

UNMSOM Learning Communities Wellness Committee presents...



HEALTHY EATING COOKBOOK

Easy, delicious, and nutritious meals for busy lives



SUMMER 2019

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Greeting the Morning

Morning-glory Muffins

Overnight Protein Zoats

Persimmon Pancakes

To-Go Breakfast Bars

Morning-glory Muffins

Submitted by Dr. Pam Arenella, MD

Source: *The Mayo Clinic Diet: Healthy baking ingredient swaps*

Ingredients

Recipe makeover: Morning-glory muffins		
<i>*Makes 18 small muffins</i>		
Original ingredients	Healthier options	Comments
2 cups all-purpose flour	1 cup all-purpose flour and 1 cup whole-wheat flour	Substituting whole-wheat flour for half the all-purpose flour will increase the muffins' fiber content.
1 1/2 cups sugar	3/4 cup sugar	Cutting the sugar in half reduces calories, and there are ways to make up for the sweetness with spices.
2 teaspoons baking soda	No change	Don't reduce the baking soda, a leavening agent, or the muffins may be too flat or dense.
1 teaspoon ground cinnamon	2 teaspoons ground cinnamon	Doubling the cinnamon enhances the sweetness on your tongue, helping make up for halving the amount of sugar.
1/2 teaspoon salt	Omit	You can get rid of the extra sodium from the salt because the baking soda contains sodium and provides leavening.
3 large eggs	3/4 cup egg substitute	Replacing each egg with 1/4 egg substitute will reduce saturated fat and cholesterol.
1 cup vegetable oil	1/2 cup vegetable oil and 1/2 cup unsweetened applesauce	Cutting the oil in half and making up the difference with unsweetened applesauce, will reduce fat and help keep the muffins moist.
1/2 cup coconut	Omit	Leaving out coconut will cut saturated fat and calories.
1 teaspoon vanilla extract	2 teaspoons vanilla extract	Doubling the vanilla will enhance the sweetness and more than make up for cutting the amount of sugar.

2 cups peeled and chopped apple	2 cups chopped apple (unpeeled)	Leaving the skin on the apples is an easy way to increase the muffins' fiber content.
1/2 cup raisins	No change	Don't increase the amount of raisins. Raisins are calorie/energy dense, meaning they have a lot of calories in just a small portion.
1/2 cup grated carrots	3/4 cup grated carrots	By bumping up the amount of carrots in your recipe, you'll increase nutrients, such as vitamin A and fiber, and compensate in flavor for the omitted coconut.
1/2 cup chopped pecans	2 tablespoons chopped pecans	Cutting back on the pecans will reduce fat and calories.

Directions

1. Preheat the oven to 350° F
2. Line a muffin pan with paper or foil liners
3. In a large bowl, combine the flours, sugar, baking soda and cinnamon. Whisk to blend evenly
4. In a separate bowl, add the egg substitute, oil, applesauce and vanilla
5. Stir in the apples, raisins and carrots
6. Add to the flour mixture and blend just until moistened but still slightly lumpy
7. Spoon the batter into muffin cups, filling each cup about 2/3 full
8. Sprinkle with chopped pecans and bake until springy to the touch, about 35 minutes
9. Let cool for 5 minutes, then transfer the muffins to a wire rack and let cool completely

Nutrition

- Per serving (1 muffin): 175 calories, 7 g total fat (0.5 g saturated fat, 0 g trans fat, 4 g monounsaturated fat), 0 mg cholesterol, 163 mg sodium, 25 g total carbohydrate (2 g dietary fiber, 8 g sugars), 3 g protein
- What you save: 125 calories, 10 g of fat, 31 mg of cholesterol, 67 mg of sodium and 13 g of table sugar in each muffin.

Notes

- If 18 muffins are too many, freeze the ones you won't eat to preserve the freshness. Then grab them from the freezer as needed and pop in the microwave to warm up slightly before serving.

Overnight Protein Zoats

Submitted by Rachel Baca, Medical Student, Class of 2022

Source: Original Recipe

Ingredients

40g (1/2 cup) rolled oats
80 g (1/2 cup) shredded zucchini
1 scoop protein powder of choice
3g (1 tsp) chia seeds
180g (3/4 cup) unsweetened almond milk
100g berries (frozen or fresh)
8g (1/2 Tbs) peanut butter

Directions

- 1.** Put oats, chia seeds, shredded zucchini, protein powder, and almond milk in a mason jar
- 2.** Stir all ingredients together
- 3.** Top with berries of choice
- 4.** Put in refrigerator overnight
- 5.** In the morning, add peanut butter and take it with you to class! Can be eaten hot or cold

Nutrition

- 419 Kcal / 31g protein / 51g carbs / 11g fat

Notes

- You will not taste the zucchini. It is there to add volume without calories and get some veggies in at breakfast!

