

**HEALTHY KITCHENS,  
HEALTHY LIVES®**  
CARING FOR OUR PATIENTS AND OURSELVES

*Wednesday, February 8, 2023*  
9 AM – 10:15 AM

*Plenary Session I*  
*Transforming Healthcare: Bridging the*  
*Culinary and Medical Communities to Enhance*  
*Personal and Planetary Health*

*Presenters:*

**David Eisenberg, MD** | Director, Culinary Nutrition and Adjunct Associate Professor of Nutrition, Harvard T.H. Chan School of Public Health; Executive Director, The Teaching Kitchen Collaborative)

**Linda Shiue, MD** | Director of Culinary Medicine, Kaiser Permanente

**#CIAHKHL**

# PAN-FRIED TOFU\*

*Yield: 4 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Tofu, firm	1 ea.
Canola or other neutral oil	1-2 Tbsp.

## **Method**

1. Drain tofu, wrap in paper towels, and press for 30 minutes by sandwiching between 2 cutting boards topped with a heavy object, like a pan. Cut pressed tofu into 1/4 inch thick 1" x 1/2" rectangles.
2. Once tofu has been pressed, pat dry with a paper towel. Warm oil in a nonstick skillet over medium heat. Add tofu rectangles in a single layer. Fry until golden brown, about 3 to 5 minutes on each of the two main sides. (Tofu should release easily from the pan when it's ready.)

**Nutrition Information (per serving):** Calories: 141 / Protein: 9.3 g / Carbohydrate: 2 g / Fiber: 1 g / Carbohydrate to fiber ratio: 2:1 / Saturated fat: 1.5 g / Sodium: 14 mg / Added sugar: 0 g

*\*This recipe meets 5 of 7 HKHL Recipe Nutrition Goals for a side.*

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# SMOKY SPANISH CHICKPEAS\*

*Yield: 4 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Olive oil	2 Tbsp.
Chickpeas, cooked, low sodium or no salt added, rinsed, and drained,	1 ½ cups
Smoked paprika	2 tsp.
Garlic powder	2 tsp.
Salt	as needed

## **Method**

1. Warm olive oil in a frying pan over medium heat.
2. Add chickpeas, then sprinkle evenly with smoked paprika and garlic powder and a pinch of salt. Stir and cook for a minute or so, until the chickpeas are evenly coated in the spices and begin to look a little flaky. Add salt to taste.

**Nutrition Information (per serving):** Calories: 333 /Protein: 14.5 g/Carbohydrate: 45 g/Fiber: 13 g/Carbohydrate to fiber ratio: 3:1/Saturated fat: 1.5 g/Sodium: 599 mg/ Added sugar: 0 g

*\*This recipe meets 4 of 7 HKHL Recipe Nutrition Goals for a side.*

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# GARLIC-MARINATED CANNELLINI BEANS\*

*Yield: 4 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Cannellini or other white beans, drained and rinsed, low sodium or no salt added	1 ½ cups
Garlic cloves, minced	2-4 ea.
Olive oil	as needed
Salt	as needed
Ground black pepper	as needed

## **Method**

1. Stir all ingredients together in a bowl and allow to sit for at least 10 minutes before serving.

**Nutrition Information (per serving, using ½ tsp salt and 2 Tbsp olive oil):** Calories: 294/  
Protein: 16.5 g/Carbohydrate: 42 g/Fiber: 17 g/Carbohydrate to fiber ratio: 2:1/Saturated fat: 1  
g/Sodium: 308 mg/ Added sugar: 0 g

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# STIR-FRIED GREENS\*

*Yield: 1 Cup*

<b>Ingredients</b>	<b>Amounts</b>
Leafy greens, any type, well rinsed, cut in 2 "pieces	1 ea.
Garlic cloves, peeled and smashed	1 ea.
Canola or olive oil	1 Tbsp.
Salt, a pinch	as needed

## **Method**

1. Heat a sauté or frying pan over high heat and add oil, heat until shimmering.
2. Add garlic and fry for about 10-30 seconds, until fragrant.
3. Add greens and salt. Toss or use tongs or a spatula to stir through the hot oil. The residual water on the greens should be enough to prevent leaves from drying out. For thicker leaves (like the thick part of bok choy), you may need to add a tablespoon or two of water so that the greens cook thoroughly.
4. Cook for just a few minutes so that the greens maintain their color and are not too soft.

