Concurrent Session F

Rx: Healthy Meals in Minutes for Busy People (Patients & Providers)

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and

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Title: Rx: Healthy Meals in Minutes For Busy People (Patients & Providers)

Speaker(s): Chef Mollie Katzen, Chef Wendy Kohatsu, M.D.

Relevance: Individual components of a healthy diet – fresh vegetables and fruit, anti-inflammatory fats, high fiber carbohydrates, natural sources of protein, and spices – have been shown to have significant health benefits. However, patients and providers alike are often stymied by how to get healthy food into their diets with limited time. Learning the basics of healthy food preparation and selection of nutrient-dense foods are key skills to master if one is to use food as medicine.

Target Audience: Physicians, nurses, registered dieticians, other healthcare providers, chefs, and students of these disciplines.

Objectives:
1) To understand some of the individual components of an anti-inflammatory diet and review the science behind their health-conferring benefits.
2) To review balancing fat, proteins and carbohydrates and properties of each of these macronutrients in creating nutritionally-sound meals.
3) To learn practical ways for patient and practitioner alike to use food in their everyday life as medicine and for prevention of chronic disease.

Methods: Lecture, handouts with evidence-based references, facilitated discussion, and food sampling.

Key Points: It is possible to take advantage of healing, anti-inflammatory foods and basic culinary techniques in one’s lifestyle. The value of fresh vegetables, whole grains, healthy protein options will be discussed. Simple take-home advice and practical tips will aid the health care practitioners when advising patients in healthy lifestyle changes.

Expected Outcomes: After this session, participants will gain knowledge about healthy components of an anti-inflammatory diet, how to advise patients on simple, quick, flavorful, and healthy meal preparation, and learn more about the relevance of nutritional properties of food in preventing chronic disease.

References:


Potential Participant’s Self-Assessment Question:
FIVE INGREDIENT RECIPES  (plus salt/pepper/olive oil!)

From “Eat, Drink, and Weight Less” by Mollie Katzen and Walter Willet

Spinach with Pine Nuts and Raisins
2 tablespoons vegetable broth or water
One 10 ounce package baby spinach leaves (or frozen spinach)
½ teaspoon minced or crushed garlic
2 tablespoons pine nuts, lightly toasted
2 tablespoons raisins
2 teaspoons extra-virgin olive oil
Ground black pepper

1. Place the broth or water and spinach in a medium size microwave safe bowl or pot. Cover the bowl with a plate, or the pot with a lid
2. Microwave the bowl on high for 1 minute—or cook spinach in pot over medium high heat for 1 minute
3. Remove from the heat, and stir in salt, olive oil, and/or garlic. Serve hot, warm, or room temperature, topped with pine nuts, raisins, and black pepper

Whole wheat couscous with pistachios and orange zest
½ cup whole wheat couscous
2 tablespoons finely minced chives or scallion
½ teaspoon grated orange zest
3 tablespoons chopped pistachio nuts, lightly toasted
½ cup boiling water

1. Place the couscous in a medium-small bowl
2. Pour in the water and cover the bowl with a plate. Let stand 30 minutes
3. Stir in chives or scallions and orange zest, add little salt to taste. Serve warm or at room temperature, topped with pistachio nuts
**Marinated White Beans**
One 15 ounce can white navy beans or pea beans, rinsed and drained (or 1 ¾ cups cooked white beans)
1 tablespoon red wine vinegar
½ teaspoon minced or crushed garlic
Herbs: ¼ teaspoon dried basil, ¼ teaspoon dried oregano
2 tablespoons extra-virgin olive oil
¼ teaspoon salt, ground black pepper to taste

Additional options: 2 tablespoons minced fresh parsley
2 tablespoons finely minced carrots
2 tablespoons finely minced celery

1. Combine everything in a medium-size bowl
2. Taste to see if it needs more salt or vinegar
3. Cover tightly and refrigerate until serving time

