



## POWERED BY PALEO

// BY RUTHANNE JOHNSON

**ELLEN JAFFE JONES** wasn't always a runner, fitness and health coach, and motivational speaker. And she didn't always champion a plant-based diet. She once worked as an investigative television journalist. When she did have time for lunch, she usually ate fast food. The stressful job coupled with a terrible family medical history (diabetes, heart disease, breast cancer and crippling arthritis) put her on a collision course with a health crisis. At just 28, she nearly died from a

colon blockage. Then one of her sisters lost her battle with breast cancer. "Those were my nutritional wake-up calls," says Jaffe Jones.

So she quit television, became a stay-at-home mom and began running. She also adopted a plant-based diet, which she credits for a long-standing, injury-free running career. Today, Jaffe Jones, 62, is the picture of health. She runs an 8-minute mile. At the 2013 U.S. National Senior Games, she ranked high in the 1,500-, 400-, 200- and 100-meter races in her age division. Just recently, her doctor told her she has the heart of a healthy 21-year-old.

She has written three vegan cookbooks. Her latest, *Paleo Vegan: Plant-Based Primal Recipes*, features recipes by chef Alan Roettinger. "A lot of my running friends were talking about the paleo diet and how much weight they'd lost," she says. "I couldn't help but think about the long-term cost to their heart, kidneys and other organs."

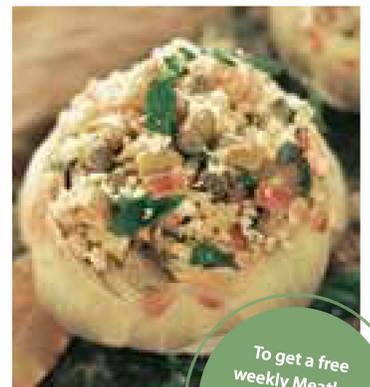
The Paleolithic diet, also known as the caveman diet, is based on foods some of our ancient ancestors ate, such as meat, nuts and berries. It eschews dairy and other processed foods but is heavy in animal protein. Some versions even allow tallow and lard.

Paleo vegan is simply a plant-based interpretation of the paleo diet. Foods such as broccoli, spinach and lentils have ample protein for building strength and endurance. Quinoa, for example, has 8 grams of protein per cooked cup. This stuffed artichoke recipe is packed with energy and flavor yet is low in calories and cholesterol. And, as Jaffe Jones notes in her book, "[Stuffed artichokes] also make for an impressive presentation."

## ARTICHOKES STUFFED WITH QUINOA, OLIVES AND CAPERS SERVES 4 // RECIPE BY ALAN ROETTINGER

2 lemons  
 2 teaspoons sea salt  
 1 bay leaf  
 4 large artichokes  
 2 tablespoons extra-virgin olive oil  
 1 small red onion, diced  
 1 clove garlic, minced  
 12 green olives (preferably Castelvetrano), pitted and chopped  
 2 tablespoons capers  
 Freshly ground black pepper  
 2½ cups cooked quinoa  
 2 tablespoons chopped parsley

1. Zest lemons and set zest aside. Juice one lemon through a strainer into a medium saucepan, saving the rind. Add salt, bay leaf and enough water to fill the saucepan a little more than halfway.
2. Remove the artichokes' outer leaves, exposing the pale inner leaves. Cut across the tops of the leaves, about 1½ inches above where they attach to the stem. Remove the dark green exterior so pale inner flesh is exposed. Rub with juicy side of the lemon rind to prevent discoloration. Dig out and discard the hairy choke. Cut off the stem.
3. Place the artichokes in the lemon water, bring to a boil and then simmer covered over medium heat for about 8 minutes until tender.
4. Remove the artichokes and drain inverted on a plate. Preheat the oven to 350°F.
5. Place oil in a large saucepan over high heat; add the onion. Cook, stirring frequently, for about 2 minutes. Decrease heat to medium. Add garlic. Cook until soft, about 10 minutes.
6. Add the olives and capers and stir until warmed through, about 2 minutes. Season with pepper to taste.
7. Remove mixture from the heat and stir in the cooked quinoa, parsley and zest. Turn the artichokes over and spoon the quinoa mixture inside. Press gently to compact and add more.
8. Bake stuffed artichokes on the middle rack for about 15 minutes. Serve immediately.



To get a free weekly Meatless Monday recipe, text TASTY to 30644.

**PER SERVING:** Calories: 264; Fat 13 g; Carbs: 41 g; Fiber: 13 g; Protein: 12 g; Sodium: 612 mg; Calcium: 126 mg

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