

More Than Rice and Beans Season 1 Show Notes

Episode 1: Our Love and Hate Relationship with Food

Episode description:

In this premiere episode, Miguel and Tania introduce themselves through their family's relationship with food in this mother-son podcast. Tania, a professional chef in the Bronx who shares her passion for healthy, authentic food through community outreach, discusses the long journey of learning to love food. And Miguel, a Ph.D. student working with NASA, reflects on how periods of food insecurity during his childhood complicated his feelings on health, finances, and access. Plus, Tania and Miguel share their inspiration for starting the podcast and what you can expect from future episodes.

Highlights:

- Tania Lopez is the mom of two adult children and a professional chef in the Bronx, New York.
- Miguel Xavier Diaz-Lopez is a mechanical engineer working with NASA and studying for a Ph.D. at Johns Hopkins University.
- Tania and Miguel talk about their inspiration behind the podcast, their plans to showcase inspiring Latinx guests, and what they hope to bring to their listeners.
- Tania reflects on her family's history as Nuyoricans in the Bronx, their struggles to find a community, and how life has changed.
- Tania's journey from super picky eater to a professional chef, and why learning to love food was so hard for her.
- Miguel's relationship with food and how it was shaped by worries about spending money on food, being overweight due to only being able to afford processed food, and learning there was a world of food outside of their neighborhood.
- Our hosts reflect on how important it is to seek healthy, affordable food and talk about diet as a preventative to health problems.

Links:

Register for a class, shop authentic ingredients, and more: <https://www.coquithechef.com/>



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