**Ten minute tomato soup**
One 28 ounce can tomatoes (whole or crushed)
1 tablespoon roasted garlic paste (or 2 teaspoons minced or crushed fresh garlic sautéed lightly in 1 tablespoon extra-virgin olive oil)
A dozen leaves fresh basil, or 1 tablespoon dried basil
Cayenne or red pepper flakes
1 tablespoon extra-virgin olive oil
Pinch of salt and ground black pepper

1. Combine the tomatoes, garlic, and basil in a blender or food processor, and puree to your desired texture
2. Transfer to a pot and place over medium heat. Bring to boil, lower the heat to a simmer and cook, partially covered, for 5 minutes or longer
3. Season to taste and drizzle in extra-virgin olive oil. Serve hot.

**Guacamole**
1 tablespoon fresh lemon or lime juice
1 large firm, ripe avocado (about 5-6 ounces)
1 tablespoon minced red onion
2 tablespoons minced fresh tomato or tomato based salsa
Herbs: cayenne, ground cumin
Salt

1. Place the lemon or lime juice in a medium small bowl. Cut the avocado in half, remove the pit, and scoop the flesh into the bowl.
2. Use a fork to slowly mash the avocado into the juice, adding the salt and cumin as you go.
3. When the avocado reaches your desired consistency, stir in onion and tomato or salsa. Add cayenne to taste. Serve right away.

Variations:
-Add blended steamed broccoli

**Tangy black bean dip**
¼ cup tomato juice
One 15 ounce can black beans, rinsed and drained (or 1 ¾ cups cooked black beans)
2 tablespoons fresh lime juice
½ -1 teaspoon minced fresh garlic
Herbs: ¼ ground cumin, ¼ teaspoon red pepper flakes
¼ teaspoon salt

Optional toppings:
Hot sauce
Salsa
Minced parsley and/or cilantro

1. Place all the ingredients except the optional toppings in a blender or food processor and puree to a thick paste
2. Taste to adjust garlic, then transfer to a container with a tight-fitting lid. Refrigerate until serving time (keeps up to a week).

Hummus

Two 15 ounce cans chickpeas rinsed and drained (or 3 ½ cups cooked chickpeas)
6 tablespoons sesame tahini
6 tablespoons fresh lemon juice
1 teaspoon minced garlic
Herbs: 1 teaspoon ground cumin, cayenne
½ teaspoon salt
extra-virgin olive oil, for the top

1. Place all ingredients except cayenne and olive oil in a blender or food processor and puree to thick paste
2. Add cayenne to taste, and correct garlic and salt to your liking
3. Transfer to a container with a tight-fitting lid and smooth the top. Pour a little olive oil on top and tilt until it coats the surface completely. Cover and refrigerate until use.

Braised greens with walnuts and sour cherries

3 tablespoons vegetable broth or water
1 pound assorted fresh leafy greens, stemmed, and coarsely chopped
¼ cup dried sour cherries, cut into small pieces
¼ cup minced walnuts, lightly toasted
1 tablespoon extra-virgin olive oil or nut oil or seed oil
Pinch of salt

1. Heat the broth or water in a medium-large skillet with tight fitting lid
2. Add the greens and sprinkle them lightly with salt. Cover the pan and cook over medium heat for about 5 minutes, or until greens wilt
3. Transfer to a serving dish and toss with oil and cherries. Serve hot or warm, topped with walnuts.

