOTE Confidence: 0.9714903

00:52:13.220 --> 00:52:14.660 pasta and pair it with
NOTE Confidence: 0.9714903

00:52:14.660 --> 00:52:15.640 some frozen broccoli,
NOTE Confidence: 0.9041106

00:52:15.965 --> 00:52:17.165 that's still a very balanced
NOTE Confidence: 0.9041106

00:52:17.165 --> 00:52:18.125 meal. You're gonna get your
NOTE Confidence: 0.9041106

00:52:18.125 --> 00:52:19.185 protein, your fiber,
NOTE Confidence: 0.9810029

00:52:19.805 --> 00:52:21.344 you're filling yourself up,
NOTE Confidence: 0.95939845

00:52:21.885 --> 00:52:23.245 you know, less waste. So
NOTE Confidence: 0.95939845

00:52:23.245 --> 00:52:24.145 don't overthink.
NOTE Confidence: 0.9649012

00:52:24.445 --> 00:52:25.485 Just just try to do
NOTE Confidence: 0.9649012

00:52:25.485 --> 00:52:26.685 the best you can. Especially

NOTE Confidence: 0.9649012

00:52:26.685 --> 00:52:28.205 the pasta. Right? Like, I

NOTE Confidence: 0.9649012

00:52:28.205 --> 00:52:29.005 grew up I grew up

NOTE Confidence: 0.9649012

00:52:29.005 --> 00:52:29.580 in a in a family

NOTE Confidence: 0.9649012

00:52:29.580 --> 00:52:30.580 of fours. When we had

NOTE Confidence: 0.9649012

00:52:30.580 --> 00:52:31.700 pasta for dinner, we cooked

NOTE Confidence: 0.9649012

00:52:31.700 --> 00:52:32.540 the whole box so that

NOTE Confidence: 0.9649012

00:52:32.580 --> 00:52:34.260 Mhmm. Everyone got pasta, and

NOTE Confidence: 0.9649012

00:52:34.260 --> 00:52:36.040 then there were leftovers. Right?

NOTE Confidence: 0.9639875

00:52:36.340 --> 00:52:37.540 But then moving out on

NOTE Confidence: 0.9639875

00:52:37.540 --> 00:52:38.340 my own, and now that

NOTE Confidence: 0.9639875

00:52:38.340 --> 00:52:39.060 it's just me and my

NOTE Confidence: 0.9639875

00:52:39.060 --> 00:52:40.440 partner at home, right, like,

NOTE Confidence: 0.9639875

00:52:40.580 --> 00:52:41.619 I realized, oh, I can

NOTE Confidence: 0.9639875

00:52:41.619 --> 00:52:43.035 cook half a box of

NOTE Confidence: 0.9639875

00:52:43.035 --> 00:52:44.555 pasta. Yeah. I'm I'm not

NOTE Confidence: 0.9639875

00:52:44.555 --> 00:52:45.435 left with a huge amount
NOTE Confidence: 0.9639875

00:52:45.435 --> 00:52:46.875 of leftovers. Right? Opening up
NOTE Confidence: 0.9639875

00:52:46.875 --> 00:52:47.994 that box does not change
NOTE Confidence: 0.9639875

00:52:47.994 --> 00:52:48.875 the shelf life. You know,
NOTE Confidence: 0.9639875

00:52:48.875 --> 00:52:49.594 get a piece of tape
NOTE Confidence: 0.9639875

00:52:49.594 --> 00:52:50.395 on there so it doesn't
NOTE Confidence: 0.9639875

00:52:50.395 --> 00:52:51.855 fly open in your pantry.
NOTE Confidence: 0.9639875

00:52:51.994 --> 00:52:52.875 Mhmm. But you don't have
NOTE Confidence: 0.9639875

00:52:52.875 --> 00:52:53.675 to cook the whole box
NOTE Confidence: 0.9639875

00:52:53.675 --> 00:52:54.635 of pasta at once. One
NOTE Confidence: 0.9639875

00:52:54.635 --> 00:52:55.594 of those, like, things that,
NOTE Confidence: 0.9639875

00:52:55.594 --> 00:52:56.875 like, never even occurred to
NOTE Confidence: 0.9639875

00:52:56.875 --> 00:52:57.855 me still.
NOTE Confidence: 0.99381125

00:53:03.090 --> 00:53:04.930 Oh, absolutely. We can talk
NOTE Confidence: 0.99381125

00:53:04.930 --> 00:53:06.210 about that. So access to
NOTE Confidence: 0.99381125

00:53:06.210 --> 00:53:07.590 the in person classes.

NOTE Confidence: 0.9793874

00:53:08.930 --> 00:53:09.810 Well, first of all, my

NOTE Confidence: 0.9793874

00:53:09.810 --> 00:53:10.770 favorite thing to tell people

NOTE Confidence: 0.9793874

00:53:10.770 --> 00:53:11.730 about these classes is that

NOTE Confidence: 0.9793874

00:53:11.730 --> 00:53:12.469 they're free.

NOTE Confidence: 0.98085845

00:53:12.785 --> 00:53:13.925 That's awesome. I know.

NOTE Confidence: 0.9772185

00:53:14.625 --> 00:53:16.385 So the in person classes

NOTE Confidence: 0.9772185

00:53:16.385 --> 00:53:17.344 here at the teaching kitchen

NOTE Confidence: 0.9772185

00:53:17.344 --> 00:53:18.465 are offered free of charge

NOTE Confidence: 0.9772185

00:53:18.465 --> 00:53:19.985 to patients. The only thing

NOTE Confidence: 0.9772185

00:53:19.985 --> 00:53:21.505 that you need is a

NOTE Confidence: 0.9772185

00:53:21.505 --> 00:53:22.005 referral

NOTE Confidence: 0.9962226

00:53:23.025 --> 00:53:24.405 from a Yale affiliated,

NOTE Confidence: 0.99735975

00:53:24.945 --> 00:53:27.125 provider. So it could be

NOTE Confidence: 0.9778864

00:53:27.579 --> 00:53:28.619 one of the members of

NOTE Confidence: 0.9778864

00:53:28.619 --> 00:53:30.079 your team over at Smilo.

NOTE Confidence: 0.9778864

00:53:30.219 --> 00:53:31.420 A dietitian could enter it
NOTE Confidence: 0.9778864

00:53:31.420 --> 00:53:32.619 for you. Your your doctor
NOTE Confidence: 0.9778864

00:53:32.619 --> 00:53:33.739 could enter it for you.
NOTE Confidence: 0.9778864

00:53:33.980 --> 00:53:34.940 But it also could be
NOTE Confidence: 0.9778864

00:53:34.940 --> 00:53:36.219 if you see someone in
NOTE Confidence: 0.9778864

00:53:36.219 --> 00:53:38.140 literally any other department. They
NOTE Confidence: 0.9778864

00:53:38.140 --> 00:53:39.099 can give you a referral
NOTE Confidence: 0.9778864

00:53:39.099 --> 00:53:40.319 here to the teaching kitchen.
NOTE Confidence: 0.9621408

00:53:41.364 --> 00:53:42.805 Classes offered free of charge.
NOTE Confidence: 0.9621408

00:53:42.805 --> 00:53:44.245 This stuff that we're doing
NOTE Confidence: 0.9621408

00:53:44.245 --> 00:53:46.105 here tonight, these are recipes
NOTE Confidence: 0.9621408

00:53:46.245 --> 00:53:47.685 directly that we do with
NOTE Confidence: 0.9621408

00:53:47.685 --> 00:53:48.565 patients in the in the
NOTE Confidence: 0.9621408

00:53:48.565 --> 00:53:50.405 kitchen here. These chicken tenders
NOTE Confidence: 0.9621408

00:53:50.405 --> 00:53:51.525 we do during our snacks
NOTE Confidence: 0.9621408

00:53:51.525 --> 00:53:52.485 class and are always a

NOTE Confidence: 0.9621408

00:53:52.485 --> 00:53:53.545 big hit for people.

NOTE Confidence: 0.97197807

00:53:55.790 --> 00:53:57.630 And so you're gonna get

NOTE Confidence: 0.97197807

00:53:57.630 --> 00:53:58.830 the same exact principles. You

NOTE Confidence: 0.97197807

00:53:58.830 --> 00:53:59.469 might be in a class

NOTE Confidence: 0.97197807

00:53:59.469 --> 00:54:00.849 with people who aren't necessarily,

NOTE Confidence: 0.88038236

00:54:01.270 --> 00:54:02.930 you know, other Smilow patients.

