

Recipes for Sustainable Eating



We are proud to present NewYork-Presbyterian Hospital's *Recipes for Sustainable Eating*. Here you'll find healthy recipes, both good for you and the planet. Recipes include savory soups, filling side dishes, and main dishes where fresh vegetables take center stage.

We encourage you to visit our website (<http://www.nyp.org/nutrition>) which features more than 50 original recipes created by NewYork-Presbyterian Hospital's very own chefs and registered dietitians.

We hope you will be eating sustainably soon!



5 Suggestions to Support the Sustainable Food Movement:

1. **Shop at Local Farmers' Markets.** Did you know that most food travels an average of 1,500 miles from where it is grown to our plates? Buying local has a much smaller carbon footprint. Further, local farmers are more likely to use sustainable farming methods such as organic farming practices, which equates to less chemical pesticides and fertilizers.
2. **Cook Seasonal Recipes.** Seasonal produce tends to be local food, which means lower greenhouse gas emissions. With simple ingredient swaps, you'll be "cooking local" with ease and be part of creating a more environmentally secure planet.
3. **Eat Lower on the Food Chain.** This principle is based on the idea to consume fewer animal products and more fruits, vegetables, nuts, seeds, grains and other non-meat products. This not only helps the environment, but can be less-expensive and healthier for you as these foods tend to be lower in saturated fat and harmful toxins. They may also reduce your risk of heart disease and cancer and lower blood pressure.
4. **Take Back the Tap.** Bottled water produces 1.5 million tons of plastic waste per year. By simply refilling a reusable bottle, you'll prevent some of these plastic bottles from ending up in landfills and oceans and reduce some of the fossil fuel required to move them. Use an eco-friendly water bottle or bring a reusable cup to work to refill your coffee or tea!
5. **Get Ultra-Local: Plant a Garden.** By planting your own garden, you'll be able to eat fresh and local foods any day of the week! From a pot of herbs on your windowsill to a full outdoor raised vegetable garden, there are many ways to grow your own produce.

Butternut Squash Bisque

Butternut squash is high in fiber, Vitamin A and Vitamin C. Butternut squash seeds are also excellent when toasted and contain healthy fats as well as iron and zinc.

Recipe Yield: 10 servings

Ingredients:

- 2 tbsp olive oil
- 1 tbsp garlic, chopped
- 1/2 yellow onion, chopped
- 2 1/2 pounds butternut squash, seeded and cut into cubes
- 2 1/2 quarts vegetable stock, low sodium
- 1 tsp fresh thyme, chopped
- 1 tsp fresh sage, chopped
- 1 tsp fresh parsley, chopped
- White pepper, ground, to taste



Directions:

1. Heat olive oil in a stockpot. Add garlic and onions and cook until onions are translucent.
2. Add squash and cook for about 5 minutes. Add stock and bring to boil. Reduce to simmer and cook until squash is tender and soft. Drain squash and reserve cooking liquid.
3. Puree squash mixture using blender or food processor, adding cooking liquid, as needed, to make a smooth and thick soup.
4. Return to the stovetop and briefly simmer, adding the thyme, sage, parsley, and white pepper to taste. You can also top your bisque with a few toasted butternut squash seeds as a garnish and additional crunch!

Nutrition Facts (per serving, 1 1/4 cup): 70 calories, 2.5g fat (32% of calories from fat), 0g saturated fat, 0mg cholesterol, 100mg sodium, 12g carbohydrates, 2g fiber, 1.5g protein

Quinoa Mint Salad with Almonds and Cranberries

Recipe prepared by Chef Miriam Zamparelli

Full of vibrant colors, this healthy dish provides filling fiber and contains a variety of vitamins and minerals.