Pan sautéed broccoli

1 pound broccoli
1 teaspoon minced or crushed garlic
red pepper flakes (optional)
2-3 tablespoons extra-virgin olive oil
Salt and black pepper

1. Bring large pot of water to boil. In the meantime, trim and discard tough stem end of broccoli and slice the rest
2. When the water boils, lower heat to simmer and plunge broccoli for 2 minutes
3. Drain in colander and rinse under cold water. Dry broccoli.
4. In a large skillet, heat olive oil over medium-low heat.
5. Add garlic and broccoli for 5-8 minutes, turning with tongs
6. Add salt and pepper to taste, and sprinkle red pepper flakes if desired

Millet and Quinoa with toasted sunflower seeds

¾ cup millet
¼ cup quinoa
1 ½ cup water
¼ cup sunflower seeds, lightly toasted
Pinch of salt

Possible garnishes:
Wedges of lemon, lime or orange
Minced fresh parsley
Tiny cherry tomatoes

1. Place millet and quinoa in a strainer and rinse thoroughly under cold running water. Transfer grains to small saucepan, and add water a pinch of salt
2. Place pan over medium heat and bring to boil. Cover, and turn heat down, then simmer, covered, for 15 minutes
3. Stir millet and quinoa from bottom of pot with fork, and fluff for a few minutes, then cover again and cook 5
   minutes longer
4. Transfer to bowl and fluff. Let stand uncovered for 15 minutes, repeating fluffing
5. Stir in toasted sunflower seeds, and serve warm or at room temperature with garnishes as desired.

**Pesto**

3 cups fresh basil leaves
3-4 large cloves garlic
1/3 cup parmesan
1/3 cup pine nuts or chopped walnuts, lightly toasted
1/3 cup olive oil
Salt and pepper to taste

**Variation**

Steamed broccoli blended
1. Place basil leaves and garlic in a blender or food processor and mince
2. Add the nuts, if desired, and continue to blend until nuts are ground
3. Drizzle in the olive oil as you keep the machine running.
4. When smooth paste, transfer to bowl and stir in parmesan.
5. Season to taste with salt and pepper and serve a room temperature

**Easy Miso-Broiled Salmon**

This omega-3 rich salmon entrée is not only tasty, but takes only minutes to prepare a sure-fire hit for guests! Leaving the skin on the salmon and coating the fillet side with miso helps to prevent moisture loss under high heat of broiler. The sugar helps to caramelize the miso crust, thus creating an aesthetically pleasing look.

1 ½ lb wild salmon fillets, cut into six 4-ounce portions, skin on.
1/4 cup white miso
1 tbsp + 2 tsp mirin (Japanese sweet cooking wine)
1 generous tsp brown sugar
1 tbsp freshly grated ginger
Optional garnish: 2 scallions – thinly sliced, both white and green portions

Set oven to broil. After rinsing, pat-dry salmon fillets and place skin-side up on foil-lined baking sheet or glass baking dish. Mix miso, mirin, brown sugar, and ginger in a small bowl to make a thick, but spreadable paste – you can add the extra mirin to thin to desired consistency. Place salmon under broiler for about 4 -5 minutes; you should see salmon turning opaque about 2/3 up the sides. Remove sheet of salmon from oven and flip each fillet over carefully with spatula. Spread about 1 tablespoon of miso mixture evenly over each fillet. Return to broiler for another 3 minutes until fish is done but still moist inside. Miso mixture should be bubbling and peaks start to turn dark brown. Remove from oven and garnish with optional sliced scallions.

**Orange Prune Compote & Greek Yougurt**

1 orange, zested
1 bag (16 oz) non-sorbate prunes
8 ounces Greek yogurt
1 teaspoon Cinnamon, ground

Pour 3 cups boiling water over prunes, cover and soak overnight. Drain off excess water. Use microplane grater to zest the orange. Place prunes, orange zest and cinnamon in food processor. Pulse briefly 2 -3 times; you want to blend to a thick, very chunky consistency.

Spoon ¼ cup of prune compote in serving glass. Top with 1 tablespoon yougurt; dust with additional cinnamon. Enjoy as a sweet, but healthy treat. Can also serve over sliced pears, in season.