NOTE Confidence: 0.9331384

00:54:03.790 --> 00:54:05.250 We get a a mixture

NOTE Confidence: 0.98741204

00:54:05.550 --> 00:54:06.750 of weight loss, heart and

NOTE Confidence: 0.98741204

00:54:06.750 --> 00:54:07.890 vascular patients,

NOTE Confidence: 0.95264435

00:54:08.705 --> 00:54:09.985 all but all people who

NOTE Confidence: 0.95264435

00:54:09.985 --> 00:54:11.425 can benefit from this kind

NOTE Confidence: 0.95264435

00:54:11.425 --> 00:54:12.785 of education. Just building that

NOTE Confidence: 0.95264435

00:54:12.785 --> 00:54:14.305 confidence in the kitchen. So

NOTE Confidence: 0.95264435

00:54:14.305 --> 00:54:15.605 all that you would need

NOTE Confidence: 0.95264435

00:54:15.665 --> 00:54:16.485 is a referral

NOTE Confidence: 0.99854857

00:54:16.864 --> 00:54:17.925 from your provider.
NOTE Confidence: 0.97519183

00:54:19.344 --> 00:54:20.245 We can definitely,
NOTE Confidence: 0.9709352

00:54:20.945 --> 00:54:22.420 send out when we send
NOTE Confidence: 0.9709352

00:54:22.420 --> 00:54:23.860 out everything tomorrow, the recipes,
NOTE Confidence: 0.9709352

00:54:23.860 --> 00:54:24.900 I have a little flyer
NOTE Confidence: 0.9709352

00:54:24.900 --> 00:54:25.780 that we can send out
NOTE Confidence: 0.9709352

00:54:25.780 --> 00:54:27.219 as well that includes a
NOTE Confidence: 0.9709352

00:54:27.219 --> 00:54:28.180 little section that you can
NOTE Confidence: 0.9709352

00:54:28.180 --> 00:54:28.980 hand it right to your
NOTE Confidence: 0.9709352

00:54:28.980 --> 00:54:30.100 doctor. There's a little blurb
NOTE Confidence: 0.9709352

00:54:30.100 --> 00:54:30.820 on there that says, how
NOTE Confidence: 0.9709352

00:54:30.820 --> 00:54:32.040 do I refer a patient?
NOTE Confidence: 0.9709352

00:54:32.100 --> 00:54:32.900 And they'll be able to
NOTE Confidence: 0.9709352

00:54:32.900 --> 00:54:34.040 get you in. Yeah.
NOTE Confidence: 0.9817436

00:54:34.715 --> 00:54:35.515 The great thing is that
NOTE Confidence: 0.9817436

00:54:35.515 --> 00:54:37.114 these are all very you

NOTE Confidence: 0.9817436

00:54:37.114 --> 00:54:38.475 know, these recipes can be

NOTE Confidence: 0.9817436

00:54:38.475 --> 00:54:40.255 adjusted and changed. Right? So

NOTE Confidence: 0.9817436

00:54:40.395 --> 00:54:42.235 if somebody had surgery, colon

NOTE Confidence: 0.9817436

00:54:42.235 --> 00:54:44.175 surgery, you can't tolerate greens,

NOTE Confidence: 0.9828769

00:54:44.475 --> 00:54:46.395 like, there's always alternatives. So

NOTE Confidence: 0.9828769

00:54:46.395 --> 00:54:47.755 that's also key to finding

NOTE Confidence: 0.9828769

00:54:47.755 --> 00:54:49.035 a resource. So talking to

NOTE Confidence: 0.9828769

00:54:49.035 --> 00:54:50.495 a dietitian at your center

NOTE Confidence: 0.9797941

00:54:50.850 --> 00:54:52.050 or, you know, asking for

NOTE Confidence: 0.9797941

00:54:52.050 --> 00:54:53.170 a referral from your primary

NOTE Confidence: 0.9797941

00:54:53.170 --> 00:54:54.290 care to talk to a

NOTE Confidence: 0.9797941

00:54:54.290 --> 00:54:55.650 dietitian to go over how

NOTE Confidence: 0.9797941

00:54:55.650 --> 00:54:56.770 you can adjust and change

NOTE Confidence: 0.9797941

00:54:56.770 --> 00:54:57.810 things so that you're not

NOTE Confidence: 0.9797941

00:54:57.810 --> 00:54:59.250 avoiding or limiting nutrients that

NOTE Confidence: 0.9797941

00:54:59.250 --> 00:55:00.770 you're consuming. You're just trying

NOTE Confidence: 0.9797941

00:55:00.770 --> 00:55:01.730 to adjust based on what

NOTE Confidence: 0.9797941

00:55:01.730 --> 00:55:02.610 your diet, you know, what

NOTE Confidence: 0.9797941

00:55:02.610 --> 00:55:04.230 your body can tolerate. Absolutely.

NOTE Confidence: 0.9797941

00:55:04.290 --> 00:55:05.730 So yeah. Alright. Let's, we

NOTE Confidence: 0.9797941

00:55:05.730 --> 00:55:07.185 can zoom in on the,

NOTE Confidence: 0.9797941

00:55:07.425 --> 00:55:08.705 the middle here. I'll move

NOTE Confidence: 0.9797941

00:55:08.705 --> 00:55:09.605 our plates.

NOTE Confidence: 0.99945927

00:55:10.225 --> 00:55:11.925 So we've got our

NOTE Confidence: 0.99816173

00:55:12.785 --> 00:55:13.285 pasta

NOTE Confidence: 0.9359751

00:55:13.745 --> 00:55:15.105 all plated up very lovely

NOTE Confidence: 0.9359751

00:55:15.105 --> 00:55:15.985 here. I mean, this, like,

NOTE Confidence: 0.9359751

00:55:15.985 --> 00:55:17.025 if you put this down

NOTE Confidence: 0.9359751

00:55:17.025 --> 00:55:17.985 on your table in front

NOTE Confidence: 0.9359751

00:55:17.985 --> 00:55:18.864 of your family and everyone

NOTE Confidence: 0.9359751

00:55:18.864 --> 00:55:20.025 kinda help themselves, like Mhmm.

NOTE Confidence: 0.9359751

00:55:20.145 --> 00:55:21.360 Perfect. Dinner. Done.

NOTE Confidence: 0.9654722

00:55:21.840 --> 00:55:23.120 One or two pots maybe,

NOTE Confidence: 0.9654722

00:55:23.120 --> 00:55:24.239 and then you're good. And

NOTE Confidence: 0.9654722

00:55:24.239 --> 00:55:25.600 then also, I mean, you

NOTE Confidence: 0.9654722

00:55:25.600 --> 00:55:27.120 could nothing says you can't

NOTE Confidence: 0.9654722

00:55:27.120 --> 00:55:28.160 have chicken tenders for dinner.

NOTE Confidence: 0.9654722

00:55:28.160 --> 00:55:29.920 Right? But these great after

NOTE Confidence: 0.9654722

00:55:29.920 --> 00:55:31.920 school snack. Right? They're crispy.

NOTE Confidence: 0.9654722

00:55:31.920 --> 00:55:32.800 You pile them up on

NOTE Confidence: 0.9654722

00:55:32.800 --> 00:55:34.640 here. Especially if, again, you

NOTE Confidence: 0.9654722

00:55:34.640 --> 00:55:36.080 make these chicken tenders, you

NOTE Confidence: 0.9654722

00:55:36.080 --> 00:55:37.155 make a big batch in

NOTE Confidence: 0.9654722

00:55:37.155 --> 00:55:38.035 advance, and then you can

NOTE Confidence: 0.9654722

00:55:38.035 --> 00:55:39.795 freeze them and then reheat

NOTE Confidence: 0.9654722

00:55:39.795 --> 00:55:41.155 them in your air fryer,

NOTE Confidence: 0.9654722

00:55:41.155 --> 00:55:42.195 the microwave even if you
NOTE Confidence: 0.9654722

00:55:42.195 --> 00:55:43.235 wanted to. But Yep. And
NOTE Confidence: 0.9654722

00:55:43.235 --> 00:55:44.275 then that ranch dressing, you
NOTE Confidence: 0.9654722

00:55:44.275 --> 00:55:44.995 make a batch of it
NOTE Confidence: 0.9654722

00:55:44.995 --> 00:55:45.555 at the beginning of the
NOTE Confidence: 0.9654722

00:55:45.555 --> 00:55:46.755 week. It's ready to go
NOTE Confidence: 0.9654722

00:55:46.755 --> 00:55:47.955 for you or your kids
NOTE Confidence: 0.9654722

00:55:47.955 --> 00:55:48.614 or whoever
NOTE Confidence: 0.94936675

00:55:48.915 --> 00:55:49.795 for when they come home
NOTE Confidence: 0.94936675

00:55:49.795 --> 00:55:51.255 from school or work. And
NOTE Confidence: 0.94936675

00:55:51.315 --> 00:55:52.410 so you get these, like,
NOTE Confidence: 0.94936675

00:55:52.489 --> 00:55:53.930 very lovely these very lovely
NOTE Confidence: 0.94936675

00:55:53.930 --> 00:55:55.210 dishes here. Yeah. And even
NOTE Confidence: 0.94936675

00:55:55.210 --> 00:55:56.410 lunch boxes the next day.
NOTE Confidence: 0.94936675

00:55:56.410 --> 00:55:57.369 And, like Yeah. Absolutely.
NOTE Confidence: 0.96464366

00:55:57.849 --> 00:55:59.049 Kids can't have mine would

NOTE Confidence: 0.96464366

00:55:59.049 --> 00:56:00.089 eat them cold, you know,

NOTE Confidence: 0.96464366

00:56:00.089 --> 00:56:01.690 dipped in Yeah. This dip.

NOTE Confidence: 0.96464366

00:56:01.690 --> 00:56:03.469 So trying to find alternatives,

NOTE Confidence: 0.96464366

00:56:03.609 --> 00:56:04.489 right, to the deli meat

NOTE Confidence: 0.96464366

00:56:04.489 --> 00:56:05.535 is trying to do more

NOTE Confidence: 0.96464366

00:56:05.535 --> 00:56:06.655 things like this. Yep. I

NOTE Confidence: 0.96464366

00:56:06.655 --> 00:56:07.855 even remember back when I,

NOTE Confidence: 0.96464366

00:56:08.015 --> 00:56:08.895 when I was in school,

NOTE Confidence: 0.96464366

00:56:08.895 --> 00:56:09.775 like, kids would ring, like,

NOTE Confidence: 0.96464366

00:56:09.775 --> 00:56:11.375 Lunchables. Right? Yeah. There were

NOTE Confidence: 0.96464366

00:56:11.375 --> 00:56:12.835 cold chicken nugget Lunchables.

