



Submitted photo

Ginger DeFilippo is the host of WCTV's new cooking show, **Plant Based Meals**. She is also a chairperson for several committees for WHYS that involve nutrition, including **Let's Go, Wadsworth**.

## WCTV has new cooking show

By **EMILY CANNING-DEAN**

*Wadsworth Post editor*

WADSWORTH – The idea of hosting a cooking show had never crossed Ginger DeFilippo's mind until one day her husband suggested that she give it a try demonstrating the plant-based recipes that she prepares for her family.

"I responded 'OK, why not,'" she said. "Once we decided to tape the show, my husband called [WCTV] to find out general information. Johanna Perrino and John Madding have been wonderful and very supportive."

So far, DeFilippo and her husband have produced two episodes of **Plant Based Meals**, which can be viewed on WCTV or [my.pegcentral.com](http://my.pegcentral.com).

"We would like to have a show come out once a month, but ours and the kids' schedule will more than likely allow for every other month," she said.

DeFilippo said there are several reasons she decided to start doing the show.

"One reason is because when I went plant-based I had so many people ask me for recipes," DeFilippo said. "I couldn't keep up. The show and website help get the recipes out there and shows how easy it is to make the meals. Another reason is because I am chairperson for several committees for WHYS that involve nutrition. This show helps to usher in one of these committees called **Let's Go, Wadsworth**. It also helps our community to focus on the health benefits of nutritious whole foods."

DeFilippo has always prided herself in eating healthy, but it wasn't until Thanksgiving, 2011 that her family switched to a completely plant-based diet.

A few days before Thanksgiving  
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that year, DeFilippo and her husband watched *Forks Over Knives*, a documentary that claims most degenerative diseases can be controlled or reversed by rejecting the traditional American diet full of animal based and processed foods.

“We decided to change to a plant based diet the day after Thanksgiving that same year, and we’ve never looked back,” DeFilippo said. “This dietary lifestyle makes sense for us.”

DeFilippo said that she and her husband have enjoyed taping the show so far.

“It’s been fun. It’s a process,” she said. “We typically tape the same dish two or three different times from various angles and close ups.”

The show is taped inside the DeFilippo’s kitchen.

“The only challenges we face while taping are the kids making noise, doorbell and telephone ringing and my dog barking or walking across the kitchen floor,” she said. “The show is dedicated to quick and easy plant-based meals. Once you set your ingredients out on the counter, it’s typically quick from that point on.”

DeFilippo said that her family’s favorite dish is hummus, which is shown in the second episode of the show.

“The next episode will focus on grilling since it is spring and close to summer,” she said. “Black bean burgers will be featured then.”

DeFilippo has a website, [www.vegan-eze.com](http://www.vegan-eze.com), that features all of the recipes from the shows and contains links to further explain the benefits of a plant-based diet.