

# A TASTE OF WELLBEING

Favorite Recipes from the  
Registered Dietitians and Chefs  
of NewYork-Presbyterian Hospital

**NYP**BeHealthy

 **NewYork-Presbyterian**  
Food & Nutrition





**A Taste of Wellbeing** is a special cookbook that features recipes for delicious and healthy meals, snacks, and desserts from NewYork-Presbyterian Hospital's registered dietitians and chefs. These are the recipes that our nutrition experts use when cooking for their families, friends, and themselves. An important part of NewYork-Presbyterian's mission as an academic medical center is to support the health and wellbeing of its staff as they care for patients and families. The Hospital created **A Taste of Wellbeing** as part of its employee wellness program, **NYPBeHealthy**, to foster health and wellbeing in our workplace.

*Please note: Readers who are taking any form of prescription medication or following a prescribed diet should consult with their physicians before making any changes to their current eating habits.*

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 **NewYork-Presbyterian**  
Food & Nutrition



“LET FOOD BE THY MEDICINE  
AND MEDICINE BE THY FOOD”

– *Hippocrates*



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NYPBeHealthy Guidelines

In an effort to create a healthy environment, NYPgreen recommends using local, organic ingredients whenever possible. This reduces your carbon footprint and makes your recipes even fresher and tastier.

Find tips, connect with our registered dietitians and share your recipes on social media using #nypnutrition.



Please note: times are listed in minutes.



# BREAKFAST



## SUNRISE TOAST

*Submitted by: Kristen Mathieson, MBA, RD, CDN – Senior Dietitian, Finance and Operations*

This toast can be served for breakfast – or lunch! Serve open faced to display a beautiful array of colors coming from the creamy avocado and juicy tomatoes.

**Yield:** 1 serving

¼ medium avocado  
2 large eggs, hard boiled,  
egg whites only  
½ teaspoon Dijon mustard  
1 bagel thin, 100% whole wheat  
1 whole Roma tomato

1. Chop avocado and egg whites. In a bowl, combine egg whites, avocado and Dijon mustard.

2. Toast bagel thin, slice tomato, and spread avocado mixture on toasted bagel thin.

3. Top with tomato slices. Serve open faced.

Nutritional facts (per serving): 280 calories, 8.5g fat (27% of calories from fat), 1.1g saturated fat (4% of calories from saturated fat), 0mg cholesterol, 410mg sodium, 9g dietary fiber, 19g protein and 32g carbohydrate.

prep

10

cook

0

ready in

10



## EVERYDAY BREAKFAST OATMEAL

*Submitted by: Britt Forsgren, MBA, RD – Corporate Director, Health and Wellbeing*

This is my go-to breakfast every morning. I make a batch of steel cut oats on the weekend, refrigerate it, and portion it out every morning. It fuels me up for the day and keeps me satisfied until lunch!

**Yield:** 1 serving

1 cup steel cut oats, dry  
(makes approx. 4 servings)  
3 cups water  
½ cup organic mixed berries,  
fresh or frozen  
1 tablespoon chia seeds  
1 tablespoon hemp seeds  
¼ cup almond milk

**Directions per batch:**

1. Bring 3 cups of water to a boil over high heat, stir in 1 cup oats.
2. Reduce heat to low and bring oats to a simmer. Cook uncovered for 30 minutes or until tender.

**Directions per serving:**

1. Measure ¾ cup steel cut oats from batch and place in bowl. Stir in berries, chia seeds, hemp seeds, and almond milk. Refrigerate leftover oats. Serve hot or cold. Enjoy!

**Nutritional facts (per serving):** 317 calories, 10.6g fat (30% of calories from fat), 1.2g saturated fat (3% of calories from saturated fat), 0mg cholesterol, 40mg sodium, 10.2g dietary fiber, 11.7g protein and 43.8g carbohydrate.

prep

2

cook

30

ready in

32



## REVVED UP BREAKFAST YOGURT

*Submitted by: Martha McKittrick, RD, CDE, CDN – Outpatient Dietitian, Weill Cornell Ambulatory Care Network*

Packed with protein, vitamins, minerals and a dash of omega 3 fat; top with a cup of your favorite high fiber cereal.

**Yield:** 1 serving

½ medium banana  
1 tablespoon cacao nibs  
1 tablespoon chia seeds, seeded  
and chopped  
12 frozen cherries, halved  
6 ounces 2% Greek yogurt

1. Add banana, cacao nibs, chia seeds and frozen cherries to a microwave-safe bowl and microwave for about 30 seconds. The banana will get very soft and the cacao nibs will melt slightly.

2. Add Greek yogurt and mix. Top with ¼ cup of your favorite high-fiber cereal, if desired\*.

**Nutritional facts (per serving):** 302 calories, 6.3g fat (19% of calories from fat), 1.7g saturated fat (5% of calories from saturated fat), 1mg cholesterol, 71mg sodium, 7g dietary fiber, 18.5g protein and 43g carbohydrate.

\*Nutrient analysis does not include cereal.

prep

3

cook

1

ready in

4



# SNACKS



## CRISPY KALE CHIPS

*Submitted by: Michael Williams, MBA, RD, CDN – Food Service Director, Weill Cornell*

This recipe is an alternative to potato chips. It can be paired with any protein rich food as a side dish or just eaten on its own as a snack.

**Yield:** 5 servings, about 1 cup each

1 pound fresh kale, stems removed,  
then chopped

¼ teaspoon ground black pepper

1 tablespoon shredded parmesan  
cheese

1. Preheat oven to 250 degrees F.
2. Wash kale and cut into bite-size pieces.
3. Dry kale in salad spinner or between 2 paper towels.
4. Toss the kale with black pepper and parmesan cheese.
5. Place the kale leaves on an ungreased baking sheet in a single layer.
6. Place in the oven and roast until the leaves are crispy, about 25 to 35 minutes.
7. Toss and enjoy.

**Nutritional facts (per serving):** 56 calories, 0.9g fat (14% of calories from fat), 0.3g saturated fat (5% of calories from saturated fat), 1mg cholesterol, 54mg sodium, 2g dietary fiber, 3g protein and 9g carbohydrate.

prep

20

cook

40

ready in

60





## MOCHA BANANA PROTEIN SMOOTHIE

*Submitted by: Jackie Topol, MS, RD, CDN – Clinical Dietitian, Weill Cornell*

This nutritious, high protein shake also contains antioxidants from the espresso and cocoa powder which are anti-inflammatory.

**Yield:** 2 servings

1 cup low-fat milk\* (may substitute unsweetened vanilla almond, rice or soy milk)  
1 tablespoon agave nectar\* (may substitute honey or maple syrup)  
6 ounce container plain nonfat Greek yogurt  
2 teaspoons vanilla extract  
1 banana  
1 scoop whey protein powder\* (optional)  
2 teaspoons instant espresso powder  
1 tablespoon hot cocoa mix\* (may substitute cocoa powder)  
1 cup ice

Place all ingredients in a blender and blend until smooth. Add additional ice if desired for a frostier, thicker consistency. Serve immediately.

**Nutritional facts (per serving):** 294 calories, 2g fat (6% of calories from fat), 1g saturated fat (0.5% of calories from saturated fat), 9mg cholesterol, 180mg sodium, 2g dietary fiber, 25g protein and 44g carbohydrate.

\*Nutrient analysis based on agave nectar, low-fat milk, hot cocoa mix, and whey powder.

prep

10

cook

0

ready in

10





## VERY BERRY BEET SMOOTHIE

*Submitted by: Rachel Stahl, RD, CDN – Clinical Dietitian, Weill Cornell*

Smoothies are a fun way to incorporate more fresh fruit (and vegetables) into your diet. Simply throw any combination of nonfat or low-fat milk and yogurt, fruit, vegetables, nutrient boosters (i.e. nut butters, chia seeds) and your favorite add-ins into a blender. Within minutes, you have a drinkable creation full of satiating protein, filling fiber and a variety of vitamins and minerals.

### **Yield:** 2 servings

1 medium fresh banana  
½ cup mixed frozen berries  
½ cup fresh or frozen sweet cherries  
½ cup cooked beets, chopped  
¾ cup unsweetened vanilla almond milk  
½ cup plain nonfat or low-fat Greek yogurt\*  
1 tablespoon chia seeds  
½ cup ice cubes

1. Combine all ingredients in a blender and blend until smooth.

2. Divide between 2 glasses. Add a garnish if desired, such as a cut strawberry, chopped nuts, or a dash of cinnamon.

**Nutritional facts (per serving):** 194 calories, 3.2g fat (16% of calories from fat), 0.3g saturated fat (1% of calories from saturated fat), 0mg cholesterol, 125mg sodium, 6.6g dietary fiber, 8g protein and 33.4g carbohydrate.

\*Nutrient analysis based on plain nonfat Greek yogurt.

prep

cook

ready in

5

2

7





## COOLING COCO-CANTALOUPE SMOOTHIE

*Submitted by: Jackie Topol, MS, RD, CDN – Clinical Dietitian, Weill Cornell*

This delicious smoothie is refreshing and packed with protein, vitamin A, C, and potassium. It's a great drink to have with breakfast or for a snack.

**Yield:** 2 servings

2 cups cubed cantaloupe  
6 ounce container 2% vanilla Greek yogurt  
1 cup coconut water  
2 teaspoons agave nectar\*  
(may substitute honey)  
1 teaspoon vanilla extract  
¼ cup ice cubes

1. Place all ingredients in a blender and blend until smooth.

**Nutritional facts (per serving):** 164 calories, 2.2g fat (12% of calories from fat), 1.4g saturated fat (7% of calories from saturated fat), 5.6mg cholesterol, 181mg sodium, 3g dietary fiber, 9g protein and 27g carbohydrate.