NOTE Confidence: 0.9540261

00:56:13.295 --> 00:56:14.655 I kinda I wasn't a

NOTE Confidence: 0.9540261

00:56:14.655 --> 00:56:15.855 huge fan. Right? But these

NOTE Confidence: 0.9540261

00:56:15.855 --> 00:56:16.734 would be so much better

NOTE Confidence: 0.9540261

00:56:16.734 --> 00:56:18.175 because they're actually the texture

NOTE Confidence: 0.9540261

00:56:18.175 --> 00:56:19.214 of, like, a real chicken
NOTE Confidence: 0.9540261

00:56:19.214 --> 00:56:19.714 tender
NOTE Confidence: 0.8885262

00:56:20.070 --> 00:56:21.430 versus, like, whatever they were
NOTE Confidence: 0.8885262

00:56:21.430 --> 00:56:22.810 putting in there in there.
NOTE Confidence: 0.8885262

00:56:22.870 --> 00:56:24.230 Thinking outside of that. Yeah.
NOTE Confidence: 0.8885262

00:56:24.230 --> 00:56:25.450 Absolutely. Any,
NOTE Confidence: 0.941231

00:56:25.989 --> 00:56:28.250 any other questions or anything
NOTE Confidence: 0.941231

00:56:28.390 --> 00:56:29.670 come through? We we moved
NOTE Confidence: 0.941231

00:56:29.670 --> 00:56:31.270 through these recipes pretty quick.
NOTE Confidence: 0.941231

00:56:31.270 --> 00:56:31.770 So,
NOTE Confidence: 0.93596023

00:56:32.469 --> 00:56:33.614 It's where the classes are.
NOTE Confidence: 0.93596023

00:56:33.614 --> 00:56:34.735 They're here. Right? Yeah. So
NOTE Confidence: 0.93596023

00:56:34.735 --> 00:56:35.935 the classes are here. We
NOTE Confidence: 0.93596023

00:56:35.935 --> 00:56:37.135 are we should, I guess,
NOTE Confidence: 0.93596023

00:56:37.135 --> 00:56:39.135 define where here is. We're
NOTE Confidence: 0.93596023

00:56:39.135 --> 00:56:40.915 are we're in North Haven.

NOTE Confidence: 0.935146
00:56:41.455 --> 00:56:42.655 The teaching kitchen is at
NOTE Confidence: 0.935146
00:56:42.655 --> 00:56:44.035 eight Divine Street.
NOTE Confidence: 0.9441627
00:56:45.050 --> 00:56:46.090 Right across the way here
NOTE Confidence: 0.9441627
00:56:46.090 --> 00:56:47.210 at six Divine, that is
NOTE Confidence: 0.9441627
00:56:47.210 --> 00:56:48.570 one of the Milo locations.
NOTE Confidence: 0.9441627
00:56:48.570 --> 00:56:49.630 You may be not necessarily
NOTE Confidence: 0.9441627
00:56:49.690 --> 00:56:50.510 going there.
NOTE Confidence: 0.99498713
00:56:51.210 --> 00:56:52.410 In addition to the classes
NOTE Confidence: 0.99498713
00:56:52.410 --> 00:56:54.650 being free, parking on-site here
NOTE Confidence: 0.99498713
00:56:54.650 --> 00:56:55.849 is free. There's no you
NOTE Confidence: 0.99498713
00:56:55.849 --> 00:56:56.650 don't have to get anything
NOTE Confidence: 0.99498713
00:56:56.650 --> 00:56:58.170 validated. There's no parking pass
NOTE Confidence: 0.99498713
00:56:58.170 --> 00:56:58.830 or anything.
NOTE Confidence: 0.9603999
00:56:59.835 --> 00:57:01.835 We are along a, a
NOTE Confidence: 0.9603999
00:57:01.835 --> 00:57:03.035 major bus route that does
NOTE Confidence: 0.9603999

00:57:03.035 --> 00:57:04.315 go into New Haven, so
NOTE Confidence: 0.9603999

00:57:04.315 --> 00:57:05.435 that's an option for folks.
NOTE Confidence: 0.9603999

00:57:05.435 --> 00:57:06.815 And then if you have,
NOTE Confidence: 0.9994467

00:57:09.035 --> 00:57:10.235 an insurance company that will
NOTE Confidence: 0.9994467

00:57:10.235 --> 00:57:11.055 cover transportation
NOTE Confidence: 0.9614724

00:57:11.515 --> 00:57:12.335 to appointments,
NOTE Confidence: 0.94766575

00:57:13.119 --> 00:57:14.480 Veo is usually, like, one
NOTE Confidence: 0.94766575

00:57:14.480 --> 00:57:15.859 of the transportation companies.
NOTE Confidence: 0.95720446

00:57:16.480 --> 00:57:17.920 Because the teaching kitchen appointment
NOTE Confidence: 0.95720446

00:57:17.920 --> 00:57:18.880 will show up in your
NOTE Confidence: 0.95720446

00:57:18.880 --> 00:57:20.480 MyChart like any other appointment,
NOTE Confidence: 0.95720446

00:57:20.480 --> 00:57:21.680 you can actually get your
NOTE Confidence: 0.95720446

00:57:21.680 --> 00:57:22.640 transportation to and from the
NOTE Confidence: 0.95720446

00:57:22.640 --> 00:57:24.160 kitchen covered by your insurance.
NOTE Confidence: 0.95720446

00:57:24.160 --> 00:57:25.600 Yeah. The classes are free,
NOTE Confidence: 0.95720446

00:57:25.600 --> 00:57:26.480 but you can even get

NOTE Confidence: 0.95720446
00:57:26.480 --> 00:57:28.340 your transportation covered. Yeah.
NOTE Confidence: 0.9099031
00:57:28.935 --> 00:57:30.135 So we love that. Yeah.
NOTE Confidence: 0.9099031
00:57:30.135 --> 00:57:31.095 I've had a couple patients
NOTE Confidence: 0.9099031
00:57:31.095 --> 00:57:32.375 take advantage of that. That's
NOTE Confidence: 0.9099031
00:57:32.375 --> 00:57:33.355 awesome. So,
NOTE Confidence: 0.9987804
00:57:33.975 --> 00:57:35.835 awesome. Anything else?
NOTE Confidence: 0.9775082
00:57:36.535 --> 00:57:37.975 Classes listed to sign up.
NOTE Confidence: 0.9775082
00:57:37.975 --> 00:57:39.275 These classes are a hit.
NOTE Confidence: 0.98666483
00:57:40.615 --> 00:57:41.730 So you're not able to
NOTE Confidence: 0.98666483
00:57:41.730 --> 00:57:42.850 self enroll for the classes
NOTE Confidence: 0.98666483
00:57:42.850 --> 00:57:43.890 just because you do need
NOTE Confidence: 0.98666483
00:57:43.890 --> 00:57:45.890 the referral to attend. It's
NOTE Confidence: 0.98666483
00:57:45.890 --> 00:57:47.330 basically like getting referred to
NOTE Confidence: 0.98666483
00:57:47.330 --> 00:57:48.710 a to a doctor's appointment.
NOTE Confidence: 0.9657258
00:57:49.490 --> 00:57:50.290 So just like you can't
NOTE Confidence: 0.9657258

00:57:50.290 --> 00:57:51.330 schedule for the doctor. You
NOTE Confidence: 0.9657258

00:57:51.330 --> 00:57:53.010 can't self schedule here. But
NOTE Confidence: 0.9657258

00:57:53.010 --> 00:57:54.455 I have an awesome scheduler
NOTE Confidence: 0.9657258

00:57:54.595 --> 00:57:55.735 who who manages
NOTE Confidence: 0.9618418

00:57:56.195 --> 00:57:57.015 not only,
NOTE Confidence: 0.9926223

00:57:57.955 --> 00:57:59.075 getting new people enrolled in
NOTE Confidence: 0.9926223

00:57:59.075 --> 00:58:00.195 the class, but if there
NOTE Confidence: 0.9926223

00:58:00.195 --> 00:58:01.175 are ever any
NOTE Confidence: 0.98660654

00:58:01.475 --> 00:58:02.835 drop offs or anything, she
NOTE Confidence: 0.98660654

00:58:02.835 --> 00:58:04.115 maintains a really great wait
NOTE Confidence: 0.98660654

00:58:04.115 --> 00:58:06.275 list. So, typically, it can
NOTE Confidence: 0.98660654

00:58:06.275 --> 00:58:07.395 take from time of getting
NOTE Confidence: 0.98660654

00:58:07.395 --> 00:58:08.515 referred to getting into the
NOTE Confidence: 0.98660654

00:58:08.515 --> 00:58:09.359 class. There might be a
NOTE Confidence: 0.98660654

00:58:09.359 --> 00:58:10.880 couple weeks between when that
NOTE Confidence: 0.98660654

00:58:10.880 --> 00:58:12.160 referral first gets entered and

NOTE Confidence: 0.98660654
00:58:12.160 --> 00:58:12.799 when we can get you
NOTE Confidence: 0.98660654
00:58:12.799 --> 00:58:13.839 in. But if there's a
NOTE Confidence: 0.98660654
00:58:13.839 --> 00:58:15.039 drop off on the list,
NOTE Confidence: 0.98660654
00:58:15.039 --> 00:58:16.640 she's calling people and getting
NOTE Confidence: 0.98660654
00:58:16.640 --> 00:58:17.599 people in. So we want
NOTE Confidence: 0.98660654
00:58:17.599 --> 00:58:18.559 as many people to come
NOTE Confidence: 0.98660654
00:58:18.559 --> 00:58:20.019 to classes as we can.
NOTE Confidence: 0.93639
00:58:20.559 --> 00:58:21.839 Then not another question, but
NOTE Confidence: 0.93639
00:58:21.839 --> 00:58:23.140 more of a comment. Sure.
NOTE Confidence: 0.93639
00:58:23.335 --> 00:58:24.715 Next seminar with fish.
NOTE Confidence: 0.9346649
00:58:25.095 --> 00:58:25.815 That would be a good
NOTE Confidence: 0.9346649
00:58:25.815 --> 00:58:26.315 one.
NOTE Confidence: 0.92772484
00:58:26.935 --> 00:58:28.215 Absolutely. I know we did
NOTE Confidence: 0.92772484
00:58:28.215 --> 00:58:29.255 our first one. We did
NOTE Confidence: 0.92772484
00:58:29.255 --> 00:58:30.935 a, shrimp stir fry, but
NOTE Confidence: 0.92772484

