

# First Hawaiian Wellness Fair

With Andrea from Down to Earth

8:06am right now...

Well, you're going to learn how to cook healthier meals...

Work out to shed some pounds...

And you could win a trip to Vegas...

Yes... Vegas!

But this morning, we're going to talk about the food...

It's coming up for the First Hawaiian Wellness Fair...

Got a preview coming up next...

[Music Playing]

8:16am right now...

Your doctor could one day tell you to start taking Alligator blood...

We're not joking...

We'll tell you a little bit more about that...

And what can you expect...

From the First Hawaiian Wellness Fair?

We're going up into the kitchen...

Coming up next...

[Laughter]

[Music Playing]

Want to learn how you can be healthier?

And learn it for free?

Well, we're going to tell you all about the Wellness Fair...

We have Andrea Bertoli from Down to Earth...

As well as Cyndi over there from First Hawaiian Bank...

They're here to help me tell you about the fair...

And also do a little cooking demo...

What do we got here?

Andrea: We have some baked tofu with some sauteed onions...

This is one of our easiest and most flavorful dishes...

That we offer in our cooking classes...

We do free cooking classes to the public...

At all of our stores across the island...

Lara: And you'll also have it at the fair, right?

Andrea: And we will be at the fair too...

Yes... we'll be doing two recipes there...

So the one I'm going to do today...

Is not the one we're doing at the fair...

We have a little bonus recipe for everyone here...

So this is our baked tofu...

It's really easy to do...

A lot of these ingredients you have at home already...

We have some Olive Oil...

We're going to use a little bit of that...

We also have some Tamari...

This is a gluten-free soy sauce...

So if you are gluten-free, you can eat this without worry...

We're going to use one of our favorite ingredients...

In our Down to Earth, "Love Life" kitchen...

We are using some nutritional yeast...

This is kind of a weird ingredient for some people...

But it's really amazing!

You can think of it like a vegan Parmesan cheese....

And when you stir it together...

It becomes this really creamy marinade...

And we're going to use this for some high-protein...

Super-dense tofu...

So it gives a nice kind of meaty texture...

For those of us that are maybe missing some meat...

But, ahhh...

Whoops, that's a lot...

A little bit of black pepper... not too much...

Depends on who you are cooking for...

A little bit of chili peppers...

Lara: Bam!

Andrea: Bam... exactly. Depends on who you're cooking for... right?

So all you need to do is stir this together...

Lara: Mmm... hmm.

Andrea: We're going to take some of our tofu...

And we're going to dredge this in our sauce...

Lara: So you use this natural yeast kind of like Panko?

Or something like that right?

Andrea: Kind of like a vegan Parmesan actually...

So instead of adding like a texture to it...

It's actually adding this really incredible flavor...

So you can see it's really, really dark...

And it ends of being really creamy...

Lara: Ok... so then you cook the onions...

Andrea: Yes... so we've had our onions sauteing...

Those of you guys that saw the little teaser...

Saw that they've made their natural progression...

This is a slow-cooked onion...

Lara: A slow-cooked onion...

Andrea: And we have the finished dish over there...

And it looks really delicious...

We're going to try it in a second...

But first, Cindy, tell me a little bit more about this fare...

Because there's a lot going on... not just cooking.

Cindy: Yes, we partnered with the City and County Department of Parks and Recreation...

Kuakini Health System is HMSA...

Lara: Mmm... hmm.

Cindy: And we are very excited about our new Kupuna corner...

We're going to have a farmer's market...

From [inaudible] farms...

We're going to have make-and-take craft workshops...

From Arcadia...

We have free health screenings...

We're going to have door prizes...

In fact our Grand Prize is going to be...

A vacations Hawaii Vegas Getaway for two.

Lara: Las Vegas!

Cindy: Yes!

Lara: Everyone loves Vegas!

Cindy: Yes, and...

We're going to have free seminars...

We have entertainment by Danny Couch...

And, of course, our cooking demonstration... by Down to Earth.

Lara: Ok, so this is what it looks like when it's all finished...

The baked tofu with sauteed onions...

Sounds fantastic!

Smells really great up here...

And as you saw...

The wellness fair is on Thursday...

8:30am - 1:00pm...

Cindy: Yes!

Lara: At the Blaisdell...

It's free so check it out...

Thank you to these ladies for showing us this...

I'm going to try this... and send it back down to Dan.

Dan, want some tofu?

Dan: Yes... I would love some tofu...

Looks delicious!

Let's head to the airport, and talk about delays...

I got one that you should know of...

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