

Happy Nurse Month 2022!

Yes, we are claiming the entire month! Thank you for staying amid an unprecedented pandemic and staffing crisis, and for our new nurses, welcome. You can't do your job over the internet or from an office. You are at your patients' bedsides, risk exposure to COVID-19, and continue to fight as Union Nurses for protection, recognition, and retention. Quality healthcare is not possible without you.

As an 1199SEIU Florida Union Nurse you are special. We have a diverse group that is full of active union members and leaders. Through the Nurse Alliance of SEIU, we are part of the Alliance of Nurses for Healthy Environments (ANHE) and therefore also can be part of the Nurses Drawdown.

What's the Nurses Drawdown?

Nurses know that you cannot be healthy without good food, clean water, clean air, a safe place to live and access to mobility.

As part of Project Drawdown, a global project to reverse the Climate Crisis, the Nurses Drawdown is a nurse-specific project to address 5 of those initiatives that support healthy living:

Food – committing to a more plant-based diet, using clean cooking, and reducing food waste

Energy – promoting energy efficiency and transition to renewable energy

Gender Equity – supporting education for girls and supporting family planning

Mobility – Promoting walkable cities, bike infrastructure and mass transportation

Nature – Planting trees and protecting forests

There are a lot of opportunities to join. We thought we would start with the most basic – Food!

This is a collection of some of our Nurse Leaders' recipes that will help you add more plant-based and great tasting options to your diet. This is only the beginning. This recycled folder can grow as we add more recipes from more Nurse Members on our **Nurse Page** on the 1199SEIU Florida website. **Visit the link below or scan QR code** <https://www.1199seiu.org/florida/1199seiu-florida-nurses>



So please enjoy and have fun trying out these great recipes. When you get a chance, contact me to make a recipe page yourself and help us grow our *1199SEIU UHWE Nurse Plant-Based Recipe Collection*.

For all you do, thank you and Happy Nurse Month 2022.

It is my privilege to represent you.

In unity,



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Join our 1199SEIU Florida Green Justice Caucus
<https://www.1199seiu.org/issues/environmentaljustice>

Patricia Diaz RN

Family Favorites from Belize!

Potato Salad

4 Large potatoes
1 can mixed vegetables
1/2 onion - chopped
1/2 cup milk
1 cup mayonnaise
Dab of mustard

Boil the potatoes until soft (I leave on the skins) - then cut into small pieces
Add the mustard to taste for a little tang
Mix all the ingredients until a creamy consistency
Add salt and pepper to taste
Sprinkle paprika on the top layer and refrigerate until cold



Cucumber Salad

1 cucumber -sliced
2 bell peppers - or orange, red or yellow peppers - chopped
1 red onion -sliced
1/2 large tomato - chopped
Cilantro to taste
Salt and pepper to taste
Mix all together and then squeeze a lime over the mix - enjoy!

Pat says these two dishes were always part of Sunday dinners in her house

Nora Duncan LPN

Baked Macaroni and Cheese

Ingredients

8 oz. uncooked macaroni
2 ounces unsalted butter
2 1/2 cups shredded cheddar cheese, divided
Kosher salt to taste
Freshly ground black pepper
2 large eggs
1/2 cup evaporated milk
2 tablespoons finely chopped onion
paprika for garnish



Nothing says "comfort food" better than mac and cheese, especially when made by Mom

Gather all ingredients
Preheat oven to 350 degrees
Grease an 8- or 9-inch square baking pan, or 2-quart casserole dish.
Cook macaroni in boiling salted water following package directions.
Drain well.
Return the pasta to the pot and add butter. Stir until melted.
Add 2 cups of the shredded cheese, and onion
Taste and add salt and pepper as needed.
In a medium bowl, whisk eggs with the milk.
Add this mixture to the macaroni and stir until mixed.
Spoon into greased baking dish. Top with remaining cheese.
Add paprika.
Bake for 30 minutes until browned and cooked through.