00:58:30.935 --> 00:58:31.815 I think we could definitely
NOTE Confidence: 0.92772484

00:58:32.055 --> 00:58:32.775 But to do, like, a
NOTE Confidence: 0.92772484

00:58:32.775 --> 00:58:33.935 salmon or something or a
NOTE Confidence: 0.92772484

00:58:33.935 --> 00:58:35.095 top get into the warmer
NOTE Confidence: 0.92772484

00:58:35.095 --> 00:58:36.810 months? Yeah. Absolutely. Yeah. That's
NOTE Confidence: 0.92772484

00:58:36.810 --> 00:58:38.250 a good idea. Associate fish
NOTE Confidence: 0.92772484

00:58:38.250 --> 00:58:39.210 with the colder months. I
NOTE Confidence: 0.92772484

00:58:39.210 --> 00:58:40.010 don't know why. But, yeah,
NOTE Confidence: 0.92772484

00:58:40.010 --> 00:58:41.690 as we get warmer, absolutely,
NOTE Confidence: 0.92772484

00:58:41.690 --> 00:58:42.490 we can do something with
NOTE Confidence: 0.92772484

00:58:42.490 --> 00:58:44.190 fish. That'd be great. Yep.
NOTE Confidence: 0.92772484

00:58:44.250 --> 00:58:45.550 Great. Great questions.
NOTE Confidence: 0.9973205

00:58:46.970 --> 00:58:47.470 Alrighty.
NOTE Confidence: 0.9993904

00:58:49.545 --> 00:58:50.444 Perfect. Anything
NOTE Confidence: 0.9551007

00:58:50.905 --> 00:58:52.585 else? And, folks, if you,
NOTE Confidence: 0.9551007

00:58:52.825 --> 00:58:53.785 if you ever think of

NOTE Confidence: 0.9551007
00:58:53.785 --> 00:58:55.785 any questions, of course, all
NOTE Confidence: 0.9551007
00:58:55.785 --> 00:58:56.984 of the Smilo team are
NOTE Confidence: 0.9551007
00:58:56.984 --> 00:58:57.484 available,
NOTE Confidence: 0.965021
00:58:58.025 --> 00:58:59.805 to answer questions. But then,
NOTE Confidence: 0.9860424
00:59:00.105 --> 00:59:00.984 we will make sure, like
NOTE Confidence: 0.9860424
00:59:00.984 --> 00:59:02.025 I said, we'll send out
NOTE Confidence: 0.9860424
00:59:02.025 --> 00:59:03.224 a flyer with the teaching
NOTE Confidence: 0.9860424
00:59:03.224 --> 00:59:04.619 kitchen information on it, which
NOTE Confidence: 0.9860424
00:59:04.619 --> 00:59:05.900 includes our email address. I
NOTE Confidence: 0.9860424
00:59:05.900 --> 00:59:07.099 am always happy to answer
NOTE Confidence: 0.9860424
00:59:07.099 --> 00:59:08.160 any kind of questions
NOTE Confidence: 0.99724793
00:59:08.619 --> 00:59:09.920 about the teaching kitchen,
NOTE Confidence: 0.92485356
00:59:10.380 --> 00:59:11.579 how you can get referred,
NOTE Confidence: 0.92485356
00:59:11.579 --> 00:59:12.380 all that kind of stuff.
NOTE Confidence: 0.92485356
00:59:12.380 --> 00:59:13.420 I'm always more than happy
NOTE Confidence: 0.92485356

00:59:13.420 --> 00:59:14.380 to answer those. Yeah. If
NOTE Confidence: 0.92485356

00:59:14.380 --> 00:59:15.259 you have a few questions
NOTE Confidence: 0.92485356

00:59:15.259 --> 00:59:16.734 about that, like, how how
NOTE Confidence: 0.92485356

00:59:16.734 --> 00:59:17.695 to ask the doctor for
NOTE Confidence: 0.92485356

00:59:17.695 --> 00:59:19.295 a referral. Just do you
NOTE Confidence: 0.92485356

00:59:19.295 --> 00:59:20.335 just ask them to refer
NOTE Confidence: 0.92485356

00:59:20.335 --> 00:59:21.375 to the cooking kitchen? Yeah.
NOTE Confidence: 0.92485356

00:59:21.375 --> 00:59:22.494 So the If they're not
NOTE Confidence: 0.92485356

00:59:22.494 --> 00:59:23.615 at in Smilo, they might
NOTE Confidence: 0.92485356

00:59:23.615 --> 00:59:24.974 not. Yeah. Yeah. Yeah. I
NOTE Confidence: 0.92485356

00:59:24.974 --> 00:59:26.015 will say we are still
NOTE Confidence: 0.92485356

00:59:26.015 --> 00:59:27.315 a relatively new program.
NOTE Confidence: 0.96712804

00:59:28.175 --> 00:59:29.135 So if you say teaching
NOTE Confidence: 0.96712804

00:59:29.135 --> 00:59:30.015 kitchen to them and they're
NOTE Confidence: 0.96712804

00:59:30.015 --> 00:59:30.835 like, what?
NOTE Confidence: 0.99217236

00:59:32.609 --> 00:59:33.650 Send me an email or

NOTE Confidence: 0.99217236
00:59:33.650 --> 00:59:34.290 give me a call. Like
NOTE Confidence: 0.99217236
00:59:34.290 --> 00:59:35.089 I said, we'll send out
NOTE Confidence: 0.99217236
00:59:35.089 --> 00:59:36.609 the contact info tomorrow. I'm
NOTE Confidence: 0.99217236
00:59:36.609 --> 00:59:37.730 always happy to share what
NOTE Confidence: 0.99217236
00:59:37.730 --> 00:59:39.410 we do with with, physicians.
NOTE Confidence: 0.99217236
00:59:39.410 --> 00:59:40.630 I just did a presentation
NOTE Confidence: 0.99217236
00:59:40.690 --> 00:59:41.190 today
NOTE Confidence: 0.9866388
00:59:41.490 --> 00:59:43.010 about the teaching kitchen to
NOTE Confidence: 0.9866388
00:59:43.010 --> 00:59:44.790 our, to our stroke survivorship
NOTE Confidence: 0.9866388
00:59:44.930 --> 00:59:45.430 population,
NOTE Confidence: 0.99628586
00:59:45.905 --> 00:59:47.025 and they only recently found
NOTE Confidence: 0.99628586
00:59:47.025 --> 00:59:48.385 out about the kitchen. So
NOTE Confidence: 0.99628586
00:59:48.385 --> 00:59:49.845 we're still new. We're growing.
NOTE Confidence: 0.9439646
00:59:50.785 --> 00:59:51.665 Of course, the more people
NOTE Confidence: 0.9439646
00:59:51.665 --> 00:59:52.625 who find out, the longer
NOTE Confidence: 0.9439646

00:59:52.625 --> 00:59:53.665 the wait will still be
NOTE Confidence: 0.9439646

00:59:53.665 --> 00:59:55.025 for classes. So we'll see
NOTE Confidence: 0.9439646

00:59:55.025 --> 00:59:56.484 if we'll see about that.
NOTE Confidence: 0.9433717

00:59:57.185 --> 00:59:58.545 No. But if, yeah, if
NOTE Confidence: 0.9433717

00:59:58.545 --> 00:59:59.984 if, if your doctor has
NOTE Confidence: 0.9433717

00:59:59.984 --> 01:00:00.964 ever any questions,
NOTE Confidence: 0.9851933

01:00:01.310 --> 01:00:02.510 send them my way. Like
NOTE Confidence: 0.9851933

01:00:02.510 --> 01:00:03.390 I said, the flyer that
NOTE Confidence: 0.9851933

01:00:03.390 --> 01:00:04.350 we're gonna send out has
NOTE Confidence: 0.9851933

01:00:04.350 --> 01:00:05.230 a little box on it
NOTE Confidence: 0.9851933

01:00:05.230 --> 01:00:06.030 that says, how can I
NOTE Confidence: 0.9851933

01:00:06.030 --> 01:00:07.550 refer a patient? That's for
NOTE Confidence: 0.9851933

01:00:07.550 --> 01:00:08.750 your doctor, so they'll know
NOTE Confidence: 0.9851933

01:00:08.750 --> 01:00:09.950 exactly kinda where to look
NOTE Confidence: 0.9851933

01:00:09.950 --> 01:00:11.250 on how to refer you.
NOTE Confidence: 0.9982755

01:00:12.590 --> 01:00:13.890 Great. Anything

NOTE Confidence: 0.99799734
01:00:14.510 --> 01:00:15.010 else?
NOTE Confidence: 0.9647728
01:00:16.194 --> 01:00:17.555 No. Just thank you. Thanks
NOTE Confidence: 0.9647728
01:00:17.555 --> 01:00:18.835 everybody for coming. Yeah. Thank
NOTE Confidence: 0.9647728
01:00:18.835 --> 01:00:19.474 you all so much for
NOTE Confidence: 0.9647728
01:00:19.474 --> 01:00:20.674 joining. We'll get the recipes
NOTE Confidence: 0.9647728
01:00:20.674 --> 01:00:21.555 out tomorrow. We'll get the
NOTE Confidence: 0.9647728
01:00:21.555 --> 01:00:23.795 handouts tomorrow. Natalie's fantastic list,
NOTE Confidence: 0.9647728
01:00:23.795 --> 01:00:25.095 we will send out tomorrow.
NOTE Confidence: 0.97246706
01:00:26.194 --> 01:00:26.994 And then we'll go from
NOTE Confidence: 0.97246706
01:00:26.994 --> 01:00:27.714 there. Maybe we'll hang out
NOTE Confidence: 0.97246706
01:00:27.714 --> 01:00:28.595 for another minute or two
NOTE Confidence: 0.97246706
01:00:28.595 --> 01:00:30.055 in case there's any questions.
NOTE Confidence: 0.97246706
01:00:30.275 --> 01:00:30.775 Yeah.
NOTE Confidence: 0.9755716
01:00:31.140 --> 01:00:31.940 But I think we are
NOTE Confidence: 0.9755716
01:00:31.940 --> 01:00:33.140 more or less wrapped up,
NOTE Confidence: 0.9755716

