

# **Cooking Delicious Food for Disease Prevention & Treatment with a Fun Flare!**

*with*

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## **ON THE MENU:**

What *IS* a healthy diet?

Culinary Medicine? Tell me more!

Stanford's Teaching Kitchen Elective Course for Med Students

### **5 Sauces, 4++ Meals, 1 Dessert in ≤90 min:**

Mediterranean Bowl with Pesto (or Balsamic Vinaigrette)

Asian Slaw with Soy Sesame Ginger Dressing & Roasted Tofu

Buddha Bowl with Lemon Tahini Dressing

Brown Rice Veggie Bowl with Peanut Sauce (Rama Garden)

Dark Chocolate Almond Bites with Fresh Berries

*SOUL Food Salon ~ Woodside, CA ~ May 10, 2018*

## Vinaigrettes

Vinaigrettes are very simple to make and are cheaper and taste better than the salad dressings and marinades that you can buy in the store. They can be used for salads, vegetables dips, marinades.

### Basic Vinaigrette

Basic vinaigrette is made by whisking a slow stream of oil into an acidic ingredient (or add to a jar and shake up), tasting and adjusting for acidity, and seasoning with a small amount of salt and pepper. You can add flavor by using herbs, other seasonings and condiments.

<b>Ingredients:</b>	<b>Ingredients (1/2 recipe):</b>
¼ cup vinegar, citrus juice, or unsweetened fruit juice	2 Tablespoons
¾ cup oil	6 Tablespoons
Other flavoring ingredients, optional*	Other flavoring ingredients, optional*
A couple pinches of salt and pepper	A couple pinches of salt and pepper

#### Instructions:

1. Measure all ingredients into a jar (make sure you have a fitted lid) or bowl and shake or whisk until combined.
2. Taste the vinaigrette. You want it to be a little sour or it won't taste right when you put it on food. If it is too sour, add another tablespoon or two of oil. If it's not sour enough, add another tablespoon of vinegar.

#### Notes:

- Store covered in the refrigerator. If you make this with vinegar and oil only, it will keep for months. If fresh ingredients are used, such as fruit juice, garlic or herbs, the dressing should be used within 7 days.
- The oil may solidify in the refrigerator because of the cool temperature—the dressing is still good. Just remove the dressing from the refrigerator a few minutes before using or run some warm water over the outside of the jar to melt the oil.
- \*Other flavoring ingredient options: a tablespoon of chopped herbs; 1/2 clove chopped garlic; 1 teaspoons Dijon mustard; 1/2 teaspoon honey or agave; 1/2 teaspoon grated ginger; 1-1/2 teaspoons fish sauce; chopped hot peppers; chopped sundried tomatoes; 1-1/2 teaspoons flavoring oil (such as walnut, hazelnut, or toasted sesame); chopped lemon, lime or orange zest...use your imagination!

**Servings (full recipe):** 8 servings (1 cup total)

**Nutritional Info (per serving):** Calories 180, Total Fat 20g, Saturated Fat 2.8g, Cholesterol 0mg, Sodium 73mg, Total Carbohydrate 0g, Dietary Fiber 0g, Sugars 0g, Protein 0g, Vitamin A 0%, Vitamin C 0%, Calcium 0%, Iron 1%

## **Sauces for Quick Flavorful Meals**

### **Balsamic Vinaigrette**

- 1 small clove garlic, minced
- ¼ cup balsamic vinegar
- ¾ cup olive oil
- Salt and pepper, to taste
- 1 tsp agave syrup or Dijon mustard, optional, to emulsify
- ❖ Follow instructions for vinaigrettes

### **Soy Sesame Ginger Dressing**

- 1 clove garlic, minced
- 2 tsp grated ginger
- ¼ cup unseasoned rice vinegar
- ¼ cup low-sodium soy sauce or tamari
- 2 tbsp toasted sesame oil
- ¼ cup untoasted/regular sesame oil or olive oil
- 1 tbsp agave syrup
- ❖ Follow instructions for vinaigrettes

### **Easy Peanut Sauce**

- ½ cup unsalted, natural creamy peanut butter
- 1 ½ tbsp low-sodium soy sauce or tamari
- 2 tbsp packed brown sugar
- Juice of ½ lime, or to taste
- 1 tsp chili garlic sauce (can substitute 1/8 tsp ground cayenne pepper plus 1 clove minced garlic)
- ½ tsp freshly grated ginger
- Approximately 4 tbsp hot water
- ¼ cup chopped cilantro, optional
- ¼ cup thinly sliced scallion, optional
- ❖ Whisk together peanut butter, soy sauce, sugar, lime juice, chili garlic sauce and ginger; thin with hot water to desired consistency. You can either stir cilantro and scallions into the sauce or set aside and use them for garni.

### **Pesto**

- 4 cloves garlic, roughly chopped
- ½ cup packed fresh parsley, tough stems removed, optional
- ½ cup olive oil
- 3 cups packed fresh basil leaves
- ¼ cup toasted walnuts or pine nuts
- ¾ cup grated parmesan cheese (dairy-free and salt-free version: substitute 1/3 cup nutritional yeast and a couple dashes curry powder)
- ❖ Place garlic, parsley and olive oil in the food processor and process until garlic is very finely chopped. Add basil, nuts and parmesan (or alternative ingredients) and pulse until mixture resembles a paste of finely chopped, but not completely smooth, ingredients.

## **Sauces for Quick Flavorful Meals, continued**

### **Lemon Tahini Dressing**

4 tbsp tahini (roasted, if possible)

1 tbsp maple syrup

Juice of 1 large lemon (about 3 tbsp juice)

½ tsp salt

½ tsp garlic powder (or 1 clove garlic, grated)

⅛ tsp cayenne pepper

3 tbsp water to thin, as needed

- ❖ Blend, whisk or shake all ingredients together. I like to make this in a 1-cup canning jar with a lid that can double as a storage container and allows easy shaking for later use if the dressing has separated.

## **Quick Meals Ideas (Have Never Tasted So Good!)**

### **Mediterranean Bowl**

*Sauces:* Pesto or Balsamic Vinaigrette

*Other Ingredients:*

- Cooked quinoa
- Baby kale or Simple Kale Salad (see recipe)
- Cannellini beans (cooked or canned; drain and rinse if canned)
- Coarsely chopped toasted walnuts
- Salt/Pepper, to taste
- Chili flakes, optional
- Cherry or grape tomatoes

*Directions:* Toss quinoa in a mixing bowl with pesto to coat. Stir in kale, beans, and walnuts; season to taste with salt, pepper and chili flakes. Portion into bowls and garnish with tomatoes.

*Other Meal Ideas:* Swap out other herbs or greens for all or part of the basil, or other nuts for the walnuts, in the pesto to give this a completely different flavor. Sundried tomatoes are a tasty addition as is grilled or roasted asparagus.

### **Asian Slaw with Grilled Chicken or Roasted Tofu**

*Sauce:* Soy Sesame Ginger Dressing

*Other Ingredients:*

- 1 part shredded carrots
- 1 part shredded red cabbage
- 1 part shredded green or Napa cabbage
- Scallions, sliced thinly on a bias
- Roughly chopped cilantro
- Toasted sesame seeds, optional
- Protein: Roasted tofu (see recipe), or Chicken marinated in the dressing, then grilled and sliced thinly (alternatively, cube, marinate & sauté)

*Directions:* Toss carrots, cabbages, scallions and cilantro with just enough dressing to coat lightly; best if allowed to sit for at least 30 minutes before eating. Sprinkle with sesame seeds and top with protein of choice to serve.

*Other Meal Ideas:* Eat alone or use to top brown rice or salad greens. This slaw is also delicious used to top barbecue sandwiches of any type.

## **Quick Meals Ideas (Have Never Tasted So Good!), continued**

### **Buddha Bowl**

*Sauce:* Lemon Tahini

*Other Ingredients:*

- Cooked quinoa
- Spring mix, steamed or sautéed greens, or Simple Kale Salad (see recipe)
- Chickpeas (cooked or canned; drain and rinse if canned)
- Roasted vegetables (sweet potatoes and onions are delicious), optional
- Shredded or julienne carrot
- Shredded raw or sautéed purple cabbage
- Julienne red bell pepper
- Sliced or cubed avocado
- Salt/Pepper, to taste
- Sriracha sauce, optional, to taste

*Directions:* Arrange quinoa, greens, beans, roasted veggies, carrot, cabbage, bell pepper, and avocado in serving bowls, drizzle with dressing, set out salt, pepper and sriracha sauce so each person can season to taste.

*Other Meal Ideas:* Substitute falafels, another bean, roasted tofu, or shredded/cubed/sliced cooked chicken for the chickpeas. Substitute another cooked whole grain for the quinoa.

### **Brown Rice Veggie Bowl (Rama Garden)**

*Sauces:* Peanut Sauce, Lemon Tahini Sauce or Soy Sesame Ginger Dressing

*Other Ingredients:*

- Cooked brown rice
- Steamed, sautéed or roasted veggies (e.g., cauliflower, broccoli, carrots, cabbage, green beans, zucchini)
- Protein: Edamame, Raw or Roasted Tofu (see recipe), or thinly sliced or cubed Chicken
- Roughly chopped cilantro
- Scallions, sliced thinly on a bias
- Lime wedges to garnish

*Directions:* Add rice, veggies, protein and sauce to a large mixing bowl and stir to coat. Top with cilantro and scallion. Garnish with lime wedges.

*Other Meal Ideas:* Swap out Sesame Soy Ginger Dressing for the Peanut Sauce and pair this with Grilled Salmon. Substitute another cooked whole grain for the brown rice. Give this an Indonesian flair by making the peanut sauce with coconut milk instead of water.

## **Roasted Tofu**

This makes a great add-in for bowls, veggie tacos, curries and stir-fries.

### **Ingredients:**

- 1 block (10 to 16 ounces) of extra-firm tofu (do NOT use silken style), drained
- 1 tbsp olive oil
- 1 tbsp low-sodium soy sauce or tamari
- 1 tsp honey or agave
- 1 clove garlic, minced, optional

### **Instructions:**

1. The key to making good baked tofu is to press out the excess water. To do this, wrap with a paper towel or clean, absorbent kitchen towel, then set on a plate and put something with at least a couple pounds of weight on top of it (I use a stock pot, large can, or another plate with something on top to weight it down). Let sit for at least 15 minutes, but the longer the better, and then unwrap, drain off excess water, and cut into 1-inch thick slices or cubes. If the tofu you're using is very firm to begin with, you can just pat dry and proceed with the recipe.
2. While tofu is being pressed, preheat the oven to 400 degrees Fahrenheit. Prepare a baking sheet with one of the following to prevent sticking: parchment paper, non-stick spray, or wipe with oil.
3. In a mixing bowl, whisk together olive oil, soy sauce, honey and garlic. Add tofu and gently turn to coat the tofu on all sides. Use your hands if it starts to break up.
4. Place tofu in a single layer on the baking sheet, making sure that no pieces are touching. Bake in the oven for 15 minutes, turn tofu over and bake another 15 minutes or until lightly browned.

**Servings:** 4 servings

**Nutritional Info:** Calories 183, Total Fat 12g, Saturated Fat 1.7g, Cholesterol 0mg, Sodium 266mg, Total Carbohydrate 6.2g, Dietary Fiber 2.3g, Sugars 1.6g, Protein 16.2g, Vitamin A 0%, Vitamin C 1%, Calcium 68%, Iron 15%

## **Simple Kale Salad**

Kale salad is a trend that's not going away anytime soon—and for good reason! Unlike lettuces, dark, leafy greens, like kale, can be dressed and still hold up for days in the refrigerator without wilting. This makes kale salad the perfect way to get some veggies into the diet for anyone who's busy and on-the-go!

### **Ingredients:**

1 head curly or lacinato kale, washed and spun dry, ribs removed  
Juice of 1 large lemon (about ¼ cup)  
¼-1/3 cup extra-virgin olive oil \*(omit if adding another dressing to the salad)  
¼ tsp salt, or to taste  
Freshly ground black pepper, to taste

### **Instructions:**

1. Tear kale up into bite-sized pieces and put into a large bowl (or shred if you'd like a slaw-style salad).
2. Pour lemon juice and ¼ cup olive oil (if using) over kale and sprinkle with salt and pepper. Massage kale vigorously with your hands to work in the seasoning ingredients. Add more olive oil if the leaves aren't well-coated and glistening.
3. Season to taste with more salt and pepper.

### **Notes:**

- This salad will keep, dressed, for 4 days in the refrigerator.
- Add any toppings of your choice
- If you want to add another dressing, follow the recipe above, omitting the olive oil. After massaging kale with only the lemon juice, salt and pepper, you can add any dressing you wish.
- Time-saving tip: buy kale already chopped!

**Servings:** 4-6

**Nutritional Info (per serving):** Calories 273, Total Fat 14.4g, Saturated Fat 2.2g, Cholesterol 0mg, Sodium 215mg, Total Carbohydrate 38.6g, Dietary Fiber 3.8g, Sugars 32.8g, Protein 4.3g, Vitamin A 7%, Vitamin C 45%, Calcium 18%, Iron 8%

## **The Dessert Flip: Quick Chocolate Almond Bites & Berries**

### **Ingredients**

½ pound dark chocolate (chopped or chips)  
1 tbsp coconut oil  
1 cup toasted almonds  
2 quarts fresh berries

### **Instructions:**

1. Prepare a sheet pan with parchment paper or a silicone liner.
2. Place chopped chocolate and coconut oil in a metal bowl set over a hot water bath (or place in glass bowl and microwave for 15 second intervals, stirring in between). As the chocolate warms, stir constantly. If the chocolate gets overheated on the bottom, it will separate into brown chunks and oil and is not salvageable. Warm until completely melted. Remove from heat and stir in almonds.
3. Drop by tablespoonful onto sheet pan and set on a rack to cool and harden. Once chocolate has hardened, serve with fresh berries or store in an airtight container.

### **Notes:**

- You can use any coconut oil, but the refined, filtered types have the least coconut flavor. If you want the chocolate to taste like coconut, then use unrefined (which is also likely better for you).
- I usually make the chocolates in a larger batch since they keep for several weeks and just eat them occasionally with whatever fresh fruit we have at home.

**Servings:** 16

**Nutritional Info (per serving, 1-ounce piece of chocolate plus berries):** Calories 165, Total Fat 11g, Saturated Fat 4.2g, Cholesterol 0mg, Sodium 2.2mg, Total Carbohydrate 14.9g, Dietary Fiber 3.7g, Sugars 9.1g, Protein 3.2g, Vitamin A 0%, Vitamin C 71%, Calcium 4%, Iron 8%