\*Nutrient analysis based on agave nectar.

prep

10

cook

0

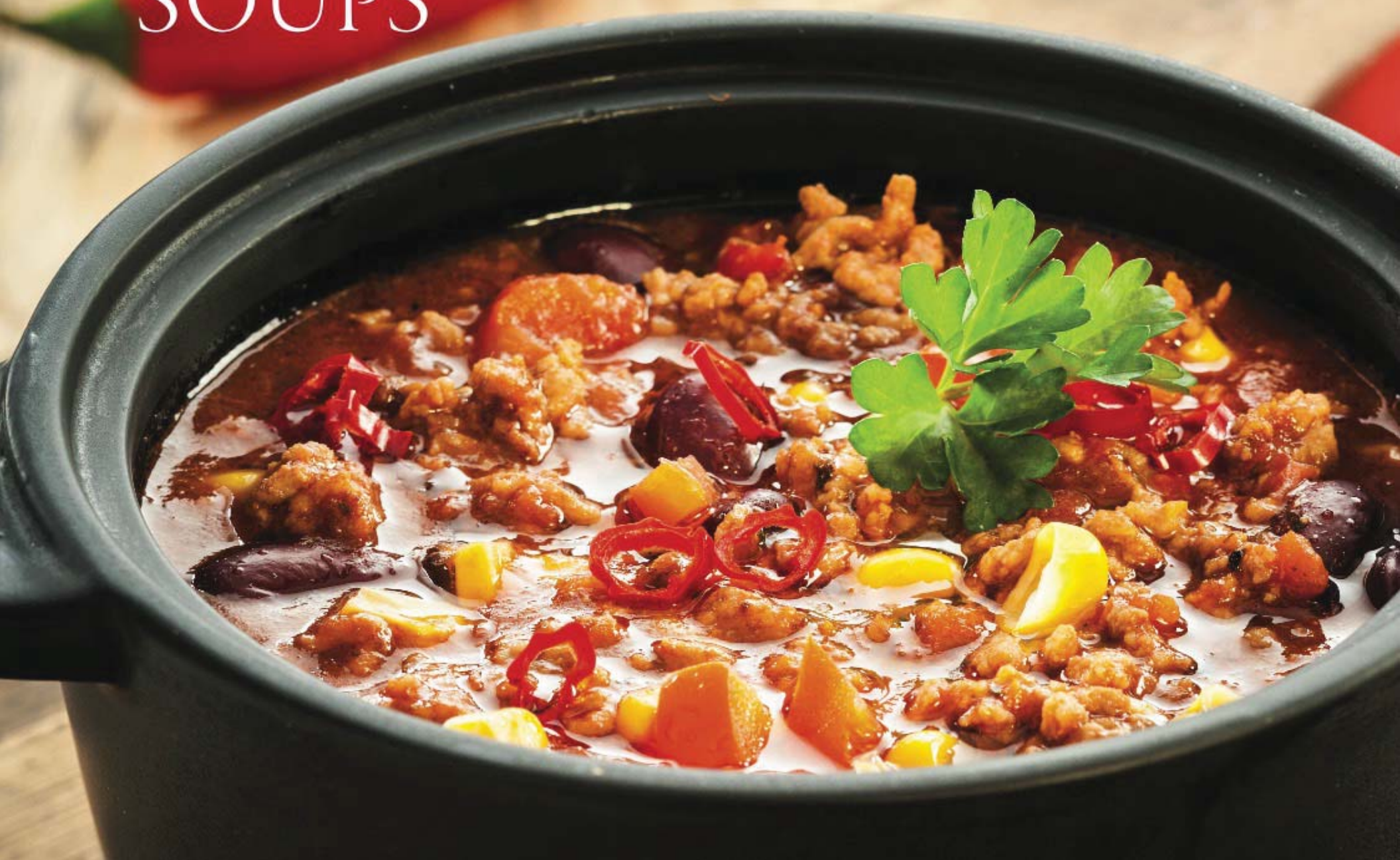
ready in

10





# SOUPS





## ONE POT CHILI

*Submitted by: Jillian Nyman, RD, CDN – Clinical Dietitian, Morgan Stanley Children's Hospital*

Say goodbye to messy cooking with this single pot meal. Packed with fiber, and vitamins A and C, this hearty chili will keep you full without excess calories. Yum!

**Yield:** 8 servings, about 2 cups each

1 can (15 ounce) black beans,  
and 1 can (15 ounce) white beans,  
both drained and rinsed  
1 can (14.5 ounce) and  
1 can (28 ounce) diced tomatoes  
2 tablespoons olive oil  
1 pound ground turkey  
1 medium green pepper, chopped  
1 medium yellow pepper, chopped  
2 medium red onions, diced  
1 can (6 ounce) tomato paste  
2 medium sweet potatoes, chopped  
1 ½ tablespoons ground cumin  
1 ½ tablespoons chili powder  
1 ½ tablespoons garlic powder  
2 teaspoons ground black pepper  
2 tablespoons light sour cream

1. Heat large pot over medium heat, add 1 tablespoon olive oil and cook ground turkey with ¾ tablespoon cumin, chili powder and garlic powder for 5 minutes or until mostly brown.
2. Remove turkey from heat and set aside to cool.
3. Keep large pot over medium heat; add the other 1 tablespoon olive oil, onion, and sweet potato. Cook for 5 minutes.
4. Add 1 large and 1 small can diced tomato, chopped green and yellow peppers, black and white beans, tomato paste, ground turkey and remainder of cumin, chili powder and garlic powder. Cook for 50 minutes or until sweet potato is tender.
5. Top with 2 tablespoons light sour cream. Enjoy!

Nutritional facts (per serving): 358 calories, 8.7g fat (21% of calories from fat), 2g saturated fat (5% of calories from saturated fat), 50mg cholesterol, 442mg sodium, 13g dietary fiber, 24g protein and 51g carbohydrate.

prep

15

cook

60

ready in

75

## BUTTERNUT SQUASH AND SAGE SOUP

*Submitted by: Chef Rahsaan White – Amenities Unit Chef, Weill Cornell*

This delicious and healthy soup has a wonderful balance of sweet and savory flavor. Add a dollop of citrus cream for added creaminess and zest.

**Yield:** 4 servings

Soup:

½ tablespoon olive oil  
1 ½ fresh white onions, chopped  
1 tablespoon fresh sage, chopped  
1 ½ pounds fresh butternut squash,  
peeled, seeded, chopped  
½ tablespoon honey  
½ of a whole clove  
½ cinnamon stick  
3 cups vegetable broth  
½ bunch fresh chives, snipped  
1 dollop citrus cream  
(see recipe below)

Citrus Cream:

¼ cup sour cream  
1 fresh lime  
1 pinch of granulated sugar  
1 pinch of ground, black pepper

Soup:

1. Pour oil in a large saucepan. Add onion, clove, cinnamon, and sage and cook on medium heat or until soft, about 15 minutes. Add squash and cook for 5 minutes, stirring frequently. Add honey and broth, bring to a simmer, and cook until the squash is tender, about 15 minutes.

2. Set soup aside to cool. Once it has cooled, whip until smooth using a hand blender or blend in a Vitamix blender. Season with pepper and add a drop of water if soup is too thick. Add 1 dollop of citrus cream (see below) to prepared soup and garnish with chives. Enjoy!

Citrus Cream:

1. Place sour cream, sugar, the zest of 1 lime, and juice of ½ lime in a bowl and whisk.

Nutritional facts (per serving): Nutritional facts (per serving): 145 calories, 2.6g fat (16% of calories from fat), 0.7g saturated fat (4% of calories from saturated fat), 2mg cholesterol, 716mg sodium, 4g dietary fiber, 2.4g protein and 28g carbohydrate.

prep

20

cook

35

ready in

55

# SALADS





## JAIMIE'S "GREEN MACHINE": ARUGULA, SPINACH, PEAR AND WALNUT SALAD WITH SHALLOT VINAIGRETTE

*Submitted by: Jaimie Uva, RD, CDN – Outpatient Dietitian, Weill Cornell Ambulatory Care Network*

Arugula contains high levels of folic acid and antioxidants, like Vitamin C, K and A – helping the body to fight free radicals, and protect and strengthen the immune system.

**Yield:** 8 servings, about 2 cups each

1 bag pre-washed fresh arugula  
1 bag pre-washed fresh spinach  
3 fresh Bosc pears, seeded and chopped  
½ cup walnuts, chopped  
1 can (15 ounce) chick peas, rinsed and drained  
2 tablespoons fresh shallot, minced  
6 tablespoons sherry wine vinegar  
¼ cup olive oil  
1 dash salt  
1 dash pepper

1. In a small bowl, whisk together the olive oil, vinegar and shallots until well incorporated.

2. Toss the arugula and spinach with pears and chick peas. Combine salad ingredients with the vinaigrette.

3. Add salt and pepper. Plate salad and sprinkle walnuts on top.

**Nutritional facts (per serving):**  
291 calories, 11g fat (34% of calories from fat), 1.2g saturated fat (4% of calories from saturated fat), 0mg cholesterol, 118mg sodium, 11g dietary fiber, 9g protein and 39g carbohydrate.

prep

15

cook

0

ready in

15





## QUINOA MINT SALAD WITH ALMONDS AND CRANBERRIES

*Submitted by: Chef Miriam Zamparelli – Executive Chef, Weill Cornell*

This delicious, refreshing and healthy salad can act as a main entrée or side dish. Garnish with mint for added flavor.

