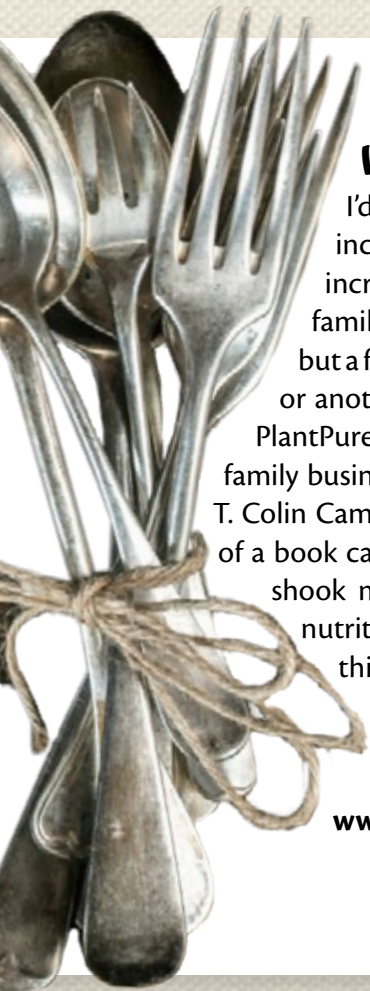


DINNER WITH THE

CAMPBELLS

NELSON. KIM. WHITNEY. COLIN & LAURA



WHO ARE THEY?

I'd like to introduce you to some incredible people out there doing incredible things! Meet the Campbell family. Not just one or two superheroes, but a family of 5 who have all, at one point or another, been a part of their company PlantPure Nation. Now that's what I call a family business, and they come by it honestly. T. Colin Campbell (Nelson's Dad) is the author of a book called *The China Study*, a book that shook me to the core about cancer and nutrition. Once my eyes were opened to this science, I certainly looked much deeper into the world of Vegans or Vegetarians! Check in on the PlantPure movement at www.PlantPureNation.com

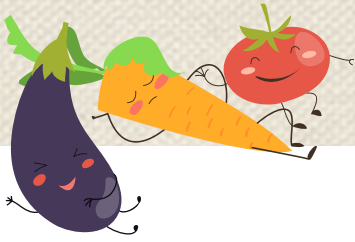
WHY PLANT-BASED

Our mothers have been preaching for us to eat our veggies for decades so the idea of plant-based is nothing new. However, the quantity of meat the average American is consuming is on the rise. This fact, in tangent with what we know from the China Study is putting us in the danger zone as a nation when it comes to cancer and other diseases. Also, did you know that it takes 2-football fields to feed 1 person on the Standard American Diet? In contrast, the same two football fields could feed 14 people on a plant-based diet! Maybe MaMa's veggies aren't so bad after all?

Check out our Podcast with Kim Campbell at
www.LittleIronMom.com/podcasts



A special thanks to the
The Vandersee Family
for sponsoring this work!



My Grocery List
BRAINS ARE BETTER ON PAPER



FRESH

Lined writing area for fresh items.

FROZEN

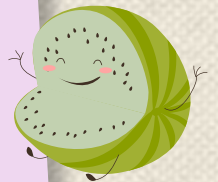
Lined writing area for frozen items.

CANNED GOODS

OTHER GOODS

Lined writing area for canned goods.

Lined writing area for other goods.





FISH-LESS FILLETS

FROM THE KITCHEN OF
KIM CAMPBELL

← SHARED BY

Little
**IRON
MOM**
& SUPER
& DADS

Both kids and adults love finger foods, and this recipe really captures the flavor, texture, and appearance of those traditional fish sticks from the freezer. You can make these fillets into patties or sticks depending on your personal preference. Serve them with your favorite plant-based dressing or mayonnaise. We love them with Creamy Horseradish Sauce from the PlantPure Kitchen Cookbook~Kim

FAMILY OF FOUR

PREP: 20 MINUTES

COOK: 20 MINUTES

BIGGER FAMILY? SUPER SIZE IT!

		FIVE	SIX	SEVEN	EIGHT
2 T	FLAX MEAL	2 1/2	3	3 1/2	4
5 T	WATER	6 1/4	7 1/2	8 3/4	10
1 15-OZ CAN	CHICKPEAS (RINSED & DRAINED)	1 1/4	1 1/2	1 3/4	2
1 15-OZ CAN	ARTICHOKE HEARTS (RINSED & DRAINED)	1 1/4	1 1/2	1 3/4	2
1/2 CUP	OATS	5/8	3/4	7/8	1
1/2 CUP	COOKED BROWN RICE	5/8	3/4	7/8	1
1 SHEET	NORI (TORN OR CUT)	1 1/4	1 1/2	1 3/4	2
1 T	LEMON JUICE	1 1/4	1 1/2	1 3/4	2
1 T	OLD BAY SEASONING	1 1/4	1 1/2	1 3/4	2
1/2 t	GROUND MUSTARD	5/8	3/4	7/8	1
1/2 t	DRIED DILL	5/8	3/4	7/8	1
to taste	SALT & PEPPER				
1 CUP	PANKO (FOR COATING)	1 1/4	1 1/2	1 3/4	2



AGES 2-5

Measure flax meal, water, oats, brown rice, lemon juice, mustard, dill & panko. Wash dishes.

