

First Hawaii Bank Cooking Demo

With "Mama T" Trisha Gonzalves

Good morning!

Yes, Taizo, we are going to encourage you to eat healthy...

And also focus on your wellness and your health...

We've got Mama T...

Community outreach team leader from Down to Earth...

And Cindy Ing with us this morning...

To talk a little bit about the Prime Time Wellness Fair...

That's happening tomorrow...

And first and foremost...

Mama T, you are an educator...

That you head out into the community and prepare some healthy dishes...

How people can eat raw and what not...

And so you're going to prepare a couple of dishes for us today...

Mama T: Right, these are the two recipes that we're going to be sharing...

Tomorrow at the health expo...

Very simply, we have...

A roasted vegetable medley...

And we added some Chickpeas to this dish...

To add protein to it...

And we also have a Quinoa salad...

And it's tossed with a simple dressing...

Using Agave, some Shoyu...

Some brown rice vinegar...

Sesame oil...

Some Lime and Jalapeno to give it a little bump...

Kanoe: And so, utilizing Quinoa...

What is Quinoa... for those that don't know?

Mama T: So Quinoa is a whole grain...

And most people don't know that...

It's very simply made...

You can put it in your rice cooker just like you cook rice...

And it's full of protein...

It's packed with protein...

Nutrients... and as a whole grain...

And it's delicious!

And if you haven't tried it, you need to try it...

Kane: Alright, well go ahead...

Mama T: Sure...

So, we're just going to toss our salad...

We have some broccoli and some greens...

These vegetables were donated by Aloun Farm...

Who's helping to host the fair tomorrow...

Kanoe: Mmm... hmm.

Mama T: And then we're going to add our Quinoa...

Again, it's cooked just like rice in your rice cooker.

Kanoe: I love Quinoa...

Mama T: And these can both be made separately...

You can just pour the dressing in this...

Or you're going to do like we do today...

And add our roasted vegetables...

Kanoe: What kind of vegetables do you have there?

So we have Kabocha squash...

We have some carrots...

We have eggplant...

And then some onions and Chickpeas...

Kanoe: Oh, sounds delicious!

Mama T: Then lightly coated in some Olive Oil...

And some spices...

You can learn how to make this tomorrow at 12:15pm at our demo...

Or you can come to one of Down to Earth's free cooking classes...

At all of our store locations...

Kanoe: Oh, my gosh. Looks amazing!

Cindy, what else can people find...

At this expo that's happening tomorrow?

Cindy: Oh, we have a lot going on...

We are partnering with the City and County Department of Parks and Recreation...

Kuakini Health System...

As well as HMSA...

We have our new Kupuna corner...

Which we're excited about...

We're going to have Aloun Farms Farmers' Market...

[Inaudible] is going to have Make 'N Take Craft Workshops...

Free Health Screenings...

We're also going to have free seminars...

Our grand prize is going to be a Vacations Hawaii Vegas Getaway for two...

Five-hundred-dollar gas card from Mid-Pac petroleum...

And on our entertainment stage...

We'll have entertainment by Danny Couch...

As well as a cooking demonstration from Down to Earth...

So a lot going on, and it's free!

Kanoe: And you also have health screenings right?

Cindy: Yes... glucose and cholesterol testing...

Balance assessments...

You name it... it's all free for everyone.

Kanoe: Wonderful!

Ok, well, thank you Mama T!

Mama T: Oh, you're so welcome!

Kanoe: And you also go out into the community...

And offer some classes for...

Mama T: Right, so out of all of store locations...

We have four here on Oahu, one on Maui...

You can find that schedule at DowntoEarth.org

And please come see us...

At our free cooking classes...

Kanoe: Will there be other demos...

That include things that aren't as raw...

And as healthy?

You know but maybe giving other alternatives...

[Laughter]

For some people, they might be like "Oh, I don't really eat, you know, vegetables..."

Cindy: I know a lot of the vendors have samples...

So I know...

A lot of the vendors will be giving out free samples...

So we might find something that you like there.

Kanoe: Open their eyes...

Mama T: We're sampling up five-hundred samples tomorrow...

Kanoe: Wonderful...

I had vegan ham last weekend...

Mama T: Yes!

Kanoe: Unbelievable, it was fantastic!

Ok... well I'm going to give this a go...

Check it out tomorrow, all day, over at the Blaisdell...

Mama T: See you there...

Kanoe: Mmmm.... good.

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