Persimmon Pancakes

Submitted by Dr. Satyan Shah, MD

Source: Original Recipe

Ingredients

3/4 cup 100% whole wheat flour
1/4 tsp salt
1/4 tsp sugar
1/2 tsp baking powder
1/2 cup whole milk
2 very soft and ripe Fuyu Persimmons - peeled and shredded

Directions

- 1.** Put all ingredients except milk and persimmons into a mixing bowl
- 2.** Gradually add milk and using a whisk, stir until the batter is smooth or has a few clumps
- 3.** Start warming a cast-iron skillet just shy of medium heat (coat with butter or cooking oil)
- 4.** Add persimmon to batter and mix well
- 5.** When skillet is warm, use spoon and pour batter into the center
- 6.** Check to see if golden brown and ready to flip after about 1.5-2 minutes
- 7.** Cook other side for about 1.5 minutes, add more butter to edges as needed

To-Go Breakfast Bars

Submitted by Dr. Erin FitzGerald, DO

*Source: Adapted from Thug Kitchen: Eat Like You Give a F*ck*

Ingredients

2 c rolled oats

¾ c uncooked quinoa

¼ c uncooked millet

1 ½ c mixed nuts and seeds (example ½ pepitas, ½ sunflower seeds, ½ sliced almonds)

¾ c dried cherries (or other dried fruit)

½ tsp salt

½ c maple syrup

½ c almond butter

¼ c coconut oil

1 Tbsp brown sugar

1 tsp salt

Directions

1. Heat oven to 350

2. Line a 9x13 baking dish w parchment (or 10x14 if you want crunchy, more granola like product)

3. Heat large skillet over med-low heat and add oats, quinoa and millet

4. Stir for 5 minutes until they smell toasted

5. Meanwhile, combine nuts and fruit in large bowl

6. Combine toasted grains, salt, nuts, and fruit

7. In a small saucepan, combine syrup, almond butter, oil, sugar and vanilla

8. Heat and stir until everything is combined and warm

9. Pour this over dry mix and stir

10. Pour mixture into baking dish and press down to make even

11. Bake for 25-30 minutes for bars or slightly longer (30-35 minutes) for more granola like consistency

12. Allow to cool to room temp

13. For bars, store in fridge until cold, then cut into bars

Bunches of Lunches

Cheese Quesadilla with Chile

Eat a 5-Minute Salad Everyday

Red Lentil and Carrot Soup

Spicy Veggie-Quinoa Soup

Super Sweet Raspberry Kickin' Salad

Cheese Quesadilla with Chile

Submitted by Dr. Pam Arenella, MD

Source: Original Recipe

Makes one serving

Ingredients

2 Flour tortillas

Butter

Monterey jack cheese

½ Green chile peeled and chopped

¼ Avocado (optional)– peeled and mashed with a fork

Directions

- 1.** Lightly butter the flour tortillas on one side each.
- 2.** Add ~¼ cup of shredded Monterey jack cheese in the middle and spread almost to the edges of the tortilla.
- 3.** Sprinkle the green chiles evenly on top of the cheese.
- 4.** Cook on a medium skillet, 'til lightly browned on the bottom and the cheese is beginning to melt.
- 5.** Flip quesadilla over and cook other side 'til lightly browned and cheese is fully melted.
- 6.** Spread mashed avocado on top (optional), cut into quarters and enjoy!

Eat a 5-Minute Salad Everyday

Submitted by Dr. Amy Robinson, MD

Source: Original Recipe

This recipe is unusual, because it is a process prescription rather than a single recipe. Here's the concept: in order to increase intake of a variety of vegetables, fruit and fiber daily, you can stock your pantry so that it only takes 5 minutes to assemble a salad to take with you every day. Obtain a serving-size container to carry your salad in and wash it when you get home at night. In the morning, assemble your salad in this container as follows:

Ingredients/Directions

- 1.** Put 1 cup of chopped greens in first. This may be arugula, romaine lettuce, kale, spinach, red and/or green leaf lettuce. You might buy the pre-washed form and chop the leaves a little before creating this base.
- 2.** Add 2-3 of the following:
 - 1 chopped carrot
 - 1/2 chopped organic green, red or yellow pepper
 - 1 medium tomato
 - 3-4 stalks of asparagus, steamed the night before
 - 3-4 stalks of broccoli, steamed the night before
 - 1/2 cup blueberries
 - 1/2 avocado
 - 1/4 cup pomegranate seeds
 - 1/2 chopped organic apple or pear
- 3.** For protein and/or fat, add 1-2 of the following:
 - 1/2 cup of nuts—almonds, pecans, cashews, walnuts or pistachio nuts
 - 2-3 tablespoons almond butter
 - 2-3 tablespoons hummus
 - 1/2 cup previously cooked black, navy garbanzo or other beans
 - 1/2 cup of tuna
- 4.** Bonus—if you want to add more health promoting nutrients, invest in a coffee grinder and golden or brown flax seeds. Grind 1/2-1 tablespoon of flax seeds and sprinkle on the salad. This will add omega-3 fatty acids and health-promoting lignin to the salad.
- 5.** Top with a drizzle of olive oil and any combination of acid: Balsamic vinegar, red wine vinegar, apple cider vinegar, and/or lemon juice.
- 6.** Season with a light sprinkle of salt/pepper to taste.

Nutrition

- Lots of fiber and vitamins--depending on the ingredients.

Notes

- If you shop and prepare the ingredients once per week ahead of time, you will be able to make this type of salad in 5 minutes or less! Also, it may be different each time, helping you avoid boredom!
- Note also -- there are some produce items which tend to have higher pesticide residues. You can refer to the Environmental Working Group web site for the "Dirty Dozen" to see which vegetables and fruits may have the highest pesticide residues. Apples, pears and peppers are on that list nearly every year, so that is why there are listed as "organic" in this recipe. On the other hand, there are also certain produce items which often have low residues, referred to as the "Clean Fifteen." You may also see that list at the same site. Bon appetit!

Red Lentil and Carrot Soup

Submitted by Dr. Nour Assad, MD

Source: Original Recipe

Ingredients

1 cup red lentils, washed (although they are called red lentils, they are actually orange in Color; you can find them in any grocery store that sells natural or organic food)
2 cups diced or shredded carrots
6 cups water, vegetable or chicken broth
1 medium onion diced
Handful of white rice (any type of white rice)
4 table spoons olive oil
Salt to taste
1/2 teaspoon turmeric
1/2 teaspoon ground allspice
1 teaspoon ground cumin
1/2 teaspoon ground black pepper

Directions

1. Cook the liquid (broth or water) with lentils, carrots, and rice in a medium to large stock pot (avoid nonstick pots as they will be scratched when you use the hand blender) until they boil, then simmer for 45 minutes. Keep the pot partially covered to avoid foaming.
2. In a skillet on medium heat, cook the diced onion in olive oil until golden in color (~ 5 minute), then add the cumin, turmeric, allspice and ground black pepper and stir for a minute.
3. Pour all the contents of the skillet over the soup and cook together for 5 minutes.
4. Add salt to taste.
5. Turn off the stove and leave the soup to cool down for a little bit.
6. Using a hand blender, blend the soup until it's creamy; you can add more hot water if soup is too thick, and you can leave the soup without blending as well.
7. Serve hot with toasted bread or roasted pita.

Spicy Veggie-Quinoa Soup

Submitted by Dr. Mick Leo, MD

Source: Original Recipe

Ingredients

1 large sweet onion, diced
1 medium red or green cabbage, grated
2 medium yellow zucchinis, grated
1 large carrot, grated
2 cloves of garlic, chopped
Other vegetables as desired
2 Tbsp vegetable oil
4-8 cups vegetable broth or liquid of choice
1/2 cup of white wine, optional
1/4-1/2 cups white or red quinoa
1-2 tsp low sodium soy or tamari
Juice of half a lime
2 teaspoons of rice vinegar
2-3 tsp of red chile powder (mild, medium, or hot, as desired)
1 pinch of ground allspice
1/2 tsp ground celery seed
1/4 tsp ground coriander seed
1/2 tsp ginger powder
1/2 tsp sugar, optional
1 tsp parsley flakes
1 cup of finely diced tomatoes

Directions

1. Sauté/stir-fry vegetables in oil until soft and lightly browned (add garlic last).
2. Add from 4-8 cups of broth/liquids of choice to cover the vegetables by 3-4 inches or to desired consistency (this will depend on the volume of vegetables used).
3. Bring to a vigorous boil for ten minutes, reduce the heat, and keep at a low to medium simmer for 1-2 hours.
4. Rinse and drain red quinoa; add to the simmering soup during the last hour of cooking.
5. Add all seasonings and tomatoes while simmering.
6. Adjust the level of "heat" with cayenne or with hot red chile powder to taste.

