

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

*Wednesday, February 7, 2024
9:15 AM – 10:30 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

Ingredients	Amounts
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 ¼ inch thick 1" x ½" 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

Ingredients	Amounts
Olive oil	2 Tbsp.
Chickpeas, cooked, low sodium or no salt added, rinsed, and drained	1 ½ cups
Paprika, smoked	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, 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

Ingredients	Amounts
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
Black pepper, ground	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

Ingredients	Amounts
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 to 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

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

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KALE-WALNUT PESTO

Yield: 1 Cup

Ingredients	Amounts
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 the ingredients 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

Ingredients	Amounts
Tahini	½ cup
Maple syrup	2 tsp.
Lemons, juice of	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, juice of	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 ¼ 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

Ingredients	Amounts
Garlic clove, minced	1 ea.
Green onion, chopped	1 ea.
Gochugaru, or Aleppo chili flakes, or ½ tsp red pepper flakes, crushed	1 tsp.
Sugar	1 tsp.
Soy sauce, low sodium	2 Tbsp.
Oil, sesame	2 tsp.
Vinegar, rice	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
COOKED GRAINS + PROTEIN + COLORFUL VEGETABLES +
LEAFY GREENS + NUTS/SEEDS + SAUCE
+ SOMETHING CREAMY

Grains (Cooked)

Brown
Mixed rice
Quinoa
Farro
Bulgur

Proteins

Pan fried tofu
Smoky Chickpeas (recipe index)
Garlic-Marinaded 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, ...

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.

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, at least 2 hours or more.
2. Drain and rinse the soaked cashews.
3. Place the 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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JAPANESE INSPIRED QUINOA SALAD WITH EDAMAME*

Yield: 6 to 8 Portions

Ingredients	Amounts
<i>Dressing</i>	
Lemon juice	3 Tbsp.
Oil, sesame, toasted	1 Tbsp.
Soy sauce or tamari, reduced sodium	1 Tbsp.
Black pepper, ground	as needed
 <i>Salad</i>	
Quinoa, cooked	3 cups
Lemon, zested	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:* In a large bowl, add cooked quinoa, dressing, and lemon zest. 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.

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

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.

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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