



PARTNERSHIP PROJECT

HIV ADVOCACY & SERVICES SINCE 1995

The Network
News
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OREGON HIV/AIDS CASE MANAGEMENT

Honoring Juan Mendez

Our HIV prevention and care community lost a long-time advocate and activist, **Juan Mendez**, to cancer on August 1st. He was 57 years old and had worked in public health for 20 years. To honor Juan, Multnomah County HIV/STD clinic are dedicating their team's 2015 AIDS walk and fund raising to his memory. Consider joining this team or making a donation in his memory.

You can do so by going [here](#)



MULTNOMAH COUNTY HIV/STD CLINIC



JOIN THE MULTNOMAH COUNTY HIV/STD CLINIC FOR THE 2015 AIDS WALK

Next Meeting September 8th

CAREAssist
Update and Circle*
in honor of Juan

9-10:30 a.m.
800 NE Oregon

*Circle: For those of you who are not familiar with the Circle, it is a rite of remembrance and celebration that is practiced at Our House of Portland when there is a death.

It provides a place to recognize our loss as a community, maybe share a story, hear a reading and acknowledge the important role that someone has played in our lives, work or community.



ASK Joanne

Joanne Maurice is a dietitian with Legacy Emanuel and Multnomah County HIV Clinic with over 15 years of experience specializing in HIV nutrition

Eggs – Exit Stage Left

By this time, unless you've been in a total media fog, you should be well aware of the egg crisis due to the destruction of millions and millions of chickens due to the Avian flu. Working in the food service sector, we have been impacted by the shortage of liquid eggs, necessitating the need to change recipes and menus as we deal with the ever changing availability of egg products. According to recent news reports the price of eggs in the store could reach astounding figures, as much as \$6 or \$7 a dozen. If that is not in your budget, here are a few ideas.

If you need a substitute for eggs in baked goods, I have had good success using flax seed meal in place of eggs. To replace 2 eggs in a recipe, I steep 1 Tbs of flax seed meal in 1/3 cup of very hot water for at least 20 minutes. You will find that it makes a sort of gelatinous substance that will act as the binder in any kind of baked good. If a recipe calls for liquid oil, you should mix the oil and flax seed mixture very thoroughly, a process called emulsification, so that the oil won't settle out during the cooking process. You'll know that happens when you see a dense line, gooey line at the bottom of the baked good. Since the flax seed mixture is a little denser than an egg, you may need to add a little more baking soda or baking powder to the recipe. I have made (gluten free) muffins, waffles, pancakes, pie crust, scones, cookies, etc without eggs, and most people wouldn't be able to tell the difference except for the visible fiber coming from the flax meal.

Other egg substitutes include: ¼ cup (drained) soft tofu that should be blended with the liquid ingredients of a recipe; ¼ cup applesauce, 2 Tbs cornstarch or arrowroot starch, or commercial egg replacers you will most likely find in the natural foods section of the store. You may need to experiment a little to find what works best for you, but it is nice that the egg replacements will not break your budget and are readily available in any store.

So what about eggs for breakfast? Obviously, there will be no replacement for the whole egg - fried, poached or boiled, but once again tofu can come to the rescue when you want a substitute for scrambled eggs. There are a few tricks to know first though before you throw the tofu in the pan:

1. There are several versions of tofu, soft, firm, extra firm and super firm. The firm versions are the ones to choose for a scrambled egg substitute, but first be sure to get the extra water in tofu out before cooking. I slice the tofu in ½ inch slices, place between layers of paper towels with a weight on top, repeat twice. The fast version is to put the tofu in a clean dish towel and squeeze until the water is out.
2. Since tofu has no flavor on its own, you may want to have it sit in some type of marinade over night, or get creative with the spices when you cook it. When I make my tofu scramble I saute mushrooms, onions, assorted veggies and the tofu together and then season according to the mood I'm in. Indian?- out comes the curry, cumin, and gram masala spices. Mexican?- out comes the chipotle, taco seasoning, cilantro, salsa....you get the idea.
3. Tofu makes the best egg salad substitute too. Every time I serve it at functions, it disappears and no one believes it is eggless. It's the same process, squeeze out all the water and then get creative. I add pickles, onions, shredded carrots, diced red peppers, mayo (vegan version), mustard, salt, pepper and a creative blend of seasonings.
4. Last tip – tofu should be used up within the week of opening it, so make portion sizes accordingly.

If you still need ideas, there are great resources on the web. Vegetarian Times has a wealth of eggless recipes that are easy to make and very tasty. Vegetarian Resource Group would be another web page to check out. So hang in there, there is life after eggs, and possibly health benefits from replacing cholesterol rich eggs with cholesterol free subs.

Partnership Project will also have a team at AIDS Walk
You can join us by going [here](#)



OHSU PARTNERSHIP PROJECT



ON SEPTEMBER 12TH, PARTNERSHIP PROJECT IS PARTICIPATING IN AIDS WALK PORTLAND, AND WE NEED YOUR HELP!

Partnership Project is looking forward to joining Cascade AIDS Project at AIDS Walk again this year to raise funds and awareness about HIV/AIDS. The funds raised support crucial programs for Persons Living with HIV/AIDS both at Cascade AIDS Project and Partnership Project, as well as increasing awareness of HIV/AIDS. Partnership Project receives 60% of the funds our team raises and CAP receives 40%! We hope that you will join us in whatever way works best for you, and thank you in advance for your support. We love having a large group of walkers participating, but of course also appreciate donations! Hope to see you on September 12th!

This newsletter is published by
[OHSU/ Partnership Project](#).

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This issue, and issues from January 2011 on, can be found electronically [here](#)