**Nutrition Information (per serving using ¼ tsp salt and 4 cups spinach):** Calories: 76 /Protein: 1.7 g/Carbohydrate: 2 g/Fiber: 1 g/Carbohydrate to fiber ratio: 2:1/Saturated fat: .5 g/Sodium: 300 mg/ Added sugar: 0 g

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# KALE-WALNUT PESTO

*Yield: 1 Cup*

<b>Ingredients</b>	<b>Amounts</b>
Kale leaves, stems removed, packed	1 cup
Basil leaves, packed	½ cup
Walnuts, toasted	2 Tbsp.
Salt	½ tsp.
Extra virgin olive oil	2 Tbsp. plus more as needed

## **Method**

1. Process all together in a food processor.

**Nutrition Information (per serving):** Calories: 82 /Protein: 1 g/Carbohydrate: 2 g/Fiber: .5 g/Carbohydrate to fiber ratio: 1:.25/Saturated fat: 1g/Sodium: 298 mg/ Added sugar: 0 g

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# LEMON TAHINI DRESSING

*Yield: 1 Cup*

<b>Ingredients</b>	<b>Amounts</b>
Tahini	½ cup
Maple syrup	2 tsp.
Lemons, juiced	2 ea.
Salt	1 tsp.
Garlic powder	1 tsp.
Cayenne	¼ tsp.
Water, as needed to thin	as needed

## **Method**

1. Stir all ingredients together until smooth.

**Nutrition Information (per ~2.5 Tbsp serving size):** Calories: 130 /Protein: 3.6 g/Carbohydrate: 7.5 g/Fiber: 2.4 g/Carbohydrate to fiber ratio: 3:1/Saturated fat: 1.5 g/Sodium: 411 mg/ Added sugar: 2 g

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# SPICY VEGAN PEANUT DIPPING SAUCE

*Yield: 1 Cup*

Ingredients	Amounts
Peanut butter, natural, creamy	4 Tbsp.
Limes, juiced	2 ea.
Soy sauce, low sodium	2 Tbsp.
Sugar	2 tsp.
Garlic cloves, minced	3 ea.
Sambal Oelek, or red pepper flakes	1 Tbsp. or as needed
Water, to thin out the sauce, if necessary	2-4 Tbsp.

## Method

1. Stir all ingredients together.

**Nutrition Information (per serving, about  $\frac{1}{4}$  cup):** Calories: 119 / Protein: 5 g / Carbohydrate: 10 g / Fiber: 2 g / Carbohydrate to fiber ratio: 5:1 / Saturated fat: 1.7 g / Sodium: 526 mg / Added sugar: 4 g

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## ASIAN VINAIGRETTE OR DIPPING SAUCE

*Yield: 1 Cup*

<b>Ingredients</b>	<b>Amounts</b>
Garlic clove, minced	1 ea.
Green onion, chopped	1 ea.
Gochugaru or Aleppo chili flakes, or ½ tsp crushed red pepper flakes	1 tsp.
Sugar	1 tsp.
Soy sauce, low sodium	2 Tbsp.
Sesame oil	2 tsp.
Rice vinegar	1 tsp.
Sesame seeds, toasted	1 tsp.

### **Method**

1. Stir all ingredients together.

**Nutrition Information (per serving, about 1):** Calories: 36 /Protein: 1 g/Carbohydrate: 2 g/Fiber: .5 g/Carbohydrate to fiber ratio: 1:.25/Saturated fat: .5 g/Sodium: 450 mg/ Added sugar: 1 g

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# GRAIN BOWL TEMPLATE

## Grains - cooked

Brown  
Mixed rice  
Quinoa  
Farro  
Bulgur

## Protein:

Pan fried tofu (recipe index)  
Smoky Chickpeas (recipe index)  
Garlic-Marinated Cannellini Beans (recipe index)  
Seasoned legumes, tofu, or tempeh  
Seasoned, cooked salmon or other lean protein

## Vegetables- Eat the Rainbow!

Red: Cherry or grape tomatoes, red bell pepper, radishes  
Orange: Carrots, julienned, roasted sweet potato  
Yellow: Yellow bell pepper or cooked yellow squash  
Green: leafy greens such as massaged kale, arugula, microgreens, sautéed greens  
Blue, Indigo, Violet: Eggplant, red cabbage (shredded), purple potatoes