01:00:33.140 --> 01:00:34.579 so y'all are more than
NOTE Confidence: 0.9755716

01:00:34.579 --> 01:00:35.779 welcome to to head out
NOTE Confidence: 0.9755716

01:00:35.779 --> 01:00:36.599 for the evening.
NOTE Confidence: 0.94712245

01:00:37.220 --> 01:00:38.260 A little bit after dinner
NOTE Confidence: 0.94712245

01:00:38.260 --> 01:00:39.140 time, so I hope whatever
NOTE Confidence: 0.94712245

01:00:39.140 --> 01:00:40.579 you're making at home is,
NOTE Confidence: 0.94712245

01:00:40.900 --> 01:00:41.640 is delicious.
NOTE Confidence: 0.9839339

01:00:42.900 --> 01:00:43.779 And then, yeah, we'll hang
NOTE Confidence: 0.9839339

01:00:43.779 --> 01:00:44.819 out for another minute before
NOTE Confidence: 0.9839339

01:00:44.819 --> 01:00:46.305 we wrap up here. I'm
NOTE Confidence: 0.9839339

01:00:46.305 --> 01:00:47.845 very excited to dive into
NOTE Confidence: 0.9471786

01:00:48.224 --> 01:00:49.265 to to what we made
NOTE Confidence: 0.9471786

01:00:49.265 --> 01:00:50.464 here. We had a question
NOTE Confidence: 0.9471786

01:00:50.464 --> 01:00:51.905 about grilling meat too. Sure
NOTE Confidence: 0.9471786

01:00:51.905 --> 01:00:52.944 about grilling meat. Let's talk
NOTE Confidence: 0.9471786

01:00:52.944 --> 01:00:53.825 about that. Thought about what's

NOTE Confidence: 0.9471786
01:00:53.825 --> 01:00:55.204 your thoughts on grilling meat?
NOTE Confidence: 0.9888274
01:00:56.464 --> 01:00:58.305 So from a culinary standpoint,
NOTE Confidence: 0.9888274
01:00:58.305 --> 01:00:59.505 we'll address that first, and
NOTE Confidence: 0.9888274
01:00:59.505 --> 01:01:00.385 then we can address the
NOTE Confidence: 0.9888274
01:01:00.385 --> 01:01:01.650 nutrition. Grilling
NOTE Confidence: 0.9585816
01:01:02.110 --> 01:01:03.730 meat, excellent way to develop
NOTE Confidence: 0.9585816
01:01:03.869 --> 01:01:04.369 flavor.
NOTE Confidence: 0.96143615
01:01:05.470 --> 01:01:06.770 Not always the most beginner
NOTE Confidence: 0.96143615
01:01:06.830 --> 01:01:08.430 friendly, very easy to overcook,
NOTE Confidence: 0.96143615
01:01:08.430 --> 01:01:09.550 but also sometimes people get
NOTE Confidence: 0.96143615
01:01:09.550 --> 01:01:10.830 really scared so they undercook
NOTE Confidence: 0.96143615
01:01:10.830 --> 01:01:12.450 things Yeah. On the grill.
NOTE Confidence: 0.96709657
01:01:13.555 --> 01:01:15.015 Anytime that you are grilling,
NOTE Confidence: 0.96709657
01:01:15.075 --> 01:01:16.035 even if using your own
NOTE Confidence: 0.96709657
01:01:16.035 --> 01:01:16.915 grill at home, you really
NOTE Confidence: 0.96709657

01:01:16.915 --> 01:01:17.795 wanna make sure to really
NOTE Confidence: 0.96709657

01:01:17.795 --> 01:01:19.555 thoroughly clean it every time.
NOTE Confidence: 0.96709657

01:01:19.555 --> 01:01:20.675 Right? Because stuff just does
NOTE Confidence: 0.96709657

01:01:20.675 --> 01:01:22.275 get stuck to those, to
NOTE Confidence: 0.96709657

01:01:22.275 --> 01:01:23.175 those grates.
NOTE Confidence: 0.99735814

01:01:23.555 --> 01:01:24.915 So that is where I
NOTE Confidence: 0.99735814

01:01:24.915 --> 01:01:26.775 stand from a culinary perspective.
NOTE Confidence: 0.99735814

01:01:26.915 --> 01:01:28.035 I like grilling. I don't
NOTE Confidence: 0.99735814

01:01:28.035 --> 01:01:29.175 do it all the time.
NOTE Confidence: 0.99750113

01:01:29.530 --> 01:01:30.810 But then from a nutrition
NOTE Confidence: 0.99750113

01:01:30.810 --> 01:01:31.310 perspective,
NOTE Confidence: 0.96249634

01:01:31.770 --> 01:01:33.050 there is sometimes a concern
NOTE Confidence: 0.96249634

01:01:33.050 --> 01:01:33.930 that we have, especially when
NOTE Confidence: 0.96249634

01:01:33.930 --> 01:01:35.370 it comes to grilling meats
NOTE Confidence: 0.96249634

01:01:35.610 --> 01:01:37.290 Right. And cancer risk. Yeah.
NOTE Confidence: 0.96249634

01:01:37.290 --> 01:01:38.010 So you wanna talk a

NOTE Confidence: 0.96249634
01:01:38.010 --> 01:01:39.130 little bit about that? Yeah.
NOTE Confidence: 0.96249634
01:01:39.130 --> 01:01:40.170 I mean, there there is
NOTE Confidence: 0.96249634
01:01:40.170 --> 01:01:41.610 an increased risk of,
NOTE Confidence: 0.9835112
01:01:41.930 --> 01:01:43.630 carcinogens and kind of,
NOTE Confidence: 0.98118305
01:01:44.192 --> 01:01:45.275 I think they're called polycyclic
NOTE Confidence: 0.9944562
01:01:45.655 --> 01:01:47.575 amines Yes. From cooking and
NOTE Confidence: 0.9944562
01:01:47.575 --> 01:01:49.035 charring your food. So,
NOTE Confidence: 0.953068
01:01:49.974 --> 01:01:51.255 again, I don't there's no
NOTE Confidence: 0.953068
01:01:51.255 --> 01:01:53.255 risk when cooking vegetables and
NOTE Confidence: 0.953068
01:01:53.255 --> 01:01:54.775 grilling. Mhmm. It's when you're
NOTE Confidence: 0.953068
01:01:54.775 --> 01:01:56.234 cooking meat at high temperatures
NOTE Confidence: 0.953068
01:01:56.454 --> 01:01:57.575 and charring. And you get,
NOTE Confidence: 0.953068
01:01:57.575 --> 01:01:58.530 like, yeah, like, like, the
NOTE Confidence: 0.953068
01:01:58.530 --> 01:02:01.190 blackened black char. Exactly. So
NOTE Confidence: 0.95703775
01:02:01.490 --> 01:02:03.410 trying to limit that char,
NOTE Confidence: 0.95703775

01:02:03.410 --> 01:02:04.690 not getting that, you know,
NOTE Confidence: 0.95703775

01:02:04.690 --> 01:02:05.430 the stripes
NOTE Confidence: 0.64952004

01:02:06.530 --> 01:02:07.190 Grill marks.
NOTE Confidence: 0.91939765

01:02:07.570 --> 01:02:09.730 Decimal marks. But, again, grilling
NOTE Confidence: 0.91939765

01:02:09.730 --> 01:02:10.950 veggies, grilling,
NOTE Confidence: 0.9515383

01:02:11.305 --> 01:02:12.825 you know, grilling meat, fish,
NOTE Confidence: 0.9515383

01:02:12.825 --> 01:02:14.265 just being very careful, maybe
NOTE Confidence: 0.9515383

01:02:14.265 --> 01:02:15.065 putting it on top of
NOTE Confidence: 0.9515383

01:02:15.065 --> 01:02:16.145 tin, you know, tin foil
NOTE Confidence: 0.9515383

01:02:16.145 --> 01:02:17.465 or anything. They also make
NOTE Confidence: 0.9515383

01:02:17.465 --> 01:02:18.985 those, I think they're copper.
NOTE Confidence: 0.9515383

01:02:18.985 --> 01:02:20.265 They make, like, grill mats.
NOTE Confidence: 0.9515383

01:02:20.265 --> 01:02:22.345 Yeah. Right? Where the heat
NOTE Confidence: 0.9515383

01:02:22.345 --> 01:02:23.670 still comes in. You get
NOTE Confidence: 0.9515383

01:02:23.670 --> 01:02:25.030 a little bit less of
NOTE Confidence: 0.9515383

01:02:25.030 --> 01:02:26.310 the of the char on

NOTE Confidence: 0.9515383

01:02:26.310 --> 01:02:27.030 there. I don't know if

NOTE Confidence: 0.9515383

01:02:27.030 --> 01:02:28.069 there's ever been a study

NOTE Confidence: 0.9515383

01:02:28.069 --> 01:02:29.589 on if doing that has

NOTE Confidence: 0.9515383

01:02:29.589 --> 01:02:31.109 been linked to a decreased

NOTE Confidence: 0.9515383

01:02:31.109 --> 01:02:32.310 risk, but certainly, it will

NOTE Confidence: 0.9515383

01:02:32.310 --> 01:02:33.270 lead to less of the

NOTE Confidence: 0.9515383

01:02:33.270 --> 01:02:34.630 blackening on the meat. Yeah.

NOTE Confidence: 0.9515383

01:02:34.630 --> 01:02:35.910 And that blackening is what

NOTE Confidence: 0.9515383

01:02:35.910 --> 01:02:36.285 is,

NOTE Confidence: 0.9981636

01:02:36.924 --> 01:02:38.684 associated with the increased cancer

NOTE Confidence: 0.9981636

01:02:38.684 --> 01:02:39.664 risk. Yeah.