**Yield:** about 8 servings, ½ cup each

1 cup low sodium chicken broth  
 ½ cup dry quinoa, rinsed with fine mesh strainer  
 1 teaspoon olive oil  
 1/3 cup fresh mint, chopped  
 ¼ cup almonds, unsalted, roasted and chopped  
 3 tablespoons dried cranberries  
 2/3 cup fresh kale, chopped  
 1/3 cup fresh carrots, shredded  
 1/3 cup fresh celery, sliced  
 2 tablespoons fresh scallions, sliced  
 1 ½ cups fresh grape tomatoes, halved  
 4 teaspoons lemon juice  
 ½ teaspoon lemon zest  
 1/8 teaspoon salt  
 ½ teaspoon black pepper

prep

45

cook

15

ready in

60

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.
3. Simmer for 13 minutes or until quinoa is tender and all the stock is absorbed.
4. Stir in olive oil and fluff with a fork. Cool for 15 minutes.
5. Transfer quinoa to a large mixing bowl; add remaining ingredients. Enjoy!

**Nutritional facts (per serving):** 106 calories, 4g fat (34% of calories from fat), 0.4g saturated fat (3% of calories from saturated fat), 0mg cholesterol, 58mg sodium, 2.3g dietary fiber, 4g protein and 13.5g carbohydrate.



## ZESTY BLACK BEAN CORN SALAD

*Submitted by: Jackie Topol, MS, RD, CDN – Clinical Dietitian, Weill Cornell*

Serve this zesty salad alongside chicken or fish, or have as a snack with crackers or chips!  
This salad is packed with both fiber and protein.

**Yield:** 6 servings, about 1 cup each

1 can (15 ounce) low sodium  
black beans, rinsed and drained  
1 can (15 ounce) corn  
½ cup red onion, chopped  
1 fresh plum tomato, chopped  
2 limes, juiced  
2 tablespoons olive oil  
¼ cup cilantro, chopped  
¼ teaspoon salt  
1-2 teaspoons hot sauce or finely  
minced jalapeno (optional, for  
added heat)\*  
1 cubed avocado (optional, for  
extra healthy fat and fiber)\*

Mix all ingredients in a large bowl  
and refrigerate before serving.

**Nutritional facts (per serving):** 155 calories,  
5g fat (29% of calories from fat), 0.7g  
saturated fat (4% of calories from saturated  
fat), 0mg cholesterol, 250mg sodium, 5g  
dietary fiber, 4.5g protein and 23g  
carbohydrate.

\*Nutrient analysis does not include  
optional ingredients.

prep

10

cook

0

ready in

10





## TRADITIONAL GREEK SALAD (HORIATIKI SALATA)

*Submitted by: Georgia Giannopoulos, RD, CDN, CNSC – Senior Dietitian, Weill Cornell*

Growing up, this salad was always a staple at my family meals. We made this salad using homegrown tomatoes, cucumbers, and oregano with olive oil that was sent with love by family in Greece. This recipe is one of my favorites because it's so simple, yet so delicious. You can easily experiment with the ingredients and tweak them to your liking.

**Yield:** 4 servings

2 fresh medium tomatoes  
¼ fresh white onion, peeled  
1 fresh medium cucumber  
1 tablespoon olive oil  
½ tablespoon red wine vinegar  
¼ - ½ teaspoon dried oregano  
4 medium slices Italian bread  
Feta cheese (optional)\*

1. Wash and dry the tomatoes and cucumbers. Cube tomatoes. Peel and cube cucumber.
2. Slice ¼ onion into thin slices. May wrap and refrigerate remaining onion for use at a later time (like for tomorrow's Greek salad).
3. Put tomatoes, cucumbers, and onion in a bowl. If adding feta, now place on top of other ingredients. Pour olive oil and vinegar. Sprinkle on top with oregano.
4. Serve with Italian bread and enjoy!

**Nutritional facts (per serving):** 114 calories, 4.2g fat (33% of calories from fat), 0.7g saturated fat (5.5% of calories from saturated fat), 0mg cholesterol, 120mg sodium, 2g dietary fiber, 3g protein and 16g carbohydrate.

\*Use a small amount for fewer calories, fat, and sodium, or use a larger amount to add calories, protein, and calcium; if buying un-crumbled feta in a cube, many prefer to serve the salad with the cubed feta allowing guests to cut or crumble it with the fork at the table; this is one way to tell the quality of the feta being served when dining out (pre-crumbled feta tends to be of lower quality).

\*\*Nutrition facts do not include feta cheese.

prep

10

cook

0

ready in

10



# ENTRÉES



## SENSATIONAL STUFFED PEPPERS

*Submitted by: Mary O'Hara, MS, RD, CDN, CDE – Senior Clinical Nutritionist, Columbia*

One serving of this lean, tasty stuffed bell pepper entrée is high in Vitamin C, calcium, potassium, copper and selenium, not to mention rich in phytonutrients. This dish also contains a whopping 10 grams of fiber. A diet high in fiber can help maintain health by combating illness and encouraging bowel regularity.

**Yield:** 2 servings

½ cup brown or black rice, dry  
 2 whole cardamom pods\*  
 1 teaspoon canola oil  
 2 garlic cloves, minced  
 ½ cup white onion, minced  
 ½ teaspoon ground black pepper  
 ½ teaspoon ground cumin  
 ¼ teaspoon salt  
 ¾ fresh medium lemon, juiced  
 ¼ pound lean ground turkey  
 2 cups cremini, baby bella or shiitake mushrooms, washed, dried, and diced  
 ½ teaspoon dried thyme  
 2 whole medium bell peppers, washed, cored, seeds removed  
 ½ ounce sharp cheddar cheese, finely chopped

1. Rinse rice with water, drain, and place in a medium pot with cooking water (enough to cook per instructions on package). Optional: add cardamom pods or other herbs/spice to cooking water. Cook rice until done, about 40-50 minutes or per package.

2. Preheat oven to 350 degrees F.

3. Add canola oil to a frying pan and heat about 1 minute. Add garlic and onion, then black pepper, cumin and salt; cook about 3-5 minutes or until translucent, stirring frequently. Add lemon juice. Cook for 1 minute. Add turkey and cook for 10 minutes. Add mushrooms and thyme; cook until turkey is lightly browned, about 5-10 more minutes.

4. When rice is done, add to turkey mixture.

5. Stand cored bell peppers upright in an oven-safe dish that is approximately 2-3 inches deep. With a spoon, stuff each pepper ½-way with turkey mixture; then add chopped cheddar cheese to each. Finish filling the peppers with the turkey mixture. Cover the dish and peppers with aluminum foil. Place dish in oven and heat for ½ hour.

6. Allow peppers to cool for about 5 minutes. Enjoy!

**Nutritional facts (per serving):** 414 calories, 11.3g fat (25% of calories from fat), 3.4g saturated fat (7% of calories from saturated fat), 47mg cholesterol, 386mg sodium, 6.7g dietary fiber, 21g protein and 57g carbohydrate.

\*Optional – may substitute another herb or spice to flavor the water.

prep

15

cook

90

ready in

105



## ALISSA'S A-TO-Z SALMON SPECIAL

*Submitted by: Alissa Lupu, RD, CDN, CNSC – Outpatient Dietitian, Weill Cornell Ambulatory Care Network*

Almond Crusted Salmon, Steamed Broccoli on a Bed of Brown Rice...a complete meal, delicious and nutritious.

**Yield:** 4 servings

Salmon:

½ cup unsalted, roasted almonds,  
coarsely chopped  
1 tablespoon fresh dill, chopped  
(may substitute 1 teaspoon dried dill)  
2 teaspoons olive oil  
1 ½ pounds of salmon,  
cut into 4 portions  
4 teaspoons stone ground mustard  
Juice from 1 whole Meyer lemon  
Pepper to taste

Broccoli:

6 cups broccoli florets  
Juice from ½ lemon  
Pepper to taste

Brown Rice:

1 ¾ cup water  
1 cup instant brown rice, dry

Salmon:

1. Preheat oven to 400 degrees F.
2. Coat a rimmed baking sheet with cooking spray.
3. Combine lemon juice, almonds, dill, olive oil and pepper in a small bowl.
4. Place fish on the prepared baking sheet and spread 1 teaspoon mustard on each portion (can use more as needed to lightly cover fish).
5. Divide the almond mixture among the portions and press into the mustard.
6. Bake the fish until inside is opaque and flakes easily with a fork, about 15-25 minutes depending on thickness.

Broccoli:

1. Place broccoli florets in a steaming basket over boiling water. Cover and steam for 3 minutes.
2. Partially uncover and cook for an additional 8-10 minutes or until the stems are tender.
3. Remove and season with salt, pepper, and lemon juice.

Brown Rice:

1. Prepare instant brown rice according to package directions or combine rice and water in saucepan and bring to a boil.
2. Reduce heat to medium-low to medium and cover. Simmer for 10-12 minutes or until water is absorbed. Fluff with a fork and serve.

Nutritional facts (per serving): 556 calories, 20.5g fat (33% of calories from fat), 2.7g saturated fat (4% of calories from saturated fat), 78mg cholesterol, 224mg sodium, 6.8g dietary fiber, 45g protein and 48g carbohydrate.

prep

cook

ready in

15

20

35

## MUSHROOM, KALE AND THREE CHEESE FILLED TORTILLAS

*Submitted by: Kathleen Ryan, RD, CSO, CDN – Senior Dietitian, Westchester Division*

This twist on a traditional style quesadilla can be a fun and different way to add variety into dinner meals. The vegetable ingredients in this dish can be substituted with seasonal vegetables or vegetables of personal preference. Consuming vegetables of a variety of colors provides the body with a variety of nutrients.

