

# Video Transcript: Holiday Healthy Eating with KHON (12/16/2015)

Trini Kaopuiki with Jordan Ragasa and Mama T

Trini Kaopuiki: Welcome back to living 808... now the holiday season is always a busy time with get-togethers and parties. Now many of these parties are potluck...and who has time to cook? Well... luckily, Down to earth is here to help. We've got Mama T and Jordan Ragasa here with some quick and easy holiday dish ideas your friends and family will love.

Hi... thank you both for being here.

Mama T: Thanks for having us...

Trini: Ok ... why don't we start with you? What do you have here?

Mama T: I could spell it out... ok.

[Laughter]

Trini: Only if you use your butts...

[Laughter]

Mama T: This is a simple artichoke dip that has very few ingredients.

A little shallots, some red peppers, artichokes, veganese, and vegan Parmesan cheese.

Seriously all you do is throw this together... you sauté the onions and the peppers a little bit... and then you dice some of this Kale and you throw it all together in this little dish and you cook it at 375 for 25 minutes. It turns out perfect!

Everyone loves it... Trini you have to taste this...

[Laughter]

Trini: Alright... wait first...ok. So this is it.

Trini: The fewer ingredients... you know me... the better.

Mama T: One cup of this... a whole container of this...two cans of these...

A little hot sauce if you want to spike it up... and just a little bit of diced shallot or onion, red pepper, and Kale.

Trini: You went through it all very quickly and I am a little under the weather so we gotta slow it down a little bit.

So... you said to throw that in the skillet...

So you dice a red pepper...

Mama T: Yeah, very small ... I diced them up really small.

Diced the onion... and then we're gonna throw those in the skillet just to sauté them a bit [okay] and then we're going to move them to a bowl and inside the bowl we're going to put one cup of our veganesse.

We're going to put a whole container of our vegan Parmesan cheese. [ok] We're gonna put two cans of the artichokes.

Drain them and you can give them a chop...

Trini: It's all going in...ok.

Mama T: A little bit of chopped up spinach or kale.

Trini: Into your bowl

Mama T: Yes... in our bowl.

Mix it all up into the bowl... you don't even really need any salt and pepper because the Parmesan is very salty.

And then we're gonna throw it into a casserole dish... and we're going to bake it at 375 for 25 minutes.

How easy is that?

Trini: Ok... I can do that... I can do that...I'm going to try this.

Mama T: It's so delicious too...

It's a party favorite and you don't have to tell anybody that it's vegan...nobody will even know.

Trini: Ohhh... that's good! [Its good right?]

Trini: Mmm

Mama T: So you can bring this to a party and woo your guests Trini... and that with the butt game.

[Laughter]

Trini: That and the butt game...and I have to tell you... your Thanksgiving Stuffing was a huge hit.

Mama T: Ohh, you did make it.

Trini: Yes... thank you. And I think Tyson might have too. It was delicious.

Ok... so if you don't have twenty minutes to make this very easy dish... Jordan you've got some other ideas.

Jordan: We've got some of this beautiful salad bar items that we have... we carry every day.

We have some curry quinoa.

We have some chicken salad, Earth and sea salad, and a purple potato salad.

Trini: I'm going to hold this up because the way you've arranged it ... this is so beautiful.

I love all the different colors and all of this you can find at Down to Earth.

Jordan: At Down to Earth.

Trini: Any day of the week...

Jordan: Actually... our deli comes in at 3am every morning to make everything fresh.

So everything you get at the salad bar is nice and fresh and ready to go...

And this I didn't mention this is the local hummus made from Ulu (breadfruit) so that's something that's different that we have at our take and go.

Trini: What I love that you did Jordan...

Is that you took it out of the containers and you put it in your own dish.

Because that's totally something that I would do...right?

Then I would pretend that I slaved...

Jordan: Ohh gosh.

Trini: And after that I would make everybody play my game.... with the butt.

[Laughter]

Mama T: We would have fun with that game...wouldn't we?

Mama T: I know... we would.

[Laughter]

Trini: Ok this is wonderful... thank you so much. And you've got just some chips here.

Jordan: Some chips to dip it in...

Mama T: And also on our website at DowntoEarth.org... there's lots of recipes...

You can put in "party"...

There's different themes... I think... there's a Christmas category.

And you can see different dishes that you can bring to different parties.

Trini: Wonderful... and we will have the link to the recipe for this one.

Mama T: Yes... very simple and easy.

Trini: OK... thank you both so much... this was wonderful... I love it.

Mama T: Merry Christmas!

Trini: Something I can make... yeah!

Check out the recipe on the Down to Earth website:

<http://www.downtoearth.org/recipes/appetizers-and-sides/vegan-artichoke-dip> .