Recipe Yield: 4 servings

Ingredients:

- 3 cups chicken broth, low sodium
- 1 1/2 cups quinoa, dry
- 1 tbsp olive oil
- 1 cup fresh mint, chopped or 2 tbsp dried
- 3/4 cup unsalted almonds, roasted and chopped
- 1/2 cup cranberries, dried
- 2 cups kale, thinly chopped
- 1 cup carrots, thinly sliced
- 1 cup celery, thinly sliced
- 1/3 cup scallions, thinly sliced
- 4 1/2 cups grape tomatoes, halved
- 1/4 cup lemon juice
- 1 tsp lemon zest
- 1/2 tsp salt
- 1 tsp ground black pepper



Directions:

1. Bring chicken broth to a boil in a medium saucepan over high heat.
2. Add quinoa to broth, reduce heat to medium-low and cover. Simmer for 13 minutes or until quinoa is tender and all the stock is absorbed.
3. Stir in olive oil and fluff with a fork.
4. Transfer quinoa to a large mixing bowl, then add the rest of the ingredients up to the lemon zest.
5. Season with salt and pepper, garnish with mint and serve.

Nutrition Facts (per serving): 558 calories, 21g fat* (34% calories from fat), 2g saturated fat (4% calories from saturated fat), 0mg cholesterol, 423mg sodium, 78g carbohydrate, 14g dietary fiber, 22g protein

**Note: Majority of the fat in this recipe comes from heart healthy polyunsaturated and monounsaturated fats.*

Tofu Breakfast Burritos

Swapping tofu for meat in recipes is not only a healthy substitute, but can also help cut back on your greenhouse gas emissions. This burrito can be a delicious choice for lunch or dinner too!

Recipe Yield: 4 burritos

Ingredients:

- 1 tsp olive oil
- 1/4 cup scallions, chopped
- 1/4 cup peppers, chopped
- 14 ounces extra-firm tofu
- 1/4 cup black beans, canned, low sodium
- 1/2 tsp cumin
- 1/2 tsp turmeric
- 1/4 cup tomatoes, chopped
- 1 tbsp cilantro, dried
- 4 whole wheat tortillas
- 1/4 cup low fat cheddar, shredded
- 2 slices of lime
- 1 sprig fresh cilantro



Directions:

1. Heat the oil in a large skillet over medium heat. Add the scallions and peppers and sauté until tender.
2. Crumble the tofu into the skillet; then add beans and spices. Stir until warm.
3. Add the tomatoes and dried cilantro.
4. Place tortilla on flat surface. Scoop 3/4 tofu mixture onto the middle of the tortilla and top with cheese; then wrap into burrito.
5. Serve hot, garnish with fresh sprig of cilantro and sliced lime.

Nutrition Facts (1 burrito): 270 calories, 9g fat (30% of calories from fat), 0g saturated fat, 8mg cholesterol, 280mg sodium, 28g carbohydrates, 6g fiber, 15g protein

Portobello and Spinach Bolognese

This delicious vegetable-filled recipe is a great source of fiber and protein.

Recipe Yield: 6 Servings

Ingredients:

- 1 lb whole wheat penne pasta, dry
- 4 tbsp extra virgin olive oil
- 1/2 cup of mixed mushrooms, sliced
- 4 large Portobello mushrooms, diced
- 1 medium onion, chopped
- 1 small carrot, chopped
- 1 celery stalk, finely chopped
- 3 cloves of garlic, chopped
- 10 oz spinach, fresh
- Salt and pepper to taste
- 1/4 cup tomato paste
- 2 cups vegetable broth, low sodium
- 1 cup skim milk
- Fresh oregano to garnish



Directions:

1. Bring a large pot of water to boil. Then add pasta to boiling water. Reduce heat to medium-low and cook pasta to al dente. Note: Once pasta is done cooking, cover and set aside.
2. While pasta is cooking, heat extra virgin olive oil in a pan over medium heat.
3. When olive oil is hot, add all mushrooms. Cook for about 5 minutes until tender.
4. Add the onions, carrots, celery, and garlic. Sauté until tender, for approximately 15 minutes.
5. Add spinach and season mixture with salt and pepper.
6. Stir in tomato paste and vegetable broth, cook for 1 minute. Then add the milk and let simmer for 20 minutes.
7. Combine vegetable mixture with pasta, garnish with oregano.

Nutrition Facts (per serving): 450 calories, 8g fat (16% of calories from fat), 1g saturated fat (2% calories from saturated fat), 1mg cholesterol, 210mg sodium, 85g carbohydrates, 15g fiber, 18g protein

Brought to you by:



For more nutrition information and recipes, please visit us at <http://www.nyp.org/nutrition>