Nutrition

- This is a very low sodium, low fat, and low carbohydrate meal.

Notes

- Cooking this soup in a large/roomy soup pot or wok works best.
- This soup tastes even better the next day.

Super Sweet Raspberry Kickin' Salad

Submitted by LynnMarie Jarratt, Medical Student, Class of 2022

Source unknown: Likely adapted from Tossed Salad and Raspberry Vinaigrette by Trisha Yearwood

Ingredients

1 head of romaine lettuce
1 head of red cabbage
1 jar of black olives
1 box of cherry tomatoes
1 bundle of green onions
5 pieces of bacon (can substitute turkey bacon, another meat, or tofu)
1 bottle of raspberry vinaigrette
1 small box of pasta
1 small box of feta cheese

Directions

- 1.** Cook bacon and pasta.
- 2.** Chop all other ingredients as finely as desired.
- 3.** Proportion all ingredients according to personal taste.

Relax with Dinner

Asian Glazed Salmon

Blackened Halibut

Crisp Curried Shrimp

Curried Amandine Fish

High Protein Plant-Based Pasta

Lasagna

Lime Ginger Salmon

Penne/Spinach/Chickpeas

Pesto Chicken and Veggies

Samosa - Stuffed Triangular Pies - Gluten Free From India

Sole Venetian

Vegetable Cous Cous

Vietnamese Tilapia with Turmeric and Dill

Asian Glazed Salmon

Submitted by Dr. Marybeth Barkocy, PT, DPT

Source unknown: Likely adapted from Asian Glazed Salmon in New Legal Sea Foods Cookbook by Roger Berkowitz & Jane Doerfer, 2003

Yield: Serves 4

Ingredients

1-1/2 to 2 lbs salmon fillet
1/3 cup brown sugar
1/3 cup soy sauce
1/2 tsp chopped garlic
2 tbs hoisin sauce
Dried red pepper flakes
1 tbs fresh lime juice
2 tbs peeled and sliced ginger

Directions

- 1.** Place sugar, soy sauce, hoisin sauce, ginger, a dash of red pepper flakes, garlic, and lime juice in a medium nonreactive saucepan.
- 2.** Bring the mixture to a boil, reduce the heat to medium, and cook for 15 to 20 minutes, or until the sauce forms a glaze.
- 3.** Set aside.
- 4.** Preheat the broiler.
- 5.** Place the salmon fillets on a broiler pan and baste with the sauce.
- 6.** Let sit for 15 minutes.
- 7.** Broil them until cooked through, about 8 minutes, basting again with the glaze.
- 8.** Remove the salmon from the heat and baste once more with the glaze before serving.

Blackened Halibut

Submitted by Dr. Marybeth Barkocy, PT, DPT

Source unknown: Likely, Cajun-Style Blackened Halibut in Bon Appetit, September 1999

Ingredients

1/2 tsp salt
1 tsp minced fresh thyme
1/2 tsp dried oregano
1/2 tsp cayenne pepper
1/2 tsp sweet paprika
1/2 tsp ground black pepper
1/2 tsp fennel seeds,
 Crushed
4 6oz halibut fillets
2 tbs olive oil
4 tsp butter

Directions

- 1.** Preheat oven 400 deg.
- 2.** Mix first 7 ingredients.
- 3.** Brush both sides of fillets w/olive oil.
- 4.** Sprinkle seasonings on top.
- 5.** Heat large skillet very hot, add remaining olive oil, swirl to coat.
- 6.** Place fillets seasoned side down, cook 'til brown - 1 minute.
- 7.** Place fillets browned side up on cooking sheet.
- 8.** Bake 'til opaque - 8 minutes.
- 9.** Top each fillet with 1 tsp butter.

Crisp Curried Shrimp

Submitted by Dr. Marybeth Barkocy, PT, DPT

Source unknown: Likely, Crisp Curried Shrimp in Gourmet, December 1994

Yield: Serves 2

Time: Can be prepared in 45 minutes or less

Ingredients

2 tablespoons all-purpose flour

1/2 teaspoon curry powder

1/8 teaspoon cayenne pepper

3/4 pound large shrimp (about 12), shelled and deveined

2 tablespoons olive oil

1 bunch scallions, cut into 2-inch lengths

Accompaniment: lemon wedges

Directions

- 1.** In a bowl, stir together flour, curry powder, cayenne, and salt to taste.
- 2.** Add shrimp to flour mixture, tossing to coat.
- 3.** In a large heavy skillet heat oil over moderately high heat until hot but not smoking and sauté scallions until well browned and almost tender.
- 4.** Add shrimp to scallions and sauté, stirring occasionally, about 4 minutes, or until shrimp are opaque throughout.
- 5.** Serve shrimp with lemon.