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5 Tips to Eat Well and Stay Healthy

1. Eat lots of fruits and vegetables—five to nine servings (handfuls) daily

Vegetables:
- Eat colors of the rainbow: each color offers unique phytochemicals
- Precook: partially cooked vegetables have double the shelf life
- Frozen is fine: nutritional value same (or better!) than fresh
- Buy good knife or “knifeless veggies” (baby carrots, cauliflower, sugar snap peas, precut veggies)
- Try roasting your vegetables with olive oil and salt (tip: olive oil helps absorption of fat soluble beta-carotene in vegetables)
- Cook tomatoes: Improves lycopene availability, especially when cooked with olive oil

Fruits:
- Fresh fruit is best
- Berries especially have high nutrient value.

2. Say yes to good fats

- Less saturated fat (dairy products, red meats)
- Avoid trans fat (margarines, vegetable shortening, partially hydrogenated vegetable oil, deep fried foods)
- More monounsaturated fat (olive oil, cashews, almonds, peanuts, avocados)
- More omega 3 fats: essential polyunsaturated fat that we need to obtain from food. (fatty fish, fish oil, walnuts, flaxseed oil -cold pressed, flax seeds -ground, raw and can store in freezer

3. Upgrade your carbohydrates

- Cut bread, pasta, potatoes, white rice
- Anything white or made from flour
Increase with whole grains (brown rice, quinoa, barley, bulgur, whole wheat)

4. Choose healthy proteins

Shift from hunter to gatherer: more beans, nuts, fish, fowl,
   Less red meat and dairy products
Combine vegetable proteins to get all the amino acids
   (rice and beans, peanut butter and whole grain bread, tofu and brown rice)
Note: An ounce of almonds/walnuts/peanuts = 8 gm protein =
   glass of milk

5. Stay hydrated

When hungry, drink a glass of water first
Drink a glass of liquid (preferably water) with meals and in between meals
Coffee/tea in moderation can lower risk of kidney stones, gallstones, and diabetes, and is an antidepressant!
Add lemon or lime or orange to your water or sparkling water
Cut down on soda, juice, milk
Note: 12 oz can of soda has 7-8 teaspoons of sugar!
   12 oz of orange juice has 168 calories = 3 chocolate chip cookies
   3 glasses of milk = 12 strips of bacon or Big mac with fries

Reference Book:
“Eat, Drink, and Weight Less”
by Mollie Katzen and Walter Willett
The Essential Components of a Healthy Diet

Wendy Kohatsu, MD

University of Arizona Nutrition and Health Conference 2011

1. THE TRUTH ABOUT FATS

All fats are not bad fats, depending on the type of fat one consumes. In fact, fats play important roles in the human body, surrounding every cell in the human body, and are involved in proper development of the central nervous system, energy production and storage, oxygen transport, and regulation of inflammation.

Fats are usually a combination of the three basic fat classifications – saturated, monounsaturated, polyunsaturated. **Saturated fats** are solid at room temperature, have hydrogen molecule saturation at every carbon, and no double bonds. Lard, beef fat, butter, and coconut have high saturated fat percentages (41, 44, 66, 92%, respectively). High intake of animal sources of saturated fats has been associated with increased cholesterol and cardiovascular disease.

**Essential fatty acids** are fats that we must obtain from our diet, as our bodies cannot synthesize them. It is important to recognize that the two essential fatty acid families, omega-6 and omega-3’s, are both polyunsaturated fats. However, they have opposing physiologic functions: omega-6 fats are PRO-inflammatory, while those of omega-3 fats are ANTI-inflammatory. On the omega-6 side, arachidonic acid leads to the production of the main proponents of the inflammatory cascade, prostaglandins and leukotrienes of the even-series (PGE2, LTE2, etc.). In contrast, omega-3 fatty acids have a more beneficial influence on inflammation. **Omega-3 fatty acids** lead to the production of anti-inflammatory prostaglandins of the one and three series (PGE1 and PGE3) and less inflammatory leukotrienes. Since they compete for the same enzymes, the more omega-6 fatty acids we ingest, the less we are able to utilize the beneficial influences of the omega-3 fatty acids. Humans still require both omega-6 and omega-3 fats, but the optimal ratio is considered to be 2:1, based on our Paleolithic-era genetics. The problem is that the standard American diet has a ratio of 10:1 to 25:1 omega-6 to omega-3, thus grossly tipping the dietary balance towards inflammation and chronic disease. Diets high in omega-6 fatty acids shift metabolism towards arachidonic acid, and its subsequent
metabolites that are prothrombotic and proaggregatory with increase in blood viscosity, vasospasm, and vasoconstriction.\textsuperscript{v}

**Fun Evidence Based Facts**

**OLIVE OIL**
1. High in antioxidants\textsuperscript{vi} – tocopherol, hydroxytyrosol, and oleuropein—and in sterols which help reduce LDL and increase HDL
2. May also possess some NSAID-like activity\textsuperscript{vii viii}
3. Extra virgin (or “first-press”) olive oil has been shown to have more health benefits than refined olive oil\textsuperscript{ix}
4. A small study shows that extra virgin olive oil, but not regular olive oil nor corn oil, reduced leukotrienes (LTB4) and thromboxanes (TXB2) in human subjects.

**OMEGA 3:**
1. Fish (remember S.M.A.S.H: salmon, mackerel, anchovies, sardines and herring) are high in omega-3 fatty acids, especially anti-inflammatory EPA and DHA, that are less prone to conversion to pro-inflammatory cytokines.
2. Omega-3 fatty acids increase production of nitric oxide by 43% - promotes arterial relaxation\textsuperscript{x}
3. Very long chain n-3 fatty acids decrease risk of cardiac death by 30-45%\textsuperscript{xii} Fish consumption of about 150 g (5.3 ounces) per week was associated with 38% lower odds of developing ACS as compared to no consumption.\textsuperscript{xiii}
4. Endproduct, long-chain omega-3s – EPA (eicosapentanoic acid) and DHA (docosohexanoic acid) (found in fish oil)--are much more powerfully anti-inflammatory than their precursor, alpha-linolenic acid (ALA) (found in flax oil).
5. Omega 3 fats, especially EPA and DHA, have been shown in numerous studies to lower PGE2, thromboxane A2, LTB4, and increase anti-inflammatory PGI3, LTB5.\textsuperscript{xiv}

**Bottom Line:** Consume less saturated fat (lard, beef fat, butter), more monounsaturated fat (olive oil, nuts, avocado), and polyunsaturated fat (omega 3: two servings of fatty fish per week, or supplement with 1 gram combined EPA + DHA daily).

**2. CARBS AND GLYCEMIC LOAD**

Carbohydrates are digested at different rates, explained by a term called the glycemic index. The higher the index, the more quickly the food gets absorbed and used as sugar. Excessive consumption of highly processed carbohydrates, e.g. white flour,
refined sugars, with high glycemic load, cause abnormal surges in blood glucose and in insulin levels. Dietary fiber – both soluble and insoluble – effectively slows digestion, and thus the glycemic load, and reduces oxidant stress and inflammation. Whole grains contain fiber, lignans, magnesium, zinc, B vitamins, and vitamin E that may help control inflammation. A recent study supports an inverse relationship between dietary fiber and risk of elevated CRP; greater protection was seen at total fiber level > 22 grams/day. \(^{xv}\)

The active phytochemicals in whole grains are concentrated in bran and the germ; refining wheat, for example, causes a 200-300 fold loss in phytochemicals! \(^{xvi}\)

**Fun Evidence Based Facts:**
1. One recent study\(^{xvii}\) of 522 diabetic patients showed that including 15 grams of dietary fiber for every 1000 calories daily with lifestyle changes (moderate exercise) significantly reduced CRP by 27%.

2. Diets rich in unprocessed, natural plant foods such as the Okinawan or Mediterranean diets, have lower GL, substantially lower post-prandial glucose levels and are associated with improved cardiovascular health and longevity. \(^{xviii}\)

**Bottom line:** Choose carbs that are whole grain (requires chewing!), and aim for total