NOTE Confidence: 0.9882093

01:02:40.285 --> 01:02:42.045 Somebody asked quick breakfast ideas

NOTE Confidence: 0.9882093

01:02:42.045 --> 01:02:43.265 that avoid high processing.

NOTE Confidence: 0.95359373

01:02:43.885 --> 01:02:45.085 Sure. There's so many. Yeah.

NOTE Confidence: 0.95359373

01:02:45.085 --> 01:02:46.365 Oh my god. Breakfast tacos

NOTE Confidence: 0.95359373

01:02:46.605 --> 01:02:48.365 Yes. Corn tortillas Mhmm. Scrambled
NOTE Confidence: 0.95359373

01:02:48.365 --> 01:02:50.200 eggs and black beans, Greek
NOTE Confidence: 0.95359373

01:02:50.200 --> 01:02:52.600 yogurt with pomegranate seeds Yeah.
NOTE Confidence: 0.95359373

01:02:52.680 --> 01:02:53.340 And granola.
NOTE Confidence: 0.9726907

01:02:54.440 --> 01:02:56.140 There's a lot about processing.
NOTE Confidence: 0.9726907

01:02:56.200 --> 01:02:58.120 Right? Like, highly processed, ultra
NOTE Confidence: 0.9726907

01:02:58.120 --> 01:02:59.800 processed. Mhmm. Many foods are
NOTE Confidence: 0.9726907

01:02:59.800 --> 01:03:01.240 processed, but still very nutrient
NOTE Confidence: 0.9726907

01:03:01.240 --> 01:03:02.360 dense and very healthy for
NOTE Confidence: 0.9726907

01:03:02.360 --> 01:03:03.985 us. Yes. So, again, try
NOTE Confidence: 0.9726907

01:03:03.985 --> 01:03:04.805 not to overcomplicate.
NOTE Confidence: 0.98262084

01:03:05.105 --> 01:03:06.065 Even if you did,
NOTE Confidence: 0.94663334

01:03:06.465 --> 01:03:07.905 you know, a bagged oatmeal
NOTE Confidence: 0.94663334

01:03:07.905 --> 01:03:09.744 or silica oatmeal and threw
NOTE Confidence: 0.94663334

01:03:09.744 --> 01:03:11.685 some frozen blueberries in there,
NOTE Confidence: 0.9733437

01:03:12.145 --> 01:03:13.025 and add a little bit

NOTE Confidence: 0.9733437

01:03:13.025 --> 01:03:14.305 of nut butter or, you

NOTE Confidence: 0.9733437

01:03:14.305 --> 01:03:16.225 know, sunflower seeds or something,

NOTE Confidence: 0.9733437

01:03:16.225 --> 01:03:17.285 that would be awesome.

NOTE Confidence: 0.99163824

01:03:17.780 --> 01:03:19.220 Whole grain bread, peanut butter,

NOTE Confidence: 0.99163824

01:03:19.220 --> 01:03:20.820 banana combination that I do

NOTE Confidence: 0.99163824

01:03:20.820 --> 01:03:22.119 most times. Absolutely.

NOTE Confidence: 0.986107

01:03:22.500 --> 01:03:23.940 Smoothies, of course, always a

NOTE Confidence: 0.986107

01:03:23.940 --> 01:03:25.320 great choice. Yep.

NOTE Confidence: 0.90265536

01:03:26.020 --> 01:03:27.140 Another option I really love,

NOTE Confidence: 0.90265536

01:03:27.140 --> 01:03:27.780 we do it into our

NOTE Confidence: 0.90265536

01:03:27.780 --> 01:03:28.900 breakfast class here, is we

NOTE Confidence: 0.90265536

01:03:28.900 --> 01:03:30.820 do little, Breakfast. We do

NOTE Confidence: 0.90265536

01:03:30.820 --> 01:03:32.359 do a breakfast class. Yeah.

NOTE Confidence: 0.99626756

01:03:32.845 --> 01:03:33.725 And so in that one,

NOTE Confidence: 0.99626756

01:03:33.725 --> 01:03:34.525 one of the one of

NOTE Confidence: 0.99626756

01:03:34.525 --> 01:03:35.805 the standout favorites is we
NOTE Confidence: 0.99626756

01:03:35.805 --> 01:03:36.865 do little,
NOTE Confidence: 0.9625718

01:03:37.165 --> 01:03:38.765 frittata egg bites where what
NOTE Confidence: 0.9625718

01:03:38.765 --> 01:03:39.645 we do is we whisk
NOTE Confidence: 0.9625718

01:03:39.645 --> 01:03:40.765 together some eggs and some
NOTE Confidence: 0.9625718

01:03:40.765 --> 01:03:42.625 water. We cook some spinach,
NOTE Confidence: 0.9888549

01:03:43.165 --> 01:03:43.645 some,
NOTE Confidence: 0.9168568

01:03:43.965 --> 01:03:45.485 onion and bell pepper, and
NOTE Confidence: 0.9168568

01:03:45.485 --> 01:03:46.525 we divvy that up into
NOTE Confidence: 0.9168568

01:03:46.525 --> 01:03:48.119 little muffin tins. Pour the
NOTE Confidence: 0.9168568

01:03:48.119 --> 01:03:48.920 egg mixture over the top,
NOTE Confidence: 0.9168568

01:03:48.920 --> 01:03:50.519 and then bake them. Twenty
NOTE Confidence: 0.9168568

01:03:50.519 --> 01:03:51.720 minutes, you get these nice
NOTE Confidence: 0.9168568

01:03:51.720 --> 01:03:52.839 little egg bites compare and
NOTE Confidence: 0.9168568

01:03:52.839 --> 01:03:53.960 I compare them in that
NOTE Confidence: 0.9168568

01:03:53.960 --> 01:03:55.400 class, like, go to Starbucks

NOTE Confidence: 0.9168568

01:03:55.400 --> 01:03:56.119 and you get the sous

NOTE Confidence: 0.9168568

01:03:56.119 --> 01:03:57.160 vide egg bites. Yeah. And

NOTE Confidence: 0.9168568

01:03:57.160 --> 01:03:58.440 how they're, like, six dollars

NOTE Confidence: 0.9168568

01:03:58.440 --> 01:03:59.400 for two egg bites, which

NOTE Confidence: 0.9168568

01:03:59.400 --> 01:04:00.655 is a That kind of

NOTE Confidence: 0.9168568

01:04:00.655 --> 01:04:01.775 test. Gram. You eat it.

NOTE Confidence: 0.9168568

01:04:01.855 --> 01:04:03.135 Eleven grams of saturated fat.

NOTE Confidence: 0.9168568

01:04:03.135 --> 01:04:03.934 I don't quote me on

NOTE Confidence: 0.9168568

01:04:03.934 --> 01:04:04.895 that. I I forget what

NOTE Confidence: 0.9168568

01:04:04.895 --> 01:04:05.934 the number is. Yeah. But,

NOTE Confidence: 0.9168568

01:04:05.934 --> 01:04:07.214 I mean, but comparatively, right,

NOTE Confidence: 0.9168568

01:04:07.214 --> 01:04:08.015 we make it at home.

NOTE Confidence: 0.9168568

01:04:08.015 --> 01:04:09.055 I think it tastes better.

NOTE Confidence: 0.9168568

01:04:09.055 --> 01:04:10.174 You can Yeah. Any kind

NOTE Confidence: 0.9168568

01:04:10.174 --> 01:04:11.214 of mix ins. Right? Like,

NOTE Confidence: 0.9168568

01:04:11.214 --> 01:04:12.015 I tell people, if you
NOTE Confidence: 0.9168568

01:04:12.015 --> 01:04:13.230 wanted, like, when we do
NOTE Confidence: 0.9168568

01:04:13.230 --> 01:04:14.510 that, we add a little
NOTE Confidence: 0.9168568

01:04:14.510 --> 01:04:15.630 bit of, we add a
NOTE Confidence: 0.9168568

01:04:15.630 --> 01:04:16.510 little bit of Parmesan and
NOTE Confidence: 0.9168568

01:04:16.510 --> 01:04:17.310 a little bit of feta
NOTE Confidence: 0.9168568

01:04:17.310 --> 01:04:18.750 cheese to those. But what
NOTE Confidence: 0.9168568

01:04:18.750 --> 01:04:20.510 we can also do is
NOTE Confidence: 0.9168568

01:04:20.510 --> 01:04:21.310 maybe go for more of,
NOTE Confidence: 0.9168568

01:04:21.310 --> 01:04:23.330 like, a cheddar broccoli situation.
NOTE Confidence: 0.9168568

01:04:23.390 --> 01:04:24.190 Right? A little bit of
NOTE Confidence: 0.9168568

01:04:24.190 --> 01:04:25.310 cheddar cheese and then really
NOTE Confidence: 0.9168568

01:04:25.310 --> 01:04:26.830 finely chop some broccoli and
NOTE Confidence: 0.9168568

01:04:26.830 --> 01:04:28.065 cook that first. Or red
NOTE Confidence: 0.9168568

01:04:28.065 --> 01:04:29.685 peppers. Red peppers. Absolutely.
NOTE Confidence: 0.841759

01:04:31.665 --> 01:04:32.625 So that's always a great

NOTE Confidence: 0.841759

01:04:32.625 --> 01:04:34.785 option. I'm that pesto thing.

NOTE Confidence: 0.841759

01:04:34.785 --> 01:04:36.565 Yeah. Breakfast. Like a pesto

NOTE Confidence: 0.841759

01:04:36.704 --> 01:04:38.704 egg. Muffin. And I was

NOTE Confidence: 0.841759

01:04:38.704 --> 01:04:40.645 about to say yeah.

NOTE Confidence: 0.9295007

01:04:41.020 --> 01:04:42.720 Make your own breakfast sandwiches.

