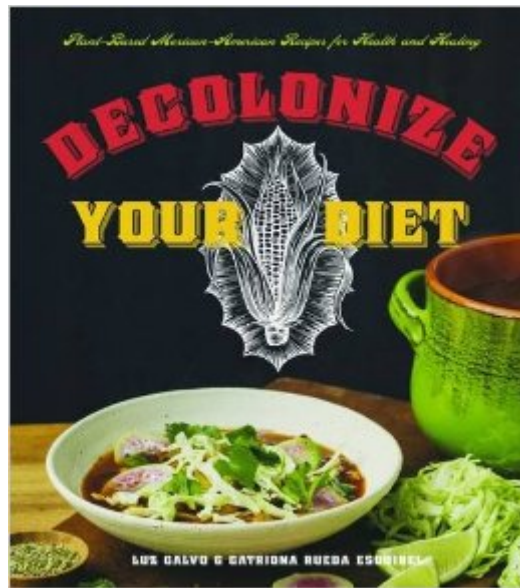


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# Decolonize Your Diet: Plant-Based Mexican-American Recipes For Health And Healing



## Synopsis

More than just a cookbook, *Decolonize Your Diet* redefines what is meant by "traditional" Mexican food by reaching back through hundreds of years of history to reclaim heritage crops as a source of protection from modern diseases of development. Authors Luz Calvo and Catriona Rueda Esquibel are life partners; when Luz was diagnosed with breast cancer in 2006, they both radically changed their diets and began seeking out recipes featuring healthy, vegetarian Mexican foods. They promote a diet that is rich in plants indigenous to the Americas (corn, beans, squash, greens, herbs, and seeds), and are passionate about the idea that Latinxs in America, specifically Mexicans, need to ditch the fast food and return to their own culture's food roots for both physical health and spiritual fulfillment. This vegetarian cookbook features over 100 colorful, recipes based on Mesoamerican cuisine and also includes contributions from indigenous cultures throughout the Americas, such as Kabocha Squash in Green Pipian, Aguachile de Quinoa, Mesquite Corn Tortillas, Tepary Bean Salad, and Amaranth Chocolate Cake. Steeped in history but very much rooted in the contemporary world, *Decolonize Your Diet* will introduce readers to the energizing, healing properties of a plant-based Mexican American diet. Full-color throughout. Luz Calvo and Catriona Rueda Esquibel are professors at California State East Bay and San Francisco State University, respectively. They grow fruits, vegetables, and herbs on their small urban farm. This is their first book.

## Book Information

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## Customer Reviews

I was very excited to receive this book from a friend for Christmas. If you happen to be a vegan Xicanx, you are in luck! I compared recipes from the book with my Abuelita's recipes (she's from Chihuahua, but not familiar with all the recipes) and they were very close. Translating the recipes to my grandma brought back so many memories for her. She started to remember dishes and other plates that she grew up with. She would also recognize an herb and say what its medicinal uses were, which were then listed in the book. The book had notes and information that made me think of her voice. Therefore, I sincerely trust this cookbook's ethical stance and yumminess. I have made the pipian while my Abuelita was sick in bed (i.e., she couldn't help me much). Her response when tasting it? "¡Se aventá!" Her approval is very hard to come by. I can't wait to try the rest of these recipes. Such rewarding cooking sharing in communal ethnic knowledge. Some of the recipes do include queso and they seem to taste fine without them. I also have heard good things about the alternative cashew queso so I will have to attempt that.

I ordered and cancelled (after reading the 1 star review about dairy and eggs) then put it in and out of my cart half a dozen times because of my vegan conflict. Then I ordered it again last week. I've had it for three days and have made three recipes: Urban Farmer Calabacitas, Black Velvet Beans, and Hibiscus Tacos. They were all outstanding. The second two seemed risky (beans with an anise-like flavor?)(tacos made with jamaica??).....but my entire family devoured them. It is true that this is not a purely vegan cookbook. But there isn't anything an experienced vegan cook can't easily sub out. And, there is no cookbook of which I'm aware that makes the important socio-political cultural case so expertly made by these authors. This is a revolutionary and beautiful book in every sense of those words. A must have addition to any ethical vegan's library.

Beautiful pictures and delicious, nutritious, indigenous based recipes. Truly a step in the right direction and in this case that is backwards toward our roots( Yes in this case I mean possibly actual roots). Personally I was a little surprised to see cheese and tofu in the recipes but I get this is someone's interpretation and it really is a must own cookbook.

Every recipe I've made so far from this book is fabulous. Nutritious, delicious, and medicinal are perfect adjectives for this user-friendly cookbook. They've helped me make the best tacos and fall/winter soups/dishes. My family and friends absolutely love these dishes. As well, it's good to know how healthy they are, as well as tasty. And, as the authors explain, if some ingredients are not available where you live, get creative and substitute what is local in your area. Along with the

recipes, there is also a care and love that emanates from their writing in the "introduction" and "chapter one." This cookbook is already recognized by James Beard Foundation Leadership Award Recipient, Bryant Terry (author of *Grub* and *Afro-Vegan*)-- read his glowing "forward."

This book is possibly the best cookbook of the year, beautifully written, taking so many foods that are familiar to us, particularly on the west coast, back to their ancestral roots, then presenting them as perfect building blocks for great nutrition and enjoyment. For the vegetarian, and I am not one, I cannot imagine a more useful and inspiring guide for the kitchen, market, and dining room. The rest of us will be amazed at how precious these thoughtful loving recipes can be in our lives.

"Decolonize Your Diet" is a gem of a cook book. Given the glut of fancy, big name cook books released this fall, it would be all too easy to overlook it but Luz Calvo and Catriona Rueda Esquibel succeed in laying a foundation for a whole system of healthy eating that can last throughout your lifetime (as opposed to big name trends and fads). Adding on the historical, spiritual and cultural elements in the way they so eloquently do only adds to the total experience. This book will enrich your heart and your mind as well as your kitchen.

OMG. Best book/cookbook ever. Awesome recipes. Beautiful pictures. And teaches us food that speaks to my heart. If you looking to make good and I mean good food that isn't toxic and that speaks to our ancestral ways of knowing and living, this book is for you.

My copy arrived on Friday and was immediately put to use. I made and enjoyed Hibiscus Flower Tacos and Black Velvet Beans (which I'm sharing with a neighbor - they're so good). I love where Luz and Catriona are coming from in terms of preserving and honoring ancient recipes and relationships with plants, and presenting the recipes in a way that all can make and enjoy. Plus, the book is a visual feast.

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