Frank Genung RN

Home-Grown Ratatouille

Ingredients

2 oz olive oil

10 cloves garlic - minced or pressed

1 tsp Italian seasonings

Salt to taste - I use kosher sea salt

1 cup dry red wine - cooking wine (cabernet/sauvignon/merlot)

1 large eggplant - skinned and cubed

½ large onion - finely chopped

1 bell pepper (red-green-yellow - your choice) - chopped

Option 1 - add 1 finely chopped Jalapeno

Option 2 - Substitute the bell pepper with 2 "warm"

Cubanelle peppers if you want to add a little heat!

4 large or 8 Roma (plum) tomatoes - diced (or you can use the equivalent of cherry tomatoes halved)

Optional - you can also add 1 cup of chopped okra or

shredded collard greens if you want to add more green to the mix (You can get okra and collard greens frozen).

Vegan sausage -optional

Grated Romano cheese

Angel hair pasta



Frank's garden and source of fresh ingredients

In a large pot, coat the bottom with olive oil over a medium heat, sauté for 1-2 minutes, then add the onion and sauté for an additional 2-3 minutes

Add the eggplant, peppers and tomatoes and continue to sauté for another 2-3 minutes

Add wine and bring to a boil, then add okra/collards and Italian seasoning spice

Bring everything back to a boil and then add vegan sausage if desired

Continue cooking until the sauce thickens and the vegetables are soft

Add additional red wine if needed and salt to taste



Frank adds,

"I serve this over a bed of angel hair pasta with freshly grated Romano cheese on top"

Janelle Manigault LPN

Roasted Butternut Squash



Janelle recommends this dish as a good substitute for sweet potatoes

Ingredients

1 medium to large Butternut Squash
(Any size is fine)
1 tbs Coconut Oil
Salt
Pepper
Nutmeg
Cinnamon
Brown Sugar or Honey

Cut the butternut squash into small chunks
Coat with the tablespoon of coconut oil.
(May have to adjust based on size of the squash)

Add a pinch of each

Salt
Pepper
Nutmeg
Cinnamon
Brown Sugar or Honey

Mix to coat evenly

Place in a 400° F oven for 40-45 minutes
Turn midway during roasting.

Once done enjoy!!!

Elizabeth Mauvais-Jazon RN

Carline Gelé's Labouyi Bannann (Plantain Porridge)

Servings: 2- 4 people
Cooking Time: 30 minutes

Prep Time: 5 minutes
Ready In: 35 minutes

Labouyi uses plantains. The porridge is sweet and creamy with the consistency of light grits. Labouyi can also be made with flour and cornmeal. Try starting the day off with it.

Ingredients

- 1 Green Plantain (Washed)
- 3 cups of water
- 1 Star Anise
- 1/2 cup of Evaporated Milk
- 1/2 cup of Coconut Milk
- 1/2 tsp cinnamon Powder or 1 stick of cinnamon
- 1/4 cup of sugar
- 1 Tbs butter
- 1 tsp vanilla extract
- 1 tsp salt (or to taste)

Preparation

1. Peel the skin of the plantain and cut into small 4-8 Small pieces. It is ok to leave some of the skin for extra nutrients.
2. In a blender, puree the plantain with 2 cups of water.
3. In a 1-quart saucepan, add 1 cup of water, evaporated milk, coconut milk, cinnamon, star anise and bring to boil.
4. Once the pot is boiling, add the plantain puree to the pot and bring to a boil while stirring continuously for 5 min. The porridge will thicken slightly.
5. Add the salt, sugar, vanilla and keep stirring for 10 min.
6. Reduce the heat to medium and keep stirring for another 10 min while tasting porridge to ensure the plantain is thoroughly cooked. The porridge is ready when the texture is creamy.
7. Serve warm with some Haitian Bread, if you cannot find Haitian Bread, a good French baguette will do.



When asked for a recipe, I recommended Carline as lately I am too busy between working, call-time and being a Union leader to cook!

Two powerful women and one great recipe!



Carline Gelé

1199SEIU Florida's Admin & Nurse Support Extraordinaire!

Carline says, "This is one of the most popular plantain recipes in Haiti. My Grandmother used to feed us this porridge at least 3 times a week. I love it a lot and I still make it here in the United States, at least twice a week."