AGES 6-8

Help with measuring and dishes. Cook brown rice. Create patties.

AGES 9+

Assist with measuring, run food processor and assist with creating patties.

- **Preheat oven to 400 degrees.** Line a baking sheet with parchment paper.
- In a small bowl, mix flax meal and water. Set aside to thicken.
- Place the chickpeas in a food processor until finely ground. Add the artichoke hearts near the end of the processing and pulse until coarsely chopped.
- Transfer the chickpea and artichoke mixture to a large mixing bowl. Add the oatmeal, rice, Nori, flax mixture, lemon juice, Old Bay, mustard, dill, salt, and black pepper to taste.
- Form the dough into four equal patties or into sticks about 1 inch by 3 inches. Coat each patty or stick evenly with the panko crumb and place them on the prepared baking sheet. **Bake for 15-25 minutes, until golden.** Serve warm.



WHAT IS AN ARTICHOKE?

THE ARTICHOKE IS A FLOWER PICKED BEFORE IT BLOOMS. THE LEAVES HAVE A SHARP BARB BUT WHEN YOU PICK IT OFF THE "HEART" YOU CAN EAT FROM THE LEAF. CANNED ARTICHOKE HEARTS ARE MADE FROM THE HEART THAT IS BELOW THE LEAVES TOWARD THE BASE OF THE FLOWER.



PAD THAI

FROM THE KITCHEN OF
KIM CAMPBELL

FAMILY OF FOUR

PREP: 25 MINUTES

COOK: 30 MINUTES



SHARED BY



SAUCE

		FIVE	SIX	SEVEN	EIGHT
2 CLOVES	GARLIC PEELED	2 1/2	3	3 1/2	4
1 t	GINGER FRESHLY GRATED	1 1/4	1 1/2	1 3/4	2
1/4 CUP	WATER	1/3	3/8	4/9	1/2
3 T	TAMARI (LOW SODIUM)	3 3/4	4 1/2	5 1/4	6
2 T	MAPLE SYRUP (PURE)	2 1/2	3	3 1/2	4
1 T	RICE VINEGAR	1 1/4	1 1/2	1 3/4	2
1 T	TAHINI	1 1/4	1 1/2	1 3/4	2
1 T	LIME JUICE	1 1/4	1 1/2	1 3/4	2
1 t	TAMARIND PASTE	1 1/4	1 1/2	1 3/4	2
1 t	SIRACHA	1 1/4	1 1/2	1 3/4	2
2 t	CORNSTARCH	2 1/2	3	3 1/2	4

NOODLES & VEGETABLES

6 OZ	TOFU (EXTRA-FIRM)	7 1/2	9	10 1/2	12
8 OZ	BROWN RICE NOODLES	10	12	14	16
1 MEDIUM	CARROT	1 1/4	1 1/2	1 3/4	2
1	RED BELL PEPPER (SEEDED & SLICED)	1 1/4	1 1/2	1 3/4	2
1/2	RED ONION	5/8	3/4	7/8	1
3 CUPS	BROCCOLI FLORETS	3 3/4	4 1/2	5 1/4	6
1 CUPS	CABBAGE	1 1/4	1 1/2	1 3/4	2
2 CUPS	SPINACH	2 1/2	3	3 1/2	4
1 CUP	MUNG BEAN SPROUTS	1 1/4	1 1/2	1 3/4	2
5	GREEN ONIONS	6 1/4	7 1/2	8 3/4	10
4	GARLIC CLOVES (MINCED)	5	6	7	8

TOPPINGS

1/2 CUP	NUTS (CHOPPED)	5/8	3/4	7/8	1
1/2 CUP	CILANTRO (CHOPPED)	5/8	3/4	7/8	1
1	LIME	1 1/4	1 1/2	1 3/4	2



AGES 2-5

Wash veggies in sink, help with measurements, peel garlic, squeeze lime

AGES 6-8

Turn oven on; cut tofu in 1" cubes and arrange on sheet, brush with sauce; cut veggies; help with other measurements

AGES 9+

Cut veggies; cook noodles; saute veggies and sauce; run blender; toss pasta, tofu and

Most restaurants serve pad thai with an oil-based fish sauce. My version is oil-free and plant-based but still boasts that delicious combination of sweet, sour, and spicy flavors. ~Kim

Directions:

- Preheat the oven to 400 degrees. Line a baking sheet with parchment paper.
- Combine all the sauce ingredients in a blender and blend until smooth and creamy.
- Cut the tofu into 1-inch cubes and arrange them in a single layer on the prepared baking sheet. Brush the tofu thoroughly with the sauce (reserve the remaining sauce for the vegetables). **Bake until golden, 15-20 minutes.**
- While the tofu is baking, cook the rice noodles according to the package instructions. Drain and set aside.
- In a nonstick skillet over medium-high heat, sauté the carrot, bell pepper, red onion, broccoli, cabbage, spinach, sprouts, green onions, and garlic in a small amount of water until the broccoli is bright and tender, about 5 to 8 minutes. **Add the reserved sauce and continue cooking until the sauce thickens, about 3 minutes.**
- In a large serving bowl, toss the pasta, tofu, and vegetables together. Garnish with the peanuts and cilantro and serve with the lime wedges, if desired.

Kim's Hints:

- *Don't hesitate to try different veggies in this dish. I like the variety and color of the ones I use here, but you can choose your own favorites.
- *Tamarind paste (a sticky sour fruit paste) can be found in the Asian section of most large supermarkets; Whole Foods Market carries this product as well. But if you can't find it, you can substitute 1 pitted date.



MUNG BEAN WHAT?

BECAUSE OF THEIR HIGH NUTRIENT DENSITY. MUNG BEANS ARE CONSIDERED USEFUL IN DEFENDING AGAINST SEVERAL CHRONIC, AGE-RELATED DISEASES, INCLUDING HEART DISEASE, CANCER, DIABETES AND OBESITY.



SWEET PEANUT BURGERS

FROM THE KITCHEN OF
KIM CAMPBELL
SHARED BY

Little
IRON
MOM

& SUPER
& DADS



FAMILY OF FOUR

PREP: 20 MINUTES

COOK: 25 MINUTES

		FIVE	SIX	SEVEN	EIGHT
1 T	FLAX MEAL	1 1/4	1 1/2	1 3/4	2
2 T	WATER	2 1/2	3	3 1/2	4
1 15 OZ CAN	CHICKPEAS (RINSED & DRAINED)	1 1/4	1 1/2	1 3/4	2
1/2 CUP	SWEET POTATOES (SHREDDED)	5/8	3/4	7/8	1
1/4 CUP	OATS	1/3	3/8	4/9	1/2
3 T	PEANUT BUTTER	3 3/4	4 1/2	5 1/4	6
1 t	SOY SAUCE	1 1/4	1 1/2	1 3/4	2
1 t	GINGER PASTE	1 1/4	1 1/2	1 3/4	2
1/2 t	GARLIC POWDER	5/8	3/4	7/8	1
2 t	RICE VINEGAR	2 1/2	3	3 1/2	4
1 T	LIME JUICE	1 1/4	1 1/2	1 3/4	2
1 t	SIRACHA	1 1/4	1 1/2	1 3/4	2
1/4 CUP	CILANTRO (CHOPPED)	1/3	3/8	4/9	1/2

SPICY PEANUT SAUCE

1/4 CUP	PEANUT BUTTER	1/3	3/8	4/9	1/2
3 T	SOY OR TAMARI (LOW SODIUM)	3 3/4	4 1/2	5 1/4	6
1 T	SIRIRACHA	1 1/4	1 1/2	1 3/4	2
1 T	LIME JUICE	1 1/4	1 1/2	1 3/4	2
2 t	MAPLE SYRUP	2 1/2	3	3 1/2	4
1/2 t	GARLIC POWDER	5/8	3/4	7/8	1



AGES 2-5

Mix flax meal and water.
Mix chickpeas with hands,
help form into burgers.

AGES 6-8

Help with measuring
and dishes. Run the
food processor, set
the oven & help make
burgers.

AGES 9+

Open chickpeas, shred
sweet potatoes, help
with measuring &
running the oven.

- Preheat oven to 375 degrees.
- In a small bowl, mix together flax meal and water. Set aside.
- In a food processor, pulse the chickpeas. Do not turn the beans into a paste, coarsely grind. You can also mash them with a fork. Place into a large mixing bowl.
- To the chickpeas, add the remaining ingredients (including flax and water mixture). Mix thoroughly with hands. Place onto a parchment lined baking sheet and form into burgers.
- **Bake for 20-30 minutes until golden brown.**
- While the burgers are cooking, whisk together the sauce ingredients and set aside. Top burgers with your favorite veggies and peanut sauce.

WHAT ARE CHICKPEAS?

ALSO CALLED GARBANZO BEANS. ARE ONE OF THE OLDEST CONSUMED CROPS IN THE WORLD AND REMAIN ONE OF THE MOST POPULAR TODAY ACROSS NEARLY EVERY CONTINENT. THEY ARE SUPER FOR YOUR BODY TOO!