## Seeds and Nuts- ideally toasted or roasted:

Pepitas  
Almonds, slivered, sliced  
Pistachios

## Creamy Things:

Cashew Cream (recipe follows)  
Avocado, sliced

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# GRAIN BOWL FLAVOR COMBINATIONS

## Applying These Ideas to Different Global Cuisines

- Western: grain bowl
- Latin American: rice and beans
- East Asian: fried rice
- South Asian: biryani or pulao
- Middle Eastern: mujadara
- West African: jollof rice, fonio

## Flavor profiles: (spices, herbs, acids, fats)

- Latin American: oregano, cilantro, garlic, cinnamon, etc.
- East Asian: sesame oil, rice vinegar, soy sauce, ginger, garlic
- South Asian: components of curry: turmeric, cumin, coriander, ginger, garlic, chili, cinnamon, cardamom, ghee
- Middle Eastern: cumin, coriander, paprika, cardamom, cinnamon, tahini, olive oil
- West African: ginger, pepper, chili pepper, red palm oil

## Grains

- Latin America: quinoa, amaranth, corn, rice
- East Asia: short grain rice
- South Asia: basmati
- Middle East: bulgur, barley, freekeh
- Africa: fonio

## Legumes

- Latin America: pinto/black beans
- East Asia: soybeans: edamame, tofu, tempeh
- South Asia: dal (yellow split peas)
- Middle East: lentils, white beans
- Africa: black eyed peas, peanuts

## Leafy Greens:

- Latin America: lettuce, quelites (wild greens)
- East Asia: bok choy, pea shoots, napa cabbage, mustard greens and many others
- South Asia: amaranth, spinach
- Middle East: grape leaves, molokhia “collard greens”, jute leaf, dandelion, chard
- Africa: amaranth, callaloo, relatives of collard greens

## Examples of Grain Bowl Combinations

- Mediterranean farro (or bulgur), chickpeas, tahini dressing; quinoa, white beans, pesto
- East Asian: brown rice, edamame, soy-sesame vinaigrette
- Thai: mixed brown rice, grilled or pan-fried tofu, peanut sauce

### **Other Ways to Use Prepped Ingredients**

**Hearty Salad:** Make with massaged kale or baby greens, dress with vinaigrette or any of your other prepared sauces (thin with water or lemon juice if needed), and top with roasted vegetables, toasted seeds, and whatever proteins or fresh vegetables you like.

**Stuffed Sweet Potato:** Start with a whole sweet potato, bake or microwave it until tender, split the top, fill it with any of your prepared ingredients, and top it with cashew cream or tahini dressing.

**Pesto Pasta:** Add cherry tomatoes, and cannellini beans to make a quick pasta meal.  
Asian noodle salad: Use the peanut sauce or soy-sesame vinaigrette to dress whatever Asian noodles you have, including instant ramen, and add in veggies.

**Vietnamese Fresh Spring Rolls:** Use rice paper wrappers, rice vermicelli if you have it, and whatever leftover meal prep ingredients you have, add in some fresh mint, and serve with peanut sauce.

**Dumplings or Potstickers:** Chop up leftover greens with edamame or tofu, wrap in dumpling wrappers, and serve with soy-sesame vinaigrette.

**Porridge:** Move over, oatmeal! Other whole grains also make excellent porridge, and by using precooked grains, you're halfway there. Add water and/or milk, simmer and stir until you have a creamy bowl of hot cereal. Top with seeds, nuts, and some berries for a delicious breakfast.

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# CASHEW CREAM

*Yield: 1 Cup*

Ingredients	Amounts
Cashews, raw	1 cup
Water	½ - ¾ cup
Salt	½ tsp.

## Method

1. Soak raw cashews in enough water to cover by an inch until soft. 2 hours or more.
2. Drain and rinse-soaked cashews.
3. Place-soaked cashews with remaining ingredients (starting with the lesser amount of water) into a blender and blend until completely smooth, adding more water as needed for desired consistency.
4. To serve, transfer into a squeeze-tip bottle or use a small spoon to drizzle or dollop as a garnish.

**Note:** This is a vegan/dairy free version of what can be used as sour cream or a dessert topping. Add salt if desired, and lime or lemon juice for sour cream. Add vanilla and some sugar for a dessert topping.

