



Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing

By Luz Calvo, Catriona Rueda Esquibel

 Download

 Read Online

Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing By Luz Calvo, Catriona Rueda Esquibel

International Latino Book Award winner, Best Cookbook

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 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.

 [Download Decolonize Your Diet: Plant-Based Mexican-American ...pdf](#)

 [Read Online Decolonize Your Diet: Plant-Based Mexican-Americ ...pdf](#)

Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing

By Luz Calvo, Catriona Rueda Esquibel

Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing By Luz Calvo, Catriona Rueda Esquibel

International Latino Book Award winner, Best Cookbook

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 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.

Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing By Luz Calvo, Catriona Rueda Esquibel Bibliography

- Sales Rank: #25236 in Books
- Published on: 2015-10-13
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .60" w x 7.90" l, .0 pounds
- Binding: Paperback
- 256 pages

 [Download Decolonize Your Diet: Plant-Based Mexican-American ...pdf](#)

 [Read Online Decolonize Your Diet: Plant-Based Mexican-Americ ...pdf](#)



Download and Read Free Online Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing By Luz Calvo, Catriona Rueda Esquibel

Editorial Review

Review

"If you think Mexican food is unhealthy, then you need to read this cookbook." —*Los Angeles Times*

"Part cookbook, part manifesto, Decolonize Your Diet is as much about recipes as it is about justice centered analysis of food and health ... Decolonize Your Diet honors and respects the humble pot of beans and homemade tortillas to the same degree they do more 'difficult' chef-like meals, like Huaraches de Nopal, or Mole." —*Global Comment*

About the Author

Luz Calvo: Luz Calvo is a professor of Ethnic Studies at Cal State East Bay. Luz and their partner Catriona Rueda Esquibel live in Oakland, CA, where they grow fruits, vegetables, and herbs on their small urban farm as they study traditional Mesoamerican cuisine.

Catriona Rueda Esquibel : Catriona Rueda Esquibel is an associate professor in Race and Resistance Studies at San Francisco State University. Catriona and her partner Luz Calvo live in Oakland, CA, where they grow fruits, vegetables, and herbs on their small urban farm, as they study traditional Mesoamerican cuisine.

Users Review

From reader reviews:

Joseph Cash:

Reading a guide can be one of a lot of task that everyone in the world likes. Do you like reading book and so. There are a lot of reasons why people fantastic. First reading a book will give you a lot of new info. When you read a book you will get new information due to the fact book is one of various ways to share the information or maybe their idea. Second, studying a book will make a person more imaginative. When you examining a book especially fictional works book the author will bring one to imagine the story how the people do it anything. Third, you may share your knowledge to some others. When you read this Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing, you may tells your family, friends and soon about yours book. Your knowledge can inspire others, make them reading a book.

Linda Porter:

Spent a free the perfect time to be fun activity to perform! A lot of people spent their free time with their family, or their friends. Usually they doing activity like watching television, planning to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? Might be reading a book might be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to try out look for book, may be the book untitled Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing can be great book to read. May be it might be best activity to you.

Beatrice Kennemer:

The book Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing has a lot of information on it. So when you check out this book you can get a lot of advantage. The book was compiled by the very famous author. Tom makes some research ahead of write this book. This particular book very easy to read you will get the point easily after reading this article book.

Gordon Woods:

Many people spending their time frame by playing outside along with friends, fun activity with family or just watching TV 24 hours a day. You can have new activity to pay your whole day by examining a book. Ugh, think reading a book really can hard because you have to bring the book everywhere? It fine you can have the e-book, having everywhere you want in your Smartphone. Like Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing which is keeping the e-book version. So , why not try out this book? Let's see.

Download and Read Online Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing By Luz Calvo, Catriona Rueda Esquibel #RLXB67GZPCW

Read Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing By Luz Calvo, Catriona Rueda Esquibel for online ebook

Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing By Luz Calvo, Catriona Rueda Esquibel Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing By Luz Calvo, Catriona Rueda Esquibel books to read online.

Online Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing By Luz Calvo, Catriona Rueda Esquibel ebook PDF download

Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing By Luz Calvo, Catriona Rueda Esquibel Doc

Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing By Luz Calvo, Catriona Rueda Esquibel Mobipocket

Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing By Luz Calvo, Catriona Rueda Esquibel EPub