NOTE Confidence: 0.9295007

01:04:42.780 --> 01:04:43.580 And you can if you

NOTE Confidence: 0.9295007

01:04:43.820 --> 01:04:45.100 let's say, when you buy

NOTE Confidence: 0.9295007

01:04:45.100 --> 01:04:46.400 a package of English muffins,

NOTE Confidence: 0.9295007

01:04:46.460 --> 01:04:47.660 there's six English muffins in

NOTE Confidence: 0.9295007

01:04:47.660 --> 01:04:48.380 there. Let's say we can

NOTE Confidence: 0.9295007

01:04:48.380 --> 01:04:49.260 find a whole wheat English

NOTE Confidence: 0.9295007

01:04:49.260 --> 01:04:51.580 muffin, then we we cook

NOTE Confidence: 0.9295007

01:04:51.580 --> 01:04:53.340 up six eggs. Maybe we

NOTE Confidence: 0.9295007

01:04:53.340 --> 01:04:54.960 throw some spinach on there,

NOTE Confidence: 0.9295007

01:04:55.085 --> 01:04:55.964 whatever else we wanna do.

NOTE Confidence: 0.9295007

01:04:55.964 --> 01:04:56.845 Maybe it's like keep off
NOTE Confidence: 0.9295007

01:04:56.845 --> 01:04:57.724 the bacon. Yeah. Try to
NOTE Confidence: 0.9295007

01:04:57.724 --> 01:04:59.005 keep off the bacon. Yes.
NOTE Confidence: 0.9295007

01:04:59.005 --> 01:05:00.045 Actually, but but maybe a
NOTE Confidence: 0.9295007

01:05:00.045 --> 01:05:00.924 slice of cheese on there
NOTE Confidence: 0.9295007

01:05:00.924 --> 01:05:02.545 is not there. Right? Yeah.
NOTE Confidence: 0.9295007

01:05:02.605 --> 01:05:03.644 And then if you're gonna
NOTE Confidence: 0.9295007

01:05:03.644 --> 01:05:04.144 do,
NOTE Confidence: 0.9787197

01:05:05.085 --> 01:05:06.444 if you want, maybe not
NOTE Confidence: 0.9787197

01:05:06.444 --> 01:05:07.805 with, like, the avocado, but,
NOTE Confidence: 0.9787197

01:05:07.805 --> 01:05:07.964 like,
NOTE Confidence: 0.97427195

01:05:08.605 --> 01:05:09.970 certainly, like, spinach and other
NOTE Confidence: 0.97427195

01:05:09.970 --> 01:05:11.670 vegetables that freeze pretty well,
NOTE Confidence: 0.97427195

01:05:11.730 --> 01:05:12.470 you could
NOTE Confidence: 0.93586755

01:05:12.850 --> 01:05:14.870 wrap up six breakfast sandwiches.
NOTE Confidence: 0.93586755

01:05:14.930 --> 01:05:15.970 Like, really tightly wrap them

NOTE Confidence: 0.93586755

01:05:15.970 --> 01:05:17.250 in plastic wrap. Stick them

NOTE Confidence: 0.93586755

01:05:17.250 --> 01:05:18.130 in your freezer. Oh, that'd

NOTE Confidence: 0.93586755

01:05:18.130 --> 01:05:19.410 be perfect. And then the

NOTE Confidence: 0.93586755

01:05:19.410 --> 01:05:19.910 morning,

NOTE Confidence: 0.9671697

01:05:20.370 --> 01:05:21.570 night maybe the night before,

NOTE Confidence: 0.9671697

01:05:21.570 --> 01:05:22.775 if you remember, you pull

NOTE Confidence: 0.9671697

01:05:22.775 --> 01:05:23.335 it out, and then in

NOTE Confidence: 0.9671697

01:05:23.335 --> 01:05:24.055 the morning, you can, like,

NOTE Confidence: 0.9671697

01:05:24.055 --> 01:05:24.855 pop it in the microwave

NOTE Confidence: 0.9671697

01:05:24.855 --> 01:05:25.815 or the toaster oven or

NOTE Confidence: 0.9671697

01:05:25.815 --> 01:05:26.315 something,

NOTE Confidence: 0.9635627

01:05:26.775 --> 01:05:27.655 or take it right out

NOTE Confidence: 0.9635627

01:05:27.655 --> 01:05:28.535 of the freezer, pop it

NOTE Confidence: 0.9635627

01:05:28.535 --> 01:05:29.495 in the oven for, like,

NOTE Confidence: 0.9635627

01:05:29.495 --> 01:05:30.855 twenty minutes. Yeah. It'll kinda

NOTE Confidence: 0.9635627

01:05:30.855 --> 01:05:31.575 come up. It'll be a
NOTE Confidence: 0.9635627

01:05:31.575 --> 01:05:33.015 nice warm breakfast sandwich for
NOTE Confidence: 0.9635627

01:05:33.015 --> 01:05:34.135 you, kinda ready to go.
NOTE Confidence: 0.9635627

01:05:34.135 --> 01:05:35.060 And then we've added vegetables.
NOTE Confidence: 0.9635627

01:05:35.060 --> 01:05:35.860 We got a whole wheat
NOTE Confidence: 0.9635627

01:05:35.860 --> 01:05:36.820 English muffin. We got the
NOTE Confidence: 0.9635627

01:05:36.820 --> 01:05:37.860 protein from the egg and
NOTE Confidence: 0.9635627

01:05:37.860 --> 01:05:39.880 the cheese. Like, limitless conversate,
NOTE Confidence: 0.93296

01:05:40.660 --> 01:05:42.100 combinations. And then you put
NOTE Confidence: 0.93296

01:05:42.100 --> 01:05:43.880 fresh, like, add the avocado
NOTE Confidence: 0.93296

01:05:43.940 --> 01:05:44.660 to it or something, and
NOTE Confidence: 0.93296

01:05:44.660 --> 01:05:45.940 then your condiments or whatever
NOTE Confidence: 0.93296

01:05:45.940 --> 01:05:46.900 you wanna add. That's a
NOTE Confidence: 0.93296

01:05:46.900 --> 01:05:48.405 great idea. Yeah. I I
NOTE Confidence: 0.93296

01:05:48.405 --> 01:05:49.445 do I do a similar
NOTE Confidence: 0.93296

01:05:49.445 --> 01:05:50.805 thing with breakfast burritos. I'll

NOTE Confidence: 0.93296
01:05:50.805 --> 01:05:52.085 make that for you. Probably,
NOTE Confidence: 0.93296
01:05:52.085 --> 01:05:53.365 what, six bucks a day
NOTE Confidence: 0.93296
01:05:53.365 --> 01:05:54.485 for that thing at Yeah.
NOTE Confidence: 0.93296
01:05:54.485 --> 01:05:56.165 Well, Dunkin' Donuts is no
NOTE Confidence: 0.93296
01:05:56.165 --> 01:05:58.005 longer the, like, cheap option
NOTE Confidence: 0.93296
01:05:58.005 --> 01:05:59.205 for breakfast. Yeah. You could
NOTE Confidence: 0.93296
01:05:59.285 --> 01:06:00.325 if you got a coffee
NOTE Confidence: 0.93296
01:06:00.325 --> 01:06:01.285 and a sandwich from Dunkin'
NOTE Confidence: 0.93296
01:06:01.285 --> 01:06:02.940 Donuts, it's probably, like, twelve
NOTE Confidence: 0.93296
01:06:02.940 --> 01:06:04.460 dollars now. Mhmm. Like, it's
NOTE Confidence: 0.93296
01:06:04.460 --> 01:06:05.740 not cheap anymore to go
NOTE Confidence: 0.93296
01:06:05.740 --> 01:06:07.099 through the drive through. Yeah.
NOTE Confidence: 0.93296
01:06:07.099 --> 01:06:08.220 So you're really not saving
NOTE Confidence: 0.93296
01:06:08.220 --> 01:06:09.700 yourself that much money Mhmm.
NOTE Confidence: 0.93296
01:06:09.900 --> 01:06:10.780 By going through the drive
NOTE Confidence: 0.93296

01:06:10.780 --> 01:06:11.820 through. But great question. Yeah.

NOTE Confidence: 0.93296

01:06:11.820 --> 01:06:12.700 We took off of those

NOTE Confidence: 0.93296

01:06:12.700 --> 01:06:13.520 breakfast ideas.

NOTE Confidence: 0.8986129

01:06:15.414 --> 01:06:15.914 Alrighty.

NOTE Confidence: 0.9985845

01:06:16.694 --> 01:06:17.974 Guys, thanks so much for

NOTE Confidence: 0.9985845

01:06:17.974 --> 01:06:19.654 joining. Thank you all so

NOTE Confidence: 0.9985845

01:06:19.654 --> 01:06:20.154 much.

NOTE Confidence: 0.99906665

01:06:20.934 --> 01:06:22.315 We will get those resources

NOTE Confidence: 0.9807835

01:06:22.615 --> 01:06:24.555 sent out tomorrow for y'all.

NOTE Confidence: 0.9807835

01:06:24.775 --> 01:06:25.654 And then if there are

NOTE Confidence: 0.9807835

01:06:25.654 --> 01:06:27.255 any other questions, reach out

NOTE Confidence: 0.9807835

01:06:27.255 --> 01:06:28.375 to Natalie, reach out to

NOTE Confidence: 0.9807835

01:06:28.375 --> 01:06:29.575 myself. I'm more than happy

NOTE Confidence: 0.9807835

01:06:29.575 --> 01:06:30.670 to answer. I think we're

NOTE Confidence: 0.9807835

01:06:30.670 --> 01:06:32.110 gonna dive in with some

NOTE Confidence: 0.9807835

01:06:32.110 --> 01:06:33.330 of our food here.

NOTE Confidence: 0.7454229

01:06:34.350 --> 01:06:35.250 Yeah. Perfect.