**Yield:** 4 servings

1 teaspoon canola oil  
 ½ cup raw white onion, diced  
 1 garlic clove, minced  
 2 cups baby bella mushrooms, halved then sliced  
 2 cups kale, stems removed, then chopped into ½ inch strips  
 ¾ cup part-skim ricotta cheese  
 ¾ cup fat free mozzarella cheese  
 1 ½ tablespoons parmesan cheese, grated  
 2 tablespoons liquid egg whites  
 ¼ teaspoon dried basil  
 ¼ teaspoon dried oregano  
 1/8 teaspoon ground black pepper  
 1/8 teaspoon red pepper flakes (optional)  
 8 whole 6" corn tortillas  
 2 cups low sodium tomato sauce

prep

20

cook

50

ready in

70

1. Heat canola oil on a 10 or 12 inch non-stick sauté pan over medium heat. When oil is hot, add onions and sauté for about 5 minutes.
2. Add garlic and mushrooms to pan and continue to sauté for about 5 minutes.
3. Add kale to pan and sauté until wilted and all ingredients are well incorporated, about 3-5 minutes.
4. Set pan of vegetables to the side to cool, 5-10 minutes. Pre-heat oven to 350 degrees F.
5. In a medium mixing bowl, add ricotta, mozzarella and parmesan cheese, egg whites, oregano, basil, black pepper and red pepper together and mix.
6. Add the sautéed vegetables to the cheese mixture and stir until well incorporated.
7. Lay 4 corn tortillas on a parchment paper lined baking sheet. Place about 3 rounded tablespoons of vegetable and cheese mixture in the center of each tortilla and spread the mixture evenly, leaving about 2/3 of an inch from the edge of the tortilla. Then place a tortilla on top of each mixture and press lightly so it sticks to the top.
8. Place sheet pan with filled tortillas in oven and bake for 15 minutes. Flip tortillas over and continue to cook in the oven for additional 15-20 minutes or until the edges are brown and center is 160 degrees F.
9. Heat the tomato sauce in 1 quart sauce pan, stirring occasionally, over low-medium heat for about 10 minutes or until 165 degrees F.
10. When tortillas are fully cooked, allow them to cool for 3-5 minutes.
11. Cut tortillas into 4 on a cutting board. Plate and serve with about 1/3-1/2 cup of tomato sauce (on the side for dipping).

**Nutritional facts (per serving):** 345 calories, 7.7g fat (20% of calories from fat), 2.8g saturated fat (7% of calories from saturated fat), 20mg cholesterol, 357mg sodium, 4g dietary fiber, 20g protein and 49g carbohydrate.



## HOLLY'S FAMILY TORTELLINI PASTA SALAD

*Submitted by: Holly Warfel, MS, RD, CDE – Outpatient Dietitian, Weill Cornell Ambulatory Care Network*

Growing up in an Italian family, pasta was a main ingredient for most meals. Enjoy Mom's favorite pasta salad ...with a healthy twist!

**Yield:** 4 servings

12 ounces whole wheat tortellini  
1 cup medium black olives, rinsed,  
drained and sliced  
1 ½ cups roasted red peppers, sliced  
¼ cup scallions, chopped  
(green part only)  
¾ cup unsalted artichoke hearts,  
chopped  
1 pound boneless, skinless chicken  
breast  
1/3 cup extra virgin olive oil  
¼ cup red wine vinegar  
2 tablespoons low sodium  
Dijon mustard  
1 teaspoon garlic powder  
2 teaspoons dried oregano

1. Cook chicken breasts in sauté pan on medium-high heat with 1 tablespoon olive oil for about 5 minutes on each side or until chicken reaches 165 degrees F.
2. Remove chicken; slice into bite-size pieces, and set aside to cool.
3. Chop peppers, olives, scallions, and artichoke hearts – set aside with chicken.
4. For the vinaigrette: Combine Dijon mustard, vinegar, garlic powder and oregano. Slowly add olive oil, mixing continuously until well incorporated.
5. Boil water in large pot; add tortellini, cook for 10 minutes.
6. Strain tortellini; let cool 10 minutes.
7. Add to bowl with chicken, peppers, olives, scallions and artichokes.
8. Lightly toss with vinaigrette dressing.
9. Serve with a salad of mixed greens and enjoy!

Nutritional facts (per serving): 421 calories, 15.7g fat (34% of calories from fat), 2.9g saturated fat (6% of calories from saturated fat), 65mg cholesterol, 386mg sodium, 12g dietary fiber, 30g protein and 40g carbohydrate.

prep

cook

ready in

15

25

40



## ALEX'S EXTRAORDINARY PUMPKIN QUINOA RISOTTO

*Submitted by: Alexandra Weinstein, RD, CDN – Outpatient Dietitian, Weill Cornell Ambulatory Care Network*

A quick and easy, high protein, high fiber quinoa based risotto; with delicious and nutritious pumpkin to give the dish a fall flavor.

**Yield:** 2 servings

2 ½ cups raw pumpkin  
1 tablespoon grape seed oil  
1 ¼ cup low sodium vegetable broth  
½ cup dry quinoa, rinsed with fine mesh strainer  
1/8 cup grated parmesan cheese  
Dash of salt  
Pepper to taste

1. Preheat oven to 425 degrees F.
2. In a mixing bowl, mix cut pumpkin with grape seed oil, and season with salt and pepper. May experiment with other spices/seasonings such as cinnamon, as desired.
3. Transfer pumpkin to baking sheet and roast for 25 minutes. While cooking, stir/flip to promote even cooking.
4. Once pumpkin is in the oven, combine quinoa and vegetable broth in a sauce pan at high heat. Bring to a boil. Once boiling, cover, reduce heat, and simmer for 15 minutes until quinoa is soft and water is absorbed. Maintain at lowest heat.
5. Remove pumpkin from oven once it is soft, place into a bowl and mash until soft, pureed.
6. Add pumpkin to the quinoa and stir.
7. Add parmesan cheese and continue to stir to combine.
8. Serve immediately with additional sprinkle of parmesan on each serving.

Nutritional facts (per serving): 291 calories, 11g fat (34% of calories from fat), 2g saturated fat (6% of calories from saturated fat), 4.5mg cholesterol, 240mg sodium, 4.3g dietary fiber, 9g protein and 39g carbohydrate.

prep

10

cook

30

ready in

40





## CIOPPINO OVER PASTA

*Submitted by: Chef Prashant Josse – Executive Chef, Westchester Division*

Developed by Italian immigrant fishermen from California in the late 1800s, the name comes from “ciuppin”, a word in the Ligurian dialect spoken in Genoa, Italy. It means “to chop” or “chopped”, which describes the process of making the stew by chopping up the various leftovers of the day’s catch. Similar dishes can be found in the coastal regions throughout the Mediterranean. You could substitute the recipe with any seafood that is available to you.

**Yield:** 4 servings

2/3 cup onion, diced  
2 tablespoons fresh garlic, chopped  
2/3 cup fresh leeks, sliced  
¼ cup extra virgin olive oil  
2/3 cup fresh basil, chopped  
¼ cup fresh parsley, chopped  
¼ cup fresh chives, chopped (garnish)  
2 cups canned, crushed tomatoes  
1 cup low sodium chicken broth  
1 cup water  
1 package whole wheat pasta  
8 raw, jumbo shrimp  
4 raw, large scallops  
8 raw, large mussels  
4 raw clams  
8 oz. raw Pacific cod fillet

prep

8

cook

12

ready in

20

1. Bring a pot of water to a boil, add pasta and cook until al dente.
2. While pasta is cooking, heat oil in pan; add onions and sauté for 1 minute. Add garlic and leeks, sauté about 5 minutes or until translucent. Add clams and sauté for about 15 seconds; add shrimp, scallops, basil and parsley and sauté for additional 15 seconds.
3. Add crushed tomatoes and bring to a simmer. Cover pan and cook on low heat for 5 minutes.
4. Check the clams to see if they have opened. If opened, add mussels and cook for another 2 minutes.
5. Meanwhile, bring a pot of water to a boil; add pasta and cook until al dente.
6. Serve cioppino over pasta and garnish with chives.

Nutritional facts (per serving): 485 calories, 17g fat (32% of calories from fat), 2.6g saturated fat (5% of calories from saturated fat), 65mg cholesterol, 746mg sodium, 8.7g dietary fiber, 31g protein and 52g carbohydrate.



## PAN SEARED STRIPED BASS WITH ASIAN DILL SLAW

*Submitted by: Chef Ross Posmentier – Amenities Unit Executive Chef, Weill Cornell*

Pair this delicious striped bass recipe with the slaw and a dill garnish for a tasty and eye-catching meal.

**Yield:** 4 servings

Asian Slaw:

- ½ cup rice vinegar
- ¼ teaspoon sea salt
- 2 ½ tablespoons Mirin  
(sweet rice wine)\*
- 2 cups Napa cabbage, shredded or  
thinly sliced
- 1 cup carrot, shredded or thinly sliced
- 1 cup fennel, shredded or thinly sliced
- 2 teaspoons black sesame seeds
- 4 teaspoons fresh dill, finely chopped

Bass:

- 4 (5 ounce) striped bass fillets, boneless
- 4 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon all-purpose flour
- 1/8 teaspoon black pepper
- 1/8 teaspoon sea salt
- ¼ cup low sodium vegetable broth
- 2 teaspoons fresh dill, finely chopped

prep

25

cook

15

ready in

40

Asian Slaw:

1. Combine rice vinegar, sea salt and Mirin in a large mixing bowl. Stir or whisk to dissolve the salt.
2. Add cabbage, carrots and fennel to the vinegar mixture and mix thoroughly. Sprinkle sesame seeds and fresh dill on top of the slaw and set aside.

Bass:

1. Dry bass fillets with a clean paper towel, season with salt and pepper, lightly coat flesh side of fillets with flour and set aside.
2. Place a large skillet or sauté pan over medium to high heat for 30 seconds to 1 minute and add oil to the pan.
3. Sear fillets skin-side first for 2-3 minutes, then turn fillets over and sear another 1-2 minutes. Remove fillets from pan and set aside.
4. Add lemon juice and vegetable broth to pan and bring to boil. Add dill and fillets to pan, cook over medium heat for 1 minute. Remove pan from heat for 5 minutes, allowing fish to rest.
5. Arrange slaw in the middle of a plate with fillet on top, place sauce around the sides and garnish with dill.