Helen Scarcelli RN

Chickpea & Cauliflower Curry

Ingredients

- 2 tbs coconut oil
- 2-4 tbsp red curry paste (find in the international food section of your supermarket)
- 1 tsp grated ginger
- 1 large white onion - diced
- 4 cloves garlic - minced
- 1/2 cup cashew nuts
- 1 large red bell pepper - diced
- 1 14 oz can of coconut milk
- 1 15 oz can of chickpeas - drain and rinse
- 1 15 oz can of diced tomatoes
- 1 small head of cauliflower - break into small florets
- 1/4 cup of chopped cilantro
- Salt and pepper to taste
- Rice, cauliflower rice or naan (flat bread) for serving



Helen says, "This was a great find on the internet, which I improved by adding the cashews to add some needed crunch."

Heat the coconut oil and curry paste over a medium-high heat in a large skillet until the oil is melted, and the curry paste is fragrant

Add the ginger, onion, garlic, and bell pepper - cook about 5 minutes until the vegetables are tender & fragrant

Add in the coconut milk, chickpeas, tomatoes, and cauliflower

Bring the mixture to a boil, then reduce the heat and simmer about 10 minutes until the cauliflower is tender & the sauce is thick and bubbling

Stir in the cilantro and cashews

Season to taste with salt and pepper

Serve over cooked rice with a side of hot naan. Use cauliflower rice to remain grain-free

Cheryl Wikel RN

Mexicorn Dip



Ingredients

- 1 can (14 oz) corn
- 1 can (11 oz) Mexicorn
- 1 cup sour cream
- 1/2 cup mayonnaise
- 1 cup chopped green onions
- 1 can (4 oz) diced green chiles
- 1 package (8 oz) shredded cheese

Mix it all up and enjoy!

Cheryl uses light sour cream, and it is still delicious!

Just add the chips and you are ready for a party!



Jennifer Wigerivanedema RN

Broccoli Slaw Surprise

Ingredients

- 1 large bag pre-chopped fresh broccoli/vegetable slaw
(Or shred your own choice mix of raw broccoli, carrots, kale, cabbage, cranberries, etc.)
 - 1 pack Ramen noodles (dry uncooked)
 - 1/2 medium sized chopped onion
 - 1 small pack of shelled sunflower seeds
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- Sauce: 2 tsp sugar
3 oz olive oil
4 oz vinegar
Season packet from noodle package



Mix all the ingredients together in a large bowl, cover and put in the refrigerator overnight and serve cold.

Jennifer says,

"This is always a hit when I take it into work!"



Grammy Kelley's War Cake

Betsy Marville RN

Ingredients

1 pound of raisins
2 cups brown sugar
2 tbs vegetable oil
2 cups water
1/2 tsp allspice
1 tsp cinnamon
1/4 tsp nutmeg
1/4 salt

3 cups flour
1 tsp baking soda

Boil all the ingredients except the last two for 5 minutes in a large saucepan and then set aside and let cool (this is important to avoid a lumpy batter)

Stir in the flour and baking soda by hand and place in a greased or non-stick tube/Bundt or loaf pan and bake at 350° F for 45 minutes or until done



Catherine "Dolly" Kelley looking pretty at my parent's wedding in 1950. My Grammy was sweet, funny, and a great cook, in addition to being a wonderful grandmother.

This is a recipe for a cake my grandmother began making during World War II because a lot of baking ingredients were rationed. She also called it eggless, butter-less, milk-less cake.

LINKS

Three steps to add your plant-based recipe to our collection:

1. Scan the QR code below and fill out the form with your recipe
2. Send a picture of you for your recipe page to betsy.marville@1199.org.
3. If you have a picture of the completed dish-email that too!

Every few months we will be updating our *Nurse Plant-Based Recipe Collection* on our Nurse Page at <https://www.1199seiu.org/florida/1199seiu-florida-nurses>

Check out your recipe page and others to add to your notebook. Invite your coworkers to add their recipes too.



Interested in the Nurses Drawdown?

Sign up at <https://www.nursesdrawdown.org>

Association of Nurses for Healthy Environments (ANHE)

<https://envirn.org>

It's time to sign up that coworker and get them active.

Solidarity = Strength = Positive Change

<https://1199seiu.org/FLmembership>

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<https://www.1199seiu.org/issues/environmentaljustice>