NOTE Confidence: 0.9888621

01:06:35.630 --> 01:06:36.750 We're all good? Yeah. There

NOTE Confidence: 0.9888621

01:06:36.750 --> 01:06:37.790 was one more question about

NOTE Confidence: 0.9888621

01:06:37.790 --> 01:06:39.410 recipes for irritable bowel syndrome.

NOTE Confidence: 0.9888621

01:06:39.470 --> 01:06:40.590 Oh, sure. It's just a

NOTE Confidence: 0.9888621

01:06:40.590 --> 01:06:42.110 little bit more specific. Irritable

NOTE Confidence: 0.9888621

01:06:42.110 --> 01:06:43.470 bowel syndrome is very broad.

NOTE Confidence: 0.9888621

01:06:43.470 --> 01:06:44.590 So if you tend to

NOTE Confidence: 0.9888621

01:06:44.590 --> 01:06:45.895 have problems with dairy, we

NOTE Confidence: 0.9888621

01:06:45.895 --> 01:06:46.555 could absolutely

NOTE Confidence: 0.91236746

01:06:47.015 --> 01:06:48.714 do non dairy products instead.

NOTE Confidence: 0.9208281

01:06:49.654 --> 01:06:50.855 You could use, like, a,

NOTE Confidence: 0.9208281

01:06:50.855 --> 01:06:52.395 you know, soy based yogurt

NOTE Confidence: 0.9208281

01:06:52.535 --> 01:06:54.375 or A coconut yogurt or

NOTE Confidence: 0.9208281

01:06:54.375 --> 01:06:55.674 twelve. Yep. Absolutely.

NOTE Confidence: 0.9636788

01:06:56.615 --> 01:06:58.135 If your IBS is flared
NOTE Confidence: 0.9636788

01:06:58.135 --> 01:07:00.090 by spices or acidity, you
NOTE Confidence: 0.9636788

01:07:00.090 --> 01:07:01.050 could keep out the lemon
NOTE Confidence: 0.9636788

01:07:01.050 --> 01:07:02.330 juice. Or the garlic in
NOTE Confidence: 0.9636788

01:07:02.330 --> 01:07:03.530 this case. Sometimes raw garlic
NOTE Confidence: 0.9636788

01:07:03.530 --> 01:07:04.810 does not agree with people.
NOTE Confidence: 0.9636788

01:07:04.810 --> 01:07:05.850 Maybe just omit the raw
NOTE Confidence: 0.9636788

01:07:05.850 --> 01:07:07.530 garlic. Maybe try garlic powder,
NOTE Confidence: 0.9636788

01:07:07.530 --> 01:07:09.530 sometimes better tolerated. Right.
NOTE Confidence: 0.9077274

01:07:10.090 --> 01:07:11.130 We've also talked and this
NOTE Confidence: 0.9077274

01:07:11.130 --> 01:07:11.850 will be the last thing
NOTE Confidence: 0.9077274

01:07:11.850 --> 01:07:13.665 we say. We've sometimes done,
NOTE Confidence: 0.9077274

01:07:13.665 --> 01:07:15.285 like, we've sometimes done, like,
NOTE Confidence: 0.9077274

01:07:15.425 --> 01:07:16.645 garlic infused
NOTE Confidence: 0.99977297

01:07:17.265 --> 01:07:17.765 oil
NOTE Confidence: 0.9368573

01:07:18.065 --> 01:07:19.665 is sometimes better tolerated by

NOTE Confidence: 0.9368573
01:07:19.665 --> 01:07:21.045 people where you take oil
NOTE Confidence: 0.9368573
01:07:21.185 --> 01:07:21.985 in a pot on the
NOTE Confidence: 0.9368573
01:07:21.985 --> 01:07:22.945 stove. You warm it up.
NOTE Confidence: 0.9368573
01:07:22.945 --> 01:07:24.385 You throw whole garlic cloves
NOTE Confidence: 0.9368573
01:07:24.385 --> 01:07:25.670 into there. You wanna, like
NOTE Confidence: 0.9368573
01:07:25.710 --> 01:07:26.350 and then you kinda let
NOTE Confidence: 0.9368573
01:07:26.350 --> 01:07:27.869 the garlic, like, steep into
NOTE Confidence: 0.9368573
01:07:27.869 --> 01:07:28.910 the oil, and then you
NOTE Confidence: 0.9368573
01:07:28.910 --> 01:07:29.710 strain it out. You get
NOTE Confidence: 0.9368573
01:07:29.710 --> 01:07:30.830 rid of the garlic. Yeah.
NOTE Confidence: 0.9368573
01:07:30.830 --> 01:07:31.710 And then that oil has
NOTE Confidence: 0.9368573
01:07:31.710 --> 01:07:32.430 now picked up a little
NOTE Confidence: 0.9368573
01:07:32.430 --> 01:07:33.470 bit of garlic flavor, so
NOTE Confidence: 0.9368573
01:07:33.470 --> 01:07:34.670 you can saute with that
NOTE Confidence: 0.9368573
01:07:34.830 --> 01:07:36.510 Yeah. Without the stuff that's
NOTE Confidence: 0.9368573

01:07:36.510 --> 01:07:37.710 actually in the garlic, the
NOTE Confidence: 0.9368573

01:07:37.710 --> 01:07:39.385 FODMAPs Yeah. Which who can
NOTE Confidence: 0.9368573

01:07:39.385 --> 01:07:40.825 remember what FODMAP stands for?
NOTE Confidence: 0.9368573

01:07:40.825 --> 01:07:41.465 I can't. I mean, I
NOTE Confidence: 0.9368573

01:07:41.465 --> 01:07:42.505 do. But Okay. But don't
NOTE Confidence: 0.9368573

01:07:42.625 --> 01:07:43.225 not gonna garnish. You don't
NOTE Confidence: 0.9368573

01:07:43.225 --> 01:07:44.445 need to show show off.
NOTE Confidence: 0.8268955

01:07:45.545 --> 01:07:46.045 The,
NOTE Confidence: 0.9478965

01:07:47.065 --> 01:07:48.585 without the FODMAPs in there,
NOTE Confidence: 0.9478965

01:07:48.585 --> 01:07:49.945 the stuff that causes that
NOTE Confidence: 0.9478965

01:07:49.945 --> 01:07:51.545 usually often causes the IBS
NOTE Confidence: 0.9478965

01:07:51.545 --> 01:07:52.825 trigger, but you still get
NOTE Confidence: 0.9478965

01:07:52.825 --> 01:07:54.579 the garlic flavor. Yeah. So
NOTE Confidence: 0.9478965

01:07:54.579 --> 01:07:55.700 definitely we can tailor those,
NOTE Confidence: 0.9478965

01:07:55.700 --> 01:07:56.500 but I think reaching out
NOTE Confidence: 0.9478965

01:07:56.500 --> 01:07:57.619 to a dietitian to give

NOTE Confidence: 0.9478965
01:07:57.619 --> 01:07:58.920 you specific recipes
NOTE Confidence: 0.93580526
01:07:59.859 --> 01:08:01.460 for those, you know Yeah.
NOTE Confidence: 0.93580526
01:08:01.460 --> 01:08:02.900 Absolutely. We have I like
NOTE Confidence: 0.93580526
01:08:02.900 --> 01:08:03.780 to brag because we're we're
NOTE Confidence: 0.93580526
01:08:03.780 --> 01:08:05.259 part of Digestive Health Yeah.
NOTE Confidence: 0.93580526
01:08:05.460 --> 01:08:06.680 Here at the Teaching Kitchen.
NOTE Confidence: 0.9732435
01:08:07.095 --> 01:08:08.135 Right here at eight Devine
NOTE Confidence: 0.9732435
01:08:08.135 --> 01:08:09.675 Street, there are many dietitians
NOTE Confidence: 0.9732435
01:08:09.734 --> 01:08:11.275 who would happily help you
NOTE Confidence: 0.90990466
01:08:11.575 --> 01:08:13.095 navigate any kind of those
NOTE Confidence: 0.90990466
01:08:13.095 --> 01:08:15.015 digestive symptoms in collaboration with
NOTE Confidence: 0.90990466
01:08:15.175 --> 01:08:16.135 especially if you're a smile
NOTE Confidence: 0.90990466
01:08:16.135 --> 01:08:17.255 patient in collaboration with the
NOTE Confidence: 0.90990466
01:08:17.255 --> 01:08:18.635 team at smile. So
NOTE Confidence: 0.81224656
01:08:19.415 --> 01:08:19.915 fantastic.
NOTE Confidence: 0.97305596

01:08:21.820 --> 01:08:24.140 Alrighty. Alrighty. Thanks, everybody. Thank

NOTE Confidence: 0.97305596

01:08:24.140 --> 01:08:25.280 you all so much.

NOTE Confidence: 0.97834134

01:08:25.660 --> 01:08:26.620 Looking forward to hopefully, the

NOTE Confidence: 0.97834134

01:08:26.620 --> 01:08:27.580 next time we're able to

NOTE Confidence: 0.97834134

01:08:27.580 --> 01:08:28.320 do this.

NOTE Confidence: 0.9345902

01:08:28.777 --> 01:08:29.656 Shop and chat with Max

NOTE Confidence: 0.9345902

01:08:29.656 --> 01:08:30.777 and Matt. We're happy to

NOTE Confidence: 0.9345902

01:08:30.777 --> 01:08:31.496 do it. Have a great

NOTE Confidence: 0.9345902

01:08:31.496 --> 01:08:33.177 night, everyone. Stay warm. And

NOTE Confidence: 0.9345902

01:08:33.177 --> 01:08:34.296 then what we can do,

NOTE Confidence: 0.9345902

01:08:34.296 --> 01:08:35.817 Danielle, beautiful, and then we

NOTE Confidence: 0.9345902

01:08:35.817 --> 01:08:36.777 can hit the little leave

NOTE Confidence: 0.9345902

01:08:36.777 --> 01:08:37.596 meeting there.