**Nutritional facts (per serving):** 219 calories, 7g fat (29% of calories from fat), 1.2g saturated fat (5% of calories from saturated fat), 58mg cholesterol, 325mg sodium, 2.2g dietary fiber, 28g protein and 11g carbohydrate.

\*Can be found in well-stocked supermarkets or Asian markets.





## MOROCCAN CHICKEN WITH CHICKPEA AND LENTIL STEW

*Submitted by: Chef Prashant Josse – Executive Chef, Westchester Division*

This dish is from the Northwest region of Africa, west of Egypt. It is delicious and simple to prepare. I have simplified the recipe by cooking the chicken and the chickpea and lentils separately and then adding the chicken on top; this allows for a better presentation.

Leftover Chickpea and Lentil stew can be used as a delicious “dip” the following day. Blend in a food processor and serve with grilled pita triangles to make it a great healthy snack. The leftover chicken can be sliced/diced and mixed with a little plain yogurt along with some fresh cucumber and tomatoes to make a Middle Eastern Chicken that can be served over salad greens.



marinate

240

prep

15

cook

15

ready in

30



**Yield:** 4 servings

#### Moroccan Chicken:

4 (6 ounce) chicken breasts,  
boneless, skinless  
½ teaspoon ground ginger  
¼ teaspoon ground turmeric  
¼ teaspoon ground cinnamon  
¼ teaspoon ground nutmeg  
2 teaspoons lemon juice  
¼ teaspoon ground black pepper  
2 tablespoons extra virgin olive oil

#### Chickpea and Lentil Stew:

2 tablespoons extra virgin olive oil  
¼ cup onion, diced  
¼ cup celery, diced  
½ teaspoon ground ginger  
1/8 teaspoon ground turmeric  
1/8 teaspoon ground cinnamon  
1/8 teaspoon ground nutmeg  
1/8 teaspoon ground black pepper  
1 ½ cup green lentils, canned, low  
sodium, drained and rinsed  
½ cup kidney beans, canned,  
low sodium, drained and rinsed  
1 cup low sodium canned chickpeas,  
drained and rinsed  
1 cup low sodium chicken stock  
½ cup canned diced tomatoes  
1/3 cup fresh cilantro, chopped  
1 lemon, juiced  
1 tablespoon lemon zest

#### Moroccan Chicken:

1. In a large bowl, marinate the chicken breasts with all of the ingredients. Cover bowl and refrigerate for at least 4 hours.
2. When chicken is done marinating, preheat oven to 375 degrees F. In a skillet, on medium-high heat, add marinated chicken breasts and pan sear for 2 minutes on each side.
3. Transfer chicken to a baking dish and place in oven for about 6-8 minutes or until internal temperature reaches 165 degrees F. Serve over chickpea and lentil stew.

#### Chickpea and Lentil Stew:

1. In a large saucepot, on medium-high heat, heat oil in a pan. Add onions and celery and cook until softened.
2. Add ginger, turmeric, cinnamon, nutmeg and black pepper and cook stirring constantly for about 1 minute.
3. Stir in lentils, kidney beans and chickpeas and continue to cook for about 2 minutes.
4. Pour in chicken stock, bring to a boil and simmer uncovered for 5 minutes. Add diced tomatoes and reduce.
5. Add chopped cilantro, lemon juice and lemon zest and cook for another 5 minutes.
6. Garnish with a sprig of cilantro. Serve hot with the pan seared chicken breast.

**Nutritional facts (per serving):** 493 calories, 18.8g total fat (34% calories from fat), 2.9g saturated fat (5.3% calories from saturated fat), 351mg sodium, 77mg cholesterol, 40g protein, 13.5g dietary fiber, 41g carbohydrate.





## OLE DOC DOYLE'S PEAR, PECAN AND RAISIN CHAROSES

*Submitted by: Chef Bill Doyle, CEC – Executive Chef, The Allen Hospital*

Charoses/Charoseth are normally made with finely chopped apples, raisins, walnuts, honey, lemon juice, cinnamon, kosher red wine and ginger. The ingredients in this award-winning Seder dish are changed slightly to include Bartlett pears, pecans, dried apricots and golden raisins while still flavoring it with the usual suspects. The texture is more like salsa making it much chunkier than the traditional version. Enjoy!

**Yield:** 6 servings, 2/3 cup each

6 fresh medium Bartlett pears,  
peeled, cored, diced 3/8 inch thick  
24 dried apricots, diced 3/8 inch  
thick  
3/4 cup golden raisins  
4 1/2 tablespoons honey  
3 teaspoons lemon juice  
1 1/2 teaspoons ground cinnamon  
3 ounces Kosher sweet red wine  
(may substitute grape juice)  
1 cup pecans, chopped  
1 teaspoon fresh ginger, grated

1. Combine all ingredients in large mixing bowl and adjust seasoning as needed.

2. Refrigerate at least 1 hour before serving.

**Nutritional facts (per serving):** 444 calories, 13.4g fat (27% of calories from fat), 1.2g saturated fat (2% of calories from saturated fat), 0 mg cholesterol, 9mg sodium, 10g dietary fiber, 3.8g protein and 77g carbohydrate.

prep

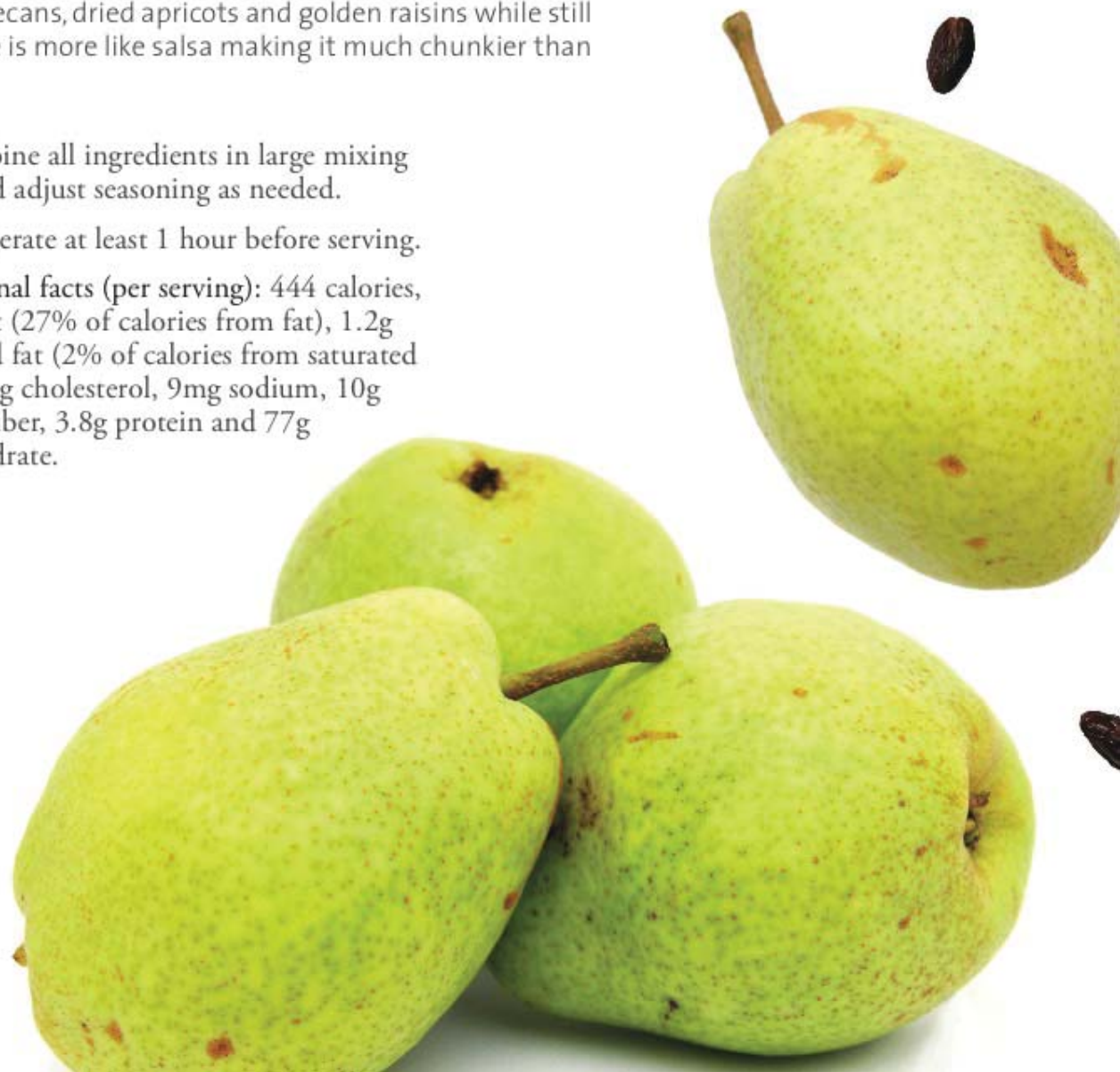
10

refrigerate

60

ready in

70



## THREE ALARM TEMPEH

*Submitted by: Mary O'Hara, MS, RD, CDN, CDE – Senior Clinical Nutritionist, Columbia*

Here is a unique vegetarian dish, perhaps unfamiliar to some. This spirited version of tempeh is hot and spicy though responsive to toning down to taste. The dish, full of anti-oxidants is a protein-rich meat alternative and easy on the budget.

Originally from Asian cuisine, tempeh is a fermented food, derived from soybeans. It is cholesterol-free and low in fat. On its own, tempeh is mild in taste, though it readily absorbs flavors. Bring it to life with your favorite herbs and spices. You can find it in most health food markets and some supermarkets with vegetarian options.