Notes

- Additional serving suggestion by submitter – serve with fresh green beans and fresh wheat (multigrain) rolls or round bread.

Curried Amandine Fish

Submitted by Dr. Marybeth Barkocy, PT, DPT

Source unknown: Likely, adapted from Curried Fillets Amandine in The New American Heart Association Cookbook, 2017

Yield: Serves 4

Ingredients

1 lb fresh or frozen fillets (sole, tilapia, salmon, haddock, perch, flounder, etc.)

1/4 cup flour

2 tsp curry powder

1/4 tsp Cayenne pepper

1/4 cup margarine

1/3 cup chopped blanched almonds

Chutney

Directions

- 1.** Combine flour, curry powder and pepper, and thoroughly coat fillets.
- 2.** Heat margarine in a large skillet.
- 3.** Sauté the fillets in the margarine over moderate heat until browned (about 4 minutes).
- 4.** Turn and brown on the other side, cooking until the fish flakes easily with a fork.
- 5.** Remove to a heated platter.
- 6.** Add almonds to the margarine remaining in the pan and cook, stirring until browned.
- 7.** Pour over fish; serve with chutney.

High Protein Plant-Based Pasta

Submitted by Rachel Baca, Medical Student, Class of 2022

Source: Original recipe

Ingredients

75g (~1.5 servings) Explore Cuisine Edamame spaghetti (Found at Sprouts)

85 g (~1 cup) mushrooms

35g (~1/4cup) red onion

150g (~2 cups) broccoli

40g (~1/2 small) avocado

2 Tbsp Nutritional Yeast

Garlic powder

Onion powder

Red pepper flakes

Black pepper

1 tsp olive oil, optional

Directions

1. Cook edamame spaghetti according to package instructions.
2. While waiting to boil, chop red onion, mushrooms, and broccoli.
3. In a large sauté pan, add onions with about 1 Tbs of water to cook (to keep oil-free)
4. Once fragrant, add mushrooms and a dash of garlic powder and onion powder and cook until they start browning. Then add the broccoli and cover with lid to steam. [Note: add a little splash of water if starting to stick to pan.]
5. Finish cooking and drain edamame spaghetti before adding it to the vegetable mixture. Add 1 olive oil if desired.
6. Cut the ripe avocado and spread in pieces around the pan, mashing it into the noodles.
7. Add nutritional yeast, red pepper flakes, black pepper, and a little more garlic and onion powder if desired.
8. Stir mixture well to incorporate everything, and it is ready to eat!

Nutrition

- Without oil: 476 Kcal / 49g protein / 54g carbs / 10 g fat
- Also 25g of fiber and very high in B vitamins & iron.

Lasagna

Submitted by Dr. Randy Rosett, MD

Source: Original Recipe

Ingredients

1 24 oz jar Rao's Marinara sauce
1 lb ground dark turkey
1 onion diced
Garlic
1 Chinese eggplant, thinly sliced
6 oz. Whole Foods 365 Pizza Blend Cheese (Mozzarella, Provolone, Asiago)

Directions

- 1.** Sauté onion and garlic in pan with olive oil.
- 2.** Add turkey and cook until done.
- 3.** Add Rao's.
- 4.** Mix all filling ingredients together except for the mozzarella.
- 5.** Spread 1/2 cup sauce over bottom of loaf pan.
- 6.** Layer eggplant next over sauce.
- 7.** Layer 1/3 cheese over eggplant.
- 8.** Repeat layering 2-3 more times.
- 9.** Cover and bake at 400 degrees for 30 minutes.
- 10.** Uncover and bake for an additional 10 minutes.

Lime Ginger Salmon

Submitted by Dr. Marybeth Barkocy, PT, DPT

Source unknown: Likely adapted from Salmon on Greens with Lime-Ginger Dressing in Cooking Light, May 1999

Yield: Serves 4

Ingredients

4 (6 oz) salmon fillets
2/3 cup lime juice
1/2 cup honey
1/2 tsp grated fresh peeled ginger
Cooking spray
1/4 tsp salt
8 cups gourmet salad greens
1 cup mandarin oranges or fresh mango slices

Directions

- 1.** Place lime juice, honey and grated ginger in a small bowl, reserving 3/4 cup mixture for dressing.
- 2.** Preheat the broiler.
- 3.** Place the salmon fillets on a sprayed broiler pan and baste with the sauce.
- 4.** Broil them until cooked through, about 8 minutes, basting again with the sauce.
- 5.** Sprinkle fillets with salt.
- 6.** Divide salad greens among 4 plates; arrange salmon and fruit on top of greens; drizzle with reserved dressing.