**Nutrition Information (per serving):** Calories: 197 / Protein: 5.3 g / Carbohydrate: 11 g / Fiber: 1 g / Carbohydrate to fiber ratio: 11:1 / Saturated fat: 3 g / Sodium: 296 mg / Added sugar: 0 g

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# JAMAICAN RICE AND PEAS\*

*Yield: 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Rice, parboiled (converted), raw	1 cup
Coconut milk, canned, full-fat	1 cup
Scallions, chopped	2 ea.
Garlic cloves, chopped	2 ea.
Thyme leaves, fresh	2 Tbsp.
Red kidney beans, cooked or canned, no salt added, rinsed and drained	1 ¼ cups
Scotch bonnet or habanero pepper, seeded and diced	1 ea.
Salt	¾ tsp.
Ground black pepper	½ tsp.
Allspice, ground	½ tsp.
Water	1 ¼ cups

## **Method**

1. Place all ingredients in a 3-cup or larger rice cooker and stir well. Set to cook. Fluff before serving.

**Note:** Scotch bonnets and habaneros are spicy but recommended for traditional flavor. May omit if needed.

**Variation:** Alternatively, if cooking on stovetop, place all ingredients in a medium-size pot with a lid or a small Dutch oven, stir well, bring to a boil over high heat, then lower heat to a simmer and cook, covered, until all liquid has been absorbed, 20 to 30 minutes. Fluff before serving.

**Nutrition Information (per portion/serving):** Calories: 212/Protein: 6 g/Carbohydrate: 31 g/  
Fiber: 5 g/Carbohydrate to fiber ratio: 6/Saturated fat: 6 g/Trans fat: 0 g/Sodium: 45 mg /  
Potassium: 310 mg / Added sugar: 0 g

*\*This recipe meets 5 of 7 HKHL Recipe Nutrition Goals for an entrée*

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# JAPANESE INSPIRED QUINOA SALAD WITH EDAMAME\*

*Yield: 6 to 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Dressing</i>	
Lemon juice, freshly squeezed	3 Tbsp.
Sesame oil, toasted	1 Tbsp.
Soy sauce or tamari, reduced sodium	1 Tbsp.
Black pepper, freshly ground	as needed
 <i>Salad</i>	
Quinoa, cooked	3 cups
Lemon, zested, grated	1 ea.
Kale, curly green or Tuscan, head	1 ea.
Persian cucumber, ¼" dice	1 ea.
Edamame, shelled, cooked and cooled	1 cup
Scallions, sliced	2 Tbsp.
Avocado, sliced or diced	1 ea.
Furikake, or toasted sesame seeds	½ cup
Salt	as needed

## **Method**

1. *For the Dressing:* Place all dressing ingredients in a small bowl and whisk together, then set aside. Alternatively, place into a small jar with a lid, and shake well to combine. Set aside.
2. *For the Salad:* Put cooked quinoa in a large bowl. Add dressing and lemon zest and stir to combine.
3. Strip kale from its center rib, then tear into bite sized pieces or slice thinly. Use your hands to massage leaves until tender, darker green and glossy, 30 to 60 seconds.
4. Add massaged kale, cucumber, edamame and scallions to the quinoa and stir or toss to combine. Taste and adjust salt to taste.
5. Transfer salad to a serving platter, then lay the slices of avocado on top. Scatter with furikake or toasted sesame seeds.

**Note:** Toasted sesame oil is the sesame oil sold in Asian groceries or in the Asian section of supermarkets. Do not use untoasted sesame oil (different flavor).  
Reduced sodium versions of soy sauce and tamari (which is gluten-free) is still high in sodium. May substitute ¼ of an English cucumber for 1 Persian cucumber.

**Variation:** May substitute other greens, if desired. If using baby greens, such as arugula, baby kale or baby spinach, do not massage.

**Nutrition Information (per portion/serving):** Calories: 347 / Protein: 13 g / Carbohydrate: 34 g / Fiber: 8.5 g / Carbohydrate to fiber ratio: 4 / Saturated fat: 3 g / Trans fat: 0 g / Sodium: 155 mg / Potassium: 618 mg / Added sugar: 0 g

*\*This recipe meets all HKHL Recipe Nutrition Goals for an entrée.*

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