**Yield:** 2 servings

2 teaspoons Sambal Oelek\*  
(A spicy chili paste; you can add less and substitute with black pepper)  
2 tablespoons Mirin (sweet rice wine)\*  
1 pinch of salt  
2 teaspoons chili powder  
8 ounces Tempeh, not marinated  
3 teaspoons canola oil  
1 cup fresh scallions, chopped  
1 cup fresh tomatoes, diced or 1 cup  
canned diced tomatoes with no salt  
added  
¾ whole red bell pepper, sliced  
lengthwise to ¼ inch  
1/3 cup roasted, unsalted cashews,  
chopped  
1 cup brown rice, cooked

1. Whisk together Sambal Oelek, Mirin, salt and chili powder.
2. Remove the tempeh from package; slice it in half widthwise, then again lengthwise.
3. Cover tempeh with Sambal Oelek mixture in a bowl, and marinate in the refrigerator for at least one hour.
4. Once marinated, heat the canola oil over medium to high heat in a frying pan, add scallions; cook for 2-3 minutes. Add sliced tempeh, and brown each side 3-5 minutes.
5. Add diced tomatoes, turn heat down to low and simmer for 10 minutes. Add sliced peppers and cashews. Cover pan and simmer for 5-10 minutes.
6. Serve over brown rice. Enjoy!

Nutritional facts (per serving): 620 calories, 24g fat (35% of calories from fat), 3.6g saturated fat (5% of calories from saturated fat), 0mg cholesterol, 154mg sodium, 17g dietary fiber, 26g protein and 75g carbohydrate.

\*Can be found in well-stocked supermarkets or Asian markets.

prep

80

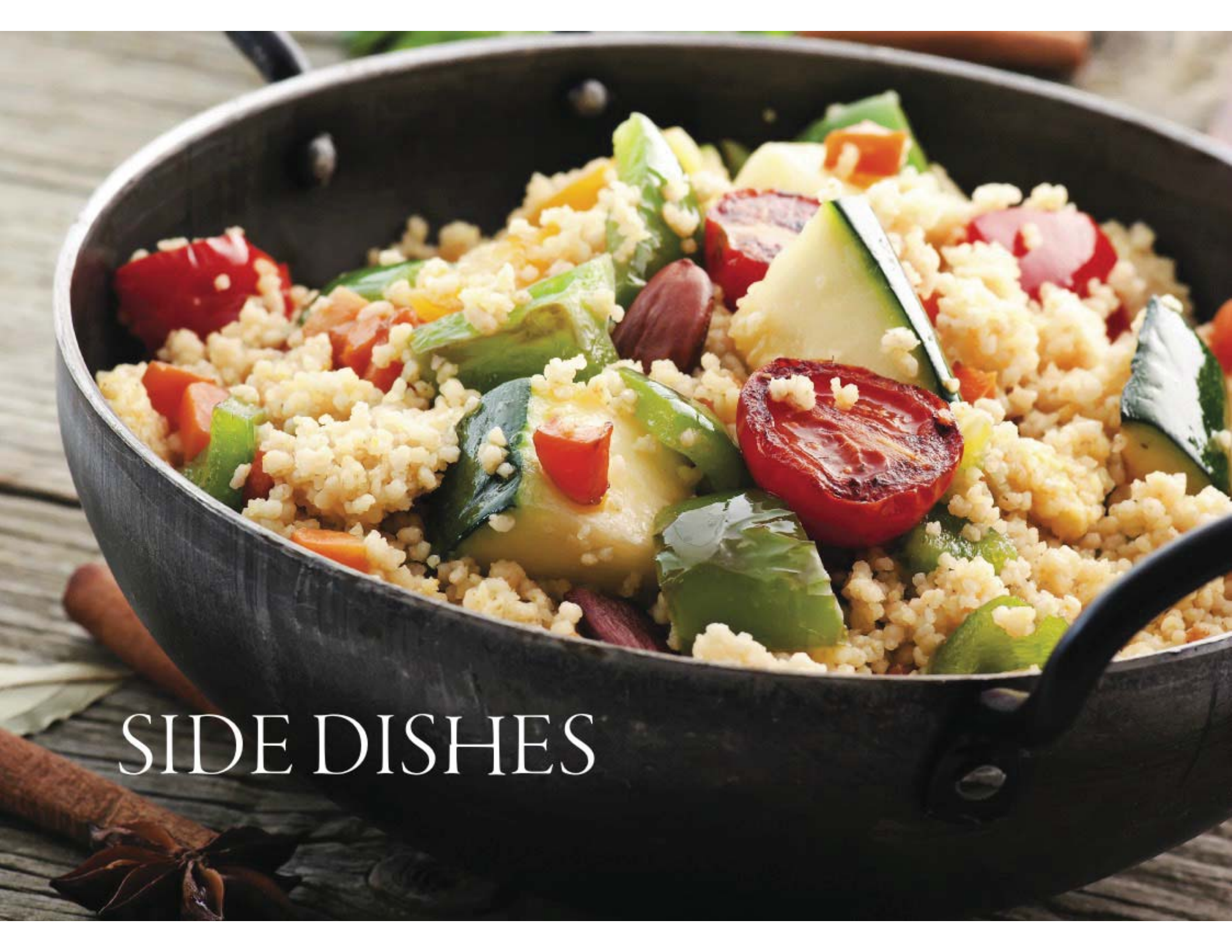
cook

35

ready in

105





# SIDE DISHES

## MEDITERRANEAN COUSCOUS

*Submitted by: Jackie Topol, MS, RD, CDN – Clinical Dietitian, Weill Cornell*

This dish contains plenty of fiber from the vegetables and whole wheat couscous as well as antioxidants from the vegetables. Fiber helps with digestion, can help lower cholesterol and can control blood sugar levels. Antioxidants can improve our immune system and help prevent cancer and neurological diseases. By using a small amount of feta and olives in combination with tangy vinegar and aromatic dried sage, we were able to boost the flavor without adding salt, making this a low sodium recipe. Following a low sodium diet can help prevent hypertension and stroke, and is essential to overall good health. The olive oil in the dish also provides a heart-healthy fat.

**Yield:** 6 servings, 1 cup each

2 ¼ cups low sodium vegetable broth  
1 ½ cups whole wheat couscous  
2 tablespoons pine nuts  
½ cup hot water  
1/3 cup sundried tomatoes, chopped  
1 tablespoon olive oil  
1 garlic clove, minced  
6 cups fresh baby spinach  
¼ cup Kalamata olives,  
pitted and chopped  
1 teaspoon dried sage  
1 cup canned chickpeas,  
rinsed and drained  
¼ cup red wine vinegar  
1/3 cup reduced-fat feta cheese,  
crumbled

1. Pour vegetable broth into a medium size pot and bring to a boil. Add couscous and stir continuously for about 5 minutes until broth is completely absorbed. Transfer cooked couscous to a large bowl.
2. Heat a skillet over medium-high heat, place the pine nuts in the pan, and toast until lightly brown. Set the pine nuts aside.
3. Place the chopped sundried tomatoes in small bowl and pour hot water on top. This will help them plump up and soften. Let sit for 10 minutes, then drain. While the sundried tomatoes are soaking, move on to the other steps of the recipe.
4. Heat the olive oil in the skillet and sauté the garlic for 2 minutes, making sure it does not burn. Add the spinach and sauté for another 2 minutes until the spinach is slightly wilted.
5. Add pine nuts, drained sundried tomatoes, cooked spinach, chopped olives, dried sage, chickpeas and vinegar to the couscous. Mix well and top with the crumbled feta just before serving.

**Nutritional facts (per serving):** 302 calories, 8.2g fat (24% of calories from fat), 1.4g saturated fat (4% of calories from saturated fat), 89mg cholesterol, 472mg sodium, 13g dietary fiber, 10g protein and 47g carbohydrate.

prep

cook

ready in

20

25

45



## COLLARDS À LA WARMACK

*Submitted by: Bailey Warmack, RD, CDN – Manager, Clinical Nutrition Services, Lower Manhattan*

Simmered collard greens with a kick! Collard Greens are a delicious side dish that provides fiber and multiple vitamins and minerals. For those who like to kick up the spice, add a couple drops of your favorite hot sauce before eating!

**Yield:** 8 servings, ½ cup each

4 pounds fresh collard greens,  
de-stem and tear into pieces  
before cooking  
1 cup water  
2 tablespoons white vinegar  
(may add more to taste)  
2 teaspoons sugar  
1 teaspoon red pepper flakes  
(may add more to taste)  
2 strips turkey bacon  
½ cup yellow onion, chopped  
1 tablespoon fresh garlic, minced  
1 tablespoon olive oil  
Ground black pepper to taste

1. Heat large soup pot over medium heat and add oil.
2. Sauté onion and minced garlic with olive oil until onion is slightly translucent. Add turkey bacon and sauté.
3. Add water and let ingredients boil for 5 minutes.
4. Slowly add in collard greens in batches and let simmer, stirring occasionally to allow all leaves to start to wilt, about 20 minutes.
5. Add in vinegar, sugar, and red pepper flakes. Stir.
6. Simmer for another 20-25 minutes or until all leaves are wilted and tender.
7. Remove bacon pieces and discard.
8. Serve and enjoy!

Nutritional facts (per serving): 125 calories, 4g fat (29% of calories from fat), 0.7g saturated fat (5% of calories from saturated fat), 6mg cholesterol, 133mg sodium, 8g dietary fiber, 6.8g protein and 15.5g carbohydrate.

prep

10

cook

50

ready in

60

## MARY'S FAMOUS ROASTED OKRA

*Submitted by: Mary Montgomery, RD, MS, CDN – Outpatient Dietitian, Weill Cornell Ambulatory Care Network*

Often neglected, okra does well roasted, fried or in stews. It is a pod, green or red in color and a great source of fiber, minerals and vitamins. Remember to fill half your plate with fruits and vegetables.