Penne/Spinach/Chickpeas

Submitted by Dr. Michelle Bardack, MD

Source: Adapted from Quick Vegetarina Pleasures by Jeanne Lemlin

Ingredients

1 10-oz package of fresh baby spinach (I usually double this amount; it works best to chop the spinach at least a bit)
1 pound pasta (any kind you like; penne and orecchiette work great)
1/3 cup olive oil
6 garlic cloves
1/4 tsp or more crushed red pepper flakes
1/2 cup grape tomatoes chopped
1 can cooked chick peas
1/4 tsp salt
1/4 cup parmesan cheese, grated

Directions

- 1.** Cook pasta.
- 2.** While pasta cooks, heat olive oil in a large skillet.
- 3.** Add garlic, add pepper flakes - cook 2 minutes.
- 4.** Add chick peas - cook 2 minutes.
- 5.** Add the salt (you can add tomatoes here, but my family prefers to sprinkle the fresh tomatoes over the top of pasta at the end).
- 6.** Add the spinach (I usually and 1/4 cup from the pasta water cook about 3 minutes)
- 7.** Add the pasta and sauce together.
- 8.** Sprinkle with the parmesan and serve!

Notes

- Meatless Monday Recipe: good for you and the planet!
- Fast and Filling, stores well in refrigerator for a few days.
- This is a fast meal that takes under 20 minutes to prepare start to finish.
- My children love it. Make it simple and purchase the jars of chopped garlic and/or frozen garlic - easy!

Pesto Chicken and Veggies

Submitted by Carly Browning, Medical Student, Class of 2021

Source: Adapted from <https://tasty.co/recipe/weekday-meal-prep-pesto-chicken-veggies>

Ingredients

2 chicken breasts or similar meat of your choice
3-4 handfuls of green beans or 1 bundle of asparagus
1 container of small cherry tomatoes; colored or red
1 jar of basil pesto sauce
Olive oil
Italian, garlic, and onion seasoning

Directions

- 1.** Wash and cut the chicken into 1-inch cubes.
- 2.** Heat a pan on medium stovetop with olive oil.
- 3.** Place chicken cubes into pan and drizzle over with excess olive oil if needed.
- 4.** Top with Italian, garlic, and onion seasoning, salt and pepper if desired.
- 5.** Allow chicken to brown on all sides, use tongs to dip as necessary.
- 6.** While chicken is cooking, wash and cut green beans or asparagus into small 2-3 inch Pieces.
- 7.** Cut cherry tomatoes in half.
- 8.** Once chicken is browned, add the vegetables to the pan.
- 9.** Sprinkle additional seasoning as needed, and add 1/2 jar of pesto.
- 10.** Turn down heat and allow the vegetables to cook.
- 11.** Tomatoes should "burst" when the dish is finished.
- 12.** Allow to cool and eat or put into individual containers for meal prep for the week!

Notes

- You can use any vegetable of your choice.
- Serve over whole grain rice or couscous if you like.

Samosa – Stuffed Triangular Pies – Gluten free from India

Submitted by Dr. Pankaj Vohra, MD

Source: Celiac Disease: A Comprehensive Guide by Pankaj Vohra;

Published by National Book Trust, India 2016

Yield: Makes 4

Preparation time: 20 minutes + time to boil potatoes

Cooking time: 10 minutes

Ingredients

For the dough:

3 Tbsp Sorghum flour

2 Tbsp Red lentil flour (1 tablespoon + 1 tablespoon for dusting)

1 Tbsp boiled and grated potato

1/3 Tbsp oil

1 tsp milk

1 tsp water

1/3 tsp carom seeds (Ajwain)

Salt to taste

For the filling:

2 medium boiled and coarsely mashed potatoes

1 Tbsp coriander leaves, chopped

1/2 tsp Garam Masala powder

Salt to taste

1 tsp cumin seeds

1 Tbsp oil

To seal the samosas:

1 Tbsp rice flour

1 Tbsp water

Directions

For the dough:

1. Mix all the dry ingredients together. Add potato and oil.
2. Knead using milk and water that it comes together as it do.
3. Keep covered for 10-15 minutes.

For the filling:

1. Heat oil in a pan.
2. Add cumin seeds.
3. When the crackles, add potatoes.
4. Add salt, garam masala and coriander leaves.
5. Mix well on low flame.

6. Poor on medium flame for 2 minutes.
7. Divided this into four equal portions.

For making the samosas shell:

1. Divide the dough into 2 equal portions.
2. Roll each portion of the dough in a circle about 4 inches in diameter. Use lentil flour or sorghum flour for dusting to prevent sticking.
3. Using pizza cutter, smooth the edges and cut each circle into two equal portions.
4. Bring together the endpoints of the diameter to make a cone. Seal the edges with rice flour paste to make a cone.
5. Stuff the cone with 1 serving of the potato filling, leaving space at the top to seal it.
6. Use rice paste to seal the top.
7. Repeat process for the remaining dough semicircles and filling.
8. Deep fry in hot oil, on the medium flame for 2-3 minutes, till golden.
9. Drain on a kitchen travel.

Notes

- Serve hot usually with mint and coriander chutney or gluten free tomato ketchup.
- Can add peas, and other vegetables into the stuffing.

Sole Venetian

Submitted by Dr. Marybeth Barkocy, PT, DPT

Source unknown: Likely adapted from Sole with Parsley and Mint, The New American Heart Association Cookbook, 9th edition, 2019

Yield: Serves 4

Ingredients

1 lb fillet of sole (or tilapia)
2 tbs oil
1 tbs fresh mint, chopped
1 garlic clove, chopped
2 tbs minced parsley
1 green onion, chopped
½ cup dry white wine (sauvignon blanc)
¼ tsp (white) pepper
¼ cup water

Directions

1. Wash and dry the sole.
2. Rub with a paste made of mint, garlic, parsley and 1 tbsp oil.
3. Sauté green onion in the remaining tablespoon of oil.
4. Add wine, water and seasonings.
5. Broil the fillets until just done and remove to a warm platter.
6. Pour the pan juice into the wine sauce.
7. Heat sauce and pour over sole.
8. Serve at once.

Vegetable Couscous

Submitted by Amy Clithero-Eridon, MBA

Source: Original Recipe

Time to make: 10-15 minutes

Ingredients

1 box toasted pine nut couscous
1 spring onion or shallot
1 yellow squash
Baby tomatoes
1 bag of pre-washed baby spinach
Chicken stock
Dried cherries or currants
Garlic olive oil

Directions

1. Wash all the vegetables.
2. Cut up the spinach with vegetable shears.
3. Slice the yellow squash length-wise, then into half-moons.
4. Quarter the baby tomatoes.
5. Thinly dice the shallot.
6. Make the cous cous according to the directions, but use 1 cup chicken stock and 1/4 cup water instead of all water...and use the suggested butter instead of oil.
7. When the cous cous water is close to a boil, put the cherries (or currants) in so they can get a little plumpy.
8. Sauté the chopped squash and onion for 6 or 7 minutes on medium heat.
9. Add the quartered tomatoes for another 3 minutes.
10. Take all of that out of the pan and put it in a large glass bowl.
11. Using the same pan, add tbsps of garlic oil into the pan and then finely minced up spinach.
12. When the spinach is cooked, put it on top of the other veggies.
13. The couscous should now have soaked up all the liquid and be ready to add to the bowl of veggies.
14. Mix it all up.

Notes

- Very good cold for lunch, too!

Vietnamese Tilapia with Turmeric and Dill

Submitted by Dr. Marybeth Barkocy, PT, DPT

Source unknown: Likely adapted from Vietnamese Tilapia with Turmeric and Dill by Robin Bashinsky in Cooking Light, April 2014

Total Time: 2hr 30min

Yield: Serves 4

Ingredients

¼ cup sliced shallots
1 tbs chopped fresh dill
1 tbs minced garlic
1 tbs grated peeled fresh ginger
2 tbs fish sauce
1 tbs dark sesame oil
1 tsp ground turmeric
½ tsp freshly ground black pepper
4 tilapia filets cut in half
2 tbs peanut oil
4 cups vertically sliced sweet onion
½ cup fresh dill, divided
4 green onions, cut into ½ inch pieces
1 tbs low-salt soy sauce
¼ cup unsalted dry roasted peanuts, crushed
8 lemon wedges

Directions

- 1.** Combine ingredients in large bowl; stir.
- 2.** Add fish; toss to coat.
- 3.** Cover and chill 2 hours.
- 4.** Remove fish from marinade and discard marinade and solids.
- 5.** Combine fish and peanut oil in a bowl; toss to coat.
- 6.** Heat heavy skillet over high heat; coat pan with cooking spray.
- 7.** Add onions and half of the dill.
- 8.** Stir-fry for 3 minutes.
- 9.** Add soy sauce and stir-fry 1 minute.
- 10.** Spread onion mixture on a platter.
- 11.** Add small amount of peanut oil to skillet and fry fish for 3 minutes; turn over and fry for one minute.
- 12.** Place fish over onions on platter and sprinkle with remaining dill and peanuts. Serve with lemon wedges.

Side-Kicks

Calabacitas

Sicilian Caponata

Calabacitas

Submitted by Dr. Pam Arenella, MD

Source: Adapted from Cervantes Restaurant's original recipe

Ingredients

1 tbs olive oil

1/2 small onion

2 cloves of garlic

2 medium zucchini squash (or 2 of each yellow summer squash and zucchini)

1 cup of frozen corn

1/4 cup of green chiles

Salt & pepper to taste

1/4 cup of Monterey jack cheese

Directions

- 1.** In a large skillet, sauté the onion, garlic, and squash until the onion becomes translucent.
- 2.** Mix in the corn, green chile, salt and pepper.
- 3.** Cover tightly and simmer for about 15 minutes or until the squash is soft but not mushy.
- 4.** Just before service, mix cheese in lightly.
- 5.** Serve with warm tortillas or as a side dish.

Sicilian Caponata

Submitted by Dr. John Scariano, PhD

Source: Original Recipe (from Dr. Scariano's mother)

Ingredients

3 (fresh and firm) eggplant
1 cup Sicilian (or Southern Italian green olives)
1 bunch Italian parsley, chopped
1 jar capers
5-6 celery stalks, sliced
2 tbs. cane sugar
olive oil (for sautéing)
1 tbs. tomato paste
1 clove crushed garlic

Directions

- 1.** Slice eggplant into 1" cubes (leave skin on).
- 2.** Sauté in olive oil until tender but still firm.
- 3.** Let cool.
- 4.** Toss eggplant with the rest of the ingredients (don't forget sugar, which is essential and don't use more than a tbsp of tomato paste).
- 5.** Let cool for a few hours before serving as a side dish or appetizer.

Notes

- A cold vegetarian/vegan eggplant appetizer

Sweet Treats

Pear Bread

Zucchini Bread

Pear Bread

Submitted by Dr. Sharon Phelan, MD

*Source unknown: Likely adapted from Pear Bread I on All Recipes
(<https://www.allrecipes.com/recipe/7214/pear-bread-i/>)*

Yield: Makes 2 8x5x3" loaves or double recipe and makes 3 9x5x4" loaves.

Ingredients/Directions

1. Combine:

- 3 cups of flour (half white and half whole wheat)
- 1/4 t baking powder
- 1 t baking soda
- 1 teaspoon salt
- 2 t cinnamon
- 1 t nutmeg

2. In a separate bowl mix well:

- 3/4 c vegetable oil
- 3 eggs
- 2 c sugar
- 2 cups of grated pears
- 2 t vanilla
- 1 c chopped pecans

3. Add to dry ingredients and stir until just moistened.

4. Spoon batter into 2 greased pans (and lined with parchment paper to help with removing from pan).

5. Bake for 1 hour 15 min for 8x5x3" pans, or up to 1 hour 30 minutes for larger pans, at 325 degrees.

Notes

- A great pick me upper at 2 AM on a call night for the team.

Zucchini Bread

Submitted by Dr. Sharon Phelan, MD

Source unknown: Likely adapted from Zucchini Bread in The Silver Palate Cookbook by Julee Rosso & Sheila Lukins with Michael McLaughlin

Yield: Makes one loaf; doubles nicely.

Ingredients/Directions

1. Mix:

- 3 eggs
- 1 c plain low fat yogurt
- 1/4 c canola oil
- 1 c sugar
- 1 tsp vanilla

2. Add 2 cups of grated (shredded) zucchini.

3. In a separate bowl, mix:

- 2 cups of flour (try 1 c white and 1 c whole wheat)
- 2 t baking soda
- 1 t baking powder
- 1 t salt
- 1 t cinnamon
- 1/2 c raisins or chopped nuts

4. Fold into Zucchini mix.

5. Pour into buttered (or lined) loaf pan.

6. Bake 1 hour to 1 hr 15 min at 350 degrees.

Notes

- A great pick-me-upper at 2 AM on a call night for the team.
- Adjusted for high altitude.