

### **Notes from Healthy Kitchens, Healthy Lives**

#### **The importance of taking time to cook:**

Turn off the TV. Put on some music to set the tone. Have a glass of wine. Involve your friends and loved ones. Enjoy and reap the rewards of happiness and good health.

–Dr. David Eisenberg, Harvard

The teaching kitchen concept in hospitals: changing the way people relate to food and hands-on instruction.

#### **The Nine Turning Points**

1. Eat lots of vegetables and fruit.
2. Say yes to good fats.
3. Upgrade your carbohydrates.
4. Choose healthy proteins.
5. Stay hydrated.
6. Alcohol—yes. In moderation.
7. Take a multivitamin every day.
8. Move more.
9. Eat mindfully all day long.

(And the tenth: Portion control)

–Mollie Katzen & Walter Willett's  
*Eat, Drink, and Weigh Less*

#### **Advice on counseling patients**

Show concern. Say "I'm concerned about your weight/eating habits causing problems for you in the future", then ask if the patient also thinks that this is a problem.

Figure out who the nutritional gatekeeper in the home is, then target that person.

Don't just tell people to avoid the salt shaker during cooking and eating. 70% of sodium is from processed foods. Cutting down on processed foods will be much more helpful

#### **Healthy habits that reduce cardiac risk**

Learning from the Nurses' Health Study of over 82,000 women after 14 years:

1. Diet in the upper 40%
  - a. Good fats (reduced saturated/trans fats, increased polyunsaturated/fish oils)
  - b. Good carbs
  - c. Lots of folic acid
2. No smoking
3. Regular exercise- 30 minutes per day at least 2 mi/hr walking
4. BMI < 25 (optimally <21)
5. Moderate alcohol- <1 drink per day

3 points: 13% of the cohort, prevented 54% of coronary events

5 points: 3% of the cohort, prevented 82% of coronary events in addition to reducing risk of diabetes and colon cancer

–Stampfer MJ. NEJM 2000; 343:16-22

#### **Cooking tips**

All you need is one good knife and a reliable cutting board

Use more spices and herbs to reduce how much salt you need to add

Buy fruits and veg in season- this will save on money and be big on taste

## **Walnut and Carrot Slaw**

Serves 4-6

½ head cabbage  
5 carrots  
½ sweet onion  
½ cup chopped toasted walnuts  
½ cup golden raisins  
1 lemon  
¼ cup walnut oil  
salt and pepper to taste

Slice cabbage and onion very thinly. Shred carrots. Toss in a large bowl with remaining ingredients and serve immediately. You can prep this ahead of time, adding the walnuts at the last minute to preserve the crunch.

-- Teri Kleinberg

## **Romesco Sauce**

Makes 2 cups

2 medium dried ancho chiles  
1 cup toasted skinless almonds  
4 large garlic cloves, minced  
1 large red bell pepper  
1 cup diced tomato  
1 T smoked paprika (pimenton)  
½ teaspoon hot paprika or cayenne  
3 T red wine or sherry vinegar  
1 tsp salt  
¾ cup Spanish extra virgin olive oil

Soak chiles in hot water for an hour, then drain, remove stem and seeds and chop. Roast bell pepper, then remove peel and seeds and chop. Pulse all ingredients in a food processor except olive oil until a chunky paste forms. Slowly add oil one tablespoon at a time until mixture emulsifies. Let stand for 15 minutes for flavors to come together, then taste and see if you need to tweak it a little. This keeps in the refrigerator for up to 6 months tightly covered, but

you may need to whisk the oil back in once in a while.

Serve with grilled chicken or white fish like halibut, or as a dip for bread, crackers, or raw veggies.

-- Joyce Goldstein, as presented at the Healthy Kitchens, Healthy Lives Conference

## **Quinoa with Roasted Veggies and Feta**

Serves 6-8

Substitute whatever is seasonal for the veggies. It's hard to make a combo that isn't delicious!

2 cups quinoa, rinsed in cool water  
3 ½ cups water  
2 zucchini or yellow squash  
1 bell pepper  
2 ears of corn  
1 small eggplant  
1 onion  
4 ounces feta cheese, crumbled  
juice from ½ lemon  
4 tablespoons olive oil  
salt and pepper to taste

Prepare quinoa by either microwaving for approximately 10-15 minutes in a covered bowl or on the stovetop until grains are translucent but still slightly crunchy. Cut veggies into thick slices (except the corn- keep that whole), then roast under the broiler or on grill until slightly charred. Let veggies cool, then cut kernels off corn and other veggies into a rough dice. Toss everything together with feta, lemon juice, olive oil, and season with salt and pepper.

-- Teri Kleinberg