**Yield:** 4 servings

1 pound fresh okra, green  
and/or red pods  
1 spray non-stick cooking spray  
¼ teaspoon salt  
Dash of paprika (optional)

1. Wash okra, drain, and trim tops. Spray okra with cooking spray, making sure to evenly coat.
2. Put on cookie sheet and roast under broiler for about 20 minutes, stirring periodically until tender.
3. Sprinkle with paprika before serving, if desired. This can also be roasted on the grill.

Nutritional facts (per serving): 42 calories, 0.12g fat (3% of calories from fat), 0.03g saturated fat (0.06% of calories from saturated fat), 0mg cholesterol, 154mg sodium, 3.6g dietary fiber, 2.3g protein and 8g carbohydrate.

prep

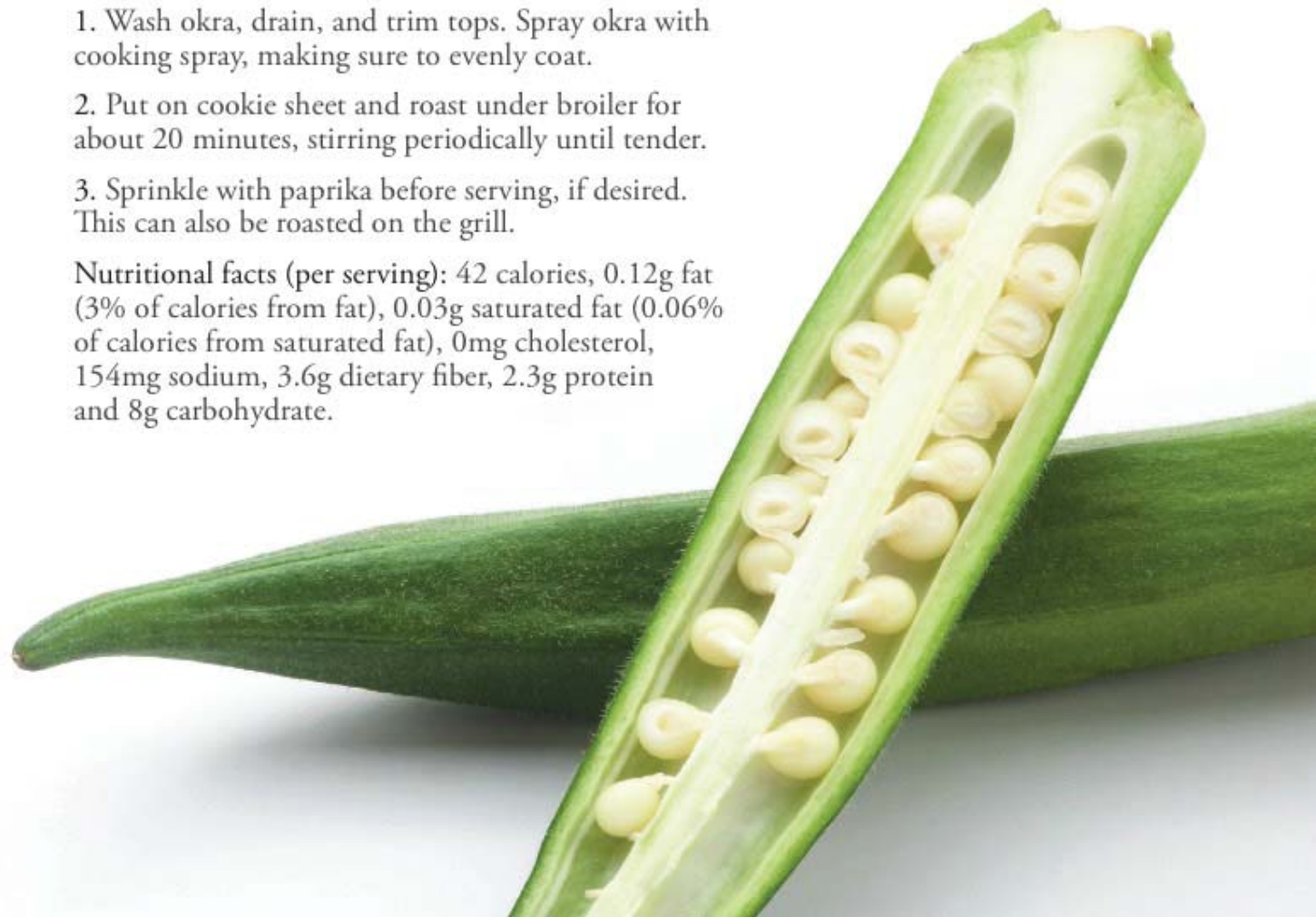
5

cook

20

ready in

25







## DEBRA'S RED CABBAGE À LA GRANDMA

*Submitted by: Debra Katz-Feigenbaum, MPH, RD – Manager, Ambulatory Nutrition, Weill Cornell*

Quick and easy; serve hot or cold; adds flavor and color as an accompaniment to any meat, dairy or veggie meal.

**Yield:** 8 servings, about 1 cup each

1 medium fresh red cabbage  
4 tablespoons white, granulated sugar  
½ teaspoon table salt  
½ cup white vinegar  
4 tablespoons canola oil  
3 Granny Smith apples  
Juice from ½ fresh lemon  
Pepper to taste

1. Slice cabbage finely by hand or by using the thin slicer blade of a food processor. Place in pot without any liquid and add sugar, salt and vinegar; stir and allow to stand for 30 minutes. Add oil.

2. Peel and core apples, cut into eighths, and place on top of cabbage. Cover and simmer over low heat on stove.

3. When cabbage starts to shrink, add salt, pepper to taste and lemon juice. Stir and simmer for 30 minutes. Serve hot or cold.

Nutritional facts (per serving): 183 calories, 7.3g fat (35% of calories from fat), 0.6g saturated fat (3% of calories from saturated fat), 31mg cholesterol, 158mg sodium, 6g dietary fiber, 4.3g protein and 25g carbohydrate.



prep

45

cook

30

ready in

75



## MEREDITH'S TURMERIC, ROASTED CAULIFLOWER AND QUINOA

*Submitted by: Meredith Liss, MA, RD, CDN, CDE – Clinical Dietitian, Weill Cornell Ambulatory Care Network*

Substitute starchy side dish with vegan, gluten-free, low in carbohydrate cauliflower! Add a pop of color with turmeric (vibrant yellow) for potential anti-inflammatory properties and a pleasing experience for both the eyes and the palate.

**Yield:** 4 servings

1 tablespoon olive oil  
1 tablespoon fresh ginger, grated  
1 teaspoon ground turmeric  
1 medium cauliflower head,  
cut into florets  
1 ½ cups quinoa, cooked

1. Preheat oven to 425 degrees F.
2. Whisk together oil, ginger and turmeric in a small bowl.
3. Pour flavored oil in the bottom of a deep, medium-sized baking dish. Place cauliflower in dish and toss with the flavored oil.
4. Roast 15 minutes or until lightly golden brown and just tender.
5. Stir in cooked quinoa with roasted turmeric cauliflower. Serve hot.

Nutritional facts (per serving): 159 calories, 4.8g fat (27% of calories from fat), 0.5g saturated fat (3% of calories from saturated fat), 0mg cholesterol, 50mg sodium, 5g dietary fiber, 6g protein and 23g carbohydrate.



prep

5

cook

25

ready in

30



## SHAYNE'S BLENDER SALSA

*Submitted by: Shayne Robinson, RD, CSO, CDN – Outpatient Dietitian,  
Weill Cornell Ambulatory Care Network*

Perfect part of any Mexican fiesta and/or healthy addition to serve with any dinner.

**Yield:** 15 servings, about ½ cup each

1 can (14.5 ounce) diced tomatoes  
1 can (28 ounce) whole or fire roasted tomatoes, drained  
1 tablespoon olive oil  
1 small red onion, finely chopped  
1 cup cilantro, finely chopped  
Juice from ½ fresh lime  
¼ teaspoon salt  
¼ teaspoon pepper  
15 baked tortilla chips, whole wheat, unsalted

1. Puree tomatoes in a blender with olive oil, then transfer to a mixing bowl. Add onion, cilantro and lime juice; mix.
2. Add salt and pepper. Serve chilled with baked tortilla chips.

**Nutritional facts (per serving):**  
43 calories, 1.4g fat (29% of calories from fat), 0.2g saturated fat (4% of calories from saturated fat), 0mg cholesterol, 195mg sodium, 2g dietary fiber, 1g protein and 6.6g carbohydrate.

prep

cook

ready in

15

0

15



## TOMATO OREGANATA

*Submitted by: Chef Miriam Zamparelli – Executive Chef, Weill Cornell*

This delicious and healthy dish can be served as an appetizer or used as an accompaniment to any meat, fish or poultry dish.

**Yield:** 4 servings, 1 tomato each

4 large ripe tomatoes  
1 tablespoon olive oil  
1/8 cup Romano cheese, grated  
1/2 cup fresh whole wheat bread crumbs  
2 fresh garlic cloves, minced  
2 sprigs fresh parsley, chopped  
1 teaspoon dried oregano  
1 pinch freshly ground white pepper

1. Preheat oven to 400 degrees F. Coat a shallow baking dish with cooking spray or olive oil.
2. Mix all of the ingredients except tomatoes and olive oil.
3. Wash tomatoes under cold running water. Core bottom of tomatoes and cut tomatoes in half. Place on baking dish.
4. Top tomatoes with equal parts of the bread crumb mixture. Drizzle olive oil over tomatoes.
5. Place in preheated oven for 20 minutes until cheese is lightly toasted.
6. Use as accompaniment to meats, fish or poultry.

Nutritional facts (per serving): 112 calories, 4g fat (32% of calories from fat), 1g saturated fat (1% of calories from saturated fat), 2mg cholesterol, 72mg sodium, 3g dietary fiber, 4g protein and 15g carbohydrate.

prep

20

cook

20

ready in

40



## APPLE AND SWEET POTATO STIR-FRY

*Submitted by: Michele Andrews, MPH, RD – Health and Wellbeing Nutrition Fellow*

Enjoy this delicious recipe in the fall or winter as a sweet side dish or dessert. For the freshest ingredients, I shop at my local farmers' market for the sweet potatoes, apples and ginger!

**Yield:** 5 servings, about 1 cup each

1 tablespoon olive oil  
4 cups fresh sweet potatoes,  
chopped  
½ cup water  
1 teaspoon fresh ginger, grated  
2 cups fresh apples, chopped  
(recommend Fuji, Gala or Honey  
Crisp apples)  
1 teaspoon ground cinnamon

1. Heat oil in large pan or wok over medium high heat.
2. Add sweet potatoes, cover pan with lid and cook for 5 minutes.
3. Add ½ cup water and ginger, cover and cook for additional 5 minutes, stirring frequently.
4. Add apples and cinnamon and cook for additional 10 minutes or until sweet potatoes are very tender. Serve immediately and enjoy!

Nutritional facts (per serving): 151 calories, 3g fat (18% of calories from fat), 0.4g saturated fat (2% of calories from saturated fat), 0mg cholesterol, 59mg sodium, 4.7g dietary fiber, 2g protein and 29g carbohydrate.

prep

5

cook

20

ready in

25



# DESSERTS





## PUMPKIN BREAD

*Submitted by: Alison Gerber, MS, RD, CNSC, CDN – Senior Clinical Nutritionist, Columbia*

When the leaves start changing colors and the air becomes crisp, what fall food do you crave? For me, it's pumpkin! Sure you can get your fill of pumpkin-flavored everything from your grocery store or bakery, but then you miss the fun of baking and filling your home with the luscious smell of pumpkin and spices. So treat yourself to this quintessential fall recipe which you can enjoy guilt-free.

**Yield:** 24 servings

(2 loaves, 12 slices per loaf)

2 cups canned pumpkin, unsalted  
2 cups all-purpose flour  
1 ½ cups whole wheat flour  
2 teaspoons baking soda  
2 cups granulated sugar  
4 large eggs  
½ cup canola oil  
½ cup applesauce  
1 ½ teaspoons salt  
2 teaspoons ground cinnamon  
2 teaspoons ground nutmeg  
½ teaspoon ground allspice  
2/3 cup tap water

1. Preheat oven to 350 degrees F.
2. In a large mixing bowl, mix flour, baking soda, salt, cinnamon, allspice, nutmeg and sugar.
3. Add eggs, water, oil, applesauce and pumpkin and stir until well incorporated.
4. Pour mixture into two lightly greased and floured 9"x 5" loaf pans.
5. Bake approximately 1 hour or until cake tester comes out clean.
6. Remove from oven and cool slightly, about 10 minutes.
7. Take bread out of pans and let cool on cooling rack.

Nutritional facts (per serving): 199 calories, 6g fat (27% of calories from fat), 0.7g saturated fat (3% of calories from saturated fat), 31mg cholesterol, 264mg sodium, 2g dietary fiber, 3.3g protein and 33g carbohydrate.

prep

20

cook

60

ready in

80



## ANNA MARIE'S HOLIDAY CARROT CAKE

*Submitted by: Louise Merriman, RD – Director, Clinical Nutrition*

A wholesome quick bread that was made by my grandmother. This recipe is a favorite of my mother's family especially during the holidays; the loaf can be sliced and toasted for breakfast or brunch and can also be served as a dessert.

**Yield:** 24 servings  
(2 loaves, 12 slices per loaf)

2 ½ cups flour  
½ cup ground flax seed  
1 cup granulated sugar  
1 teaspoon baking soda  
1 teaspoon salt  
2 teaspoons cinnamon  
¾ cup liquid egg substitute  
½ cup canola oil  
2 cups grated carrots  
1 ½ cups crushed pineapple  
in juice  
1 ½ teaspoons vanilla extract  
Non-stick cooking spray

1. Pre-heat oven to 350 degrees F.
2. Start with all ingredients at room temperature. Sift all dry ingredients together. Add liquid ingredients and grated carrots and mix until well incorporated.
3. Pour mixture into 2 loaf pans sprayed with non-stick cooking spray. Bake in oven for 60 minutes.
4. Let loaves cool in pans for 10 minutes before removing. Enjoy!

**Nutritional facts (per serving):** 155 calories, 6g fat (35% of calories from fat), 0.5g saturated fat (3% of calories from saturated fat), 2.5mg cholesterol, 170mg sodium, 2g dietary fiber, 3g protein and 22g carbohydrate.

prep

30

cook

60

ready in

90





## WHOLE WHEAT BANANA BREAD

*Submitted by: Melissa Flynn, RD, IBCLC, CDN – Senior Dietitian, Weill Cornell Ambulatory Care Network*

Banana bread, with a few adjustments to increase fiber and reduce sugar, is very versatile. Enjoy a slice in lieu of bread, alone as a dessert or spread with peanut butter, for a filling snack.

**Yield:** 12 servings  
(1 loaf, 12 slices per loaf)

1 ¼ cup ripe, mashed bananas  
1 whole large egg  
¼ cup applesauce  
½ cup sugar  
½ cup brown sugar  
2 ½ cups whole wheat flour  
1 tablespoon baking powder  
½ teaspoon salt  
Non-stick cooking spray

1. Preheat oven to 350 degrees F.
2. Grease a loaf pan using non-stick cooking spray.
3. In a medium bowl, mix together banana, egg, applesauce, sugar and brown sugar until well combined.
4. In a separate bowl, sift together flour, baking powder, and salt.
5. Add dry ingredients into wet, stirring until just combined. Pour batter into loaf pan.
6. Bake for 65-70 minutes, until a toothpick comes out clean when inserted into middle of bread.

Nutritional facts (per serving): 193 calories, 1g fat (5% of calories from fat), 0.3g saturated fat (1% of calories from saturated fat), 15.5mg cholesterol, 197mg sodium, 3g dietary fiber, 4g protein and 42g carbohydrate.

prep

10

cook

70

ready in

80





## APPLE CINNAMON OAT MUFFINS

*Submitted by: Gena Seraita, RD, CDN – Senior Dietitian, The Allen Hospital*

This low-fat/low-sugar recipe contains whole grain flour and oats to promote a heart healthy diet. Cinnamon and apples add extra nutrition and give these muffins a wonderful flavor.

**Yield:** Yield: 12 servings,  
1 muffin each

1 ¼ cup whole wheat flour  
1 cup all-purpose flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
1/8 teaspoon salt  
1 tablespoon ground cinnamon  
¾ cup applesauce  
¼ cup canola oil  
1 cup plain, nonfat Greek yogurt  
1 egg  
1 cup fresh apples, diced  
¼ cup rolled oats

prep

10

cook

20

ready in

30

1. Preheat oven to 375 degrees F. Line a 12-muffin tin with paper liners.
2. In a small bowl, sift together whole wheat flour, all-purpose flour, baking powder, baking soda, salt, and cinnamon. Stir to combine. Set aside.
3. In a large bowl, whisk together applesauce, canola oil, and yogurt. Add in egg and stir to evenly combine.
4. Gently fold flour mixture into applesauce mixture. Stir to evenly combine. Fold in apple pieces to evenly incorporate.
5. Using a 1/3 cup to measure, place batter into lined muffin tin. Top each muffin with 1 teaspoon of rolled oats. Place in oven.
6. Bake muffins for about 15-18 minutes or until golden brown and a tooth pick inserted into the center of a muffin comes out clean.
7. Allow to cool completely before enjoying.

**Nutritional facts (per serving):** 166 calories, 6g fat (33% of calories from fat), 0.6g saturated fat (3% of calories from saturated fat), 16.7mg cholesterol, 200mg sodium, 2.3g dietary fiber, 5g protein and 23g carbohydrate.



## NOTES

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## APPENDIX A *Nutritional Criteria*

### Per Meal

Calories:  
≤ 650 Calories for Wellness Meal

Sodium Target < 2,300 mg/day:  
Breakfast: ≤ 700 mg  
Lunch: ≤ 800 mg  
Dinner: ≤ 800 mg

Fat:  
Total fat: ≤ 35% of total Calories  
Saturated  
Fat: ≤ 7% of total Calories  
No Trans Fat

Fiber Target ≥ 28 gm/day:  
≥ 10 grams

### Per Food Item

Calories:  
Breakfast breads: ≤ 300 Kcal  
Desserts: ≤ 200 Kcal  
Snacks: ≤ 200 Kcal  
Beverages (except 100% juices and skim/1% milk): contain ≤ 25 Kcal/8 oz.  
Entrée: ≤ 500 Kcal

Sodium Target ≤ 2,300 mg/day:  
Prepared/Purchased/Convenience Entrees; Mixed Dishes: ≤ 480 mg  
Bread/Pasta/Grain: ≤ 180 mg  
Canned or Frozen Fruits/Vegetables/Seafood/Poultry: ≤ 290 mg  
Sauces/Condiments/Dressings: ≤ 290 mg  
Packaged breakfast cereals: ≤ 230 mg  
Vegetable juices: ≤ 230 mg  
Snacks: ≤ 200 mg  
Soups: ≤ 720 mg for a 12 ounce portion

Fat:  
Total fat: ≤ 35% of total Calories  
Saturated Fat: ≤ 7% of total Calories  
No Trans Fat

Fiber Target ≥ 28 gm/day:  
≥ 2 grams (as appropriate)

Consume a dietary pattern that emphasizes intake of a variety of vegetables, fruits, whole grains, includes low fat dairy products, poultry without skin, fish, legumes, non-tropical vegetable oils, nuts, and limits intake of red meats, egg yolks to four per week, salt (sodium) and sugar from foods and beverages. Adapt this pattern to appropriate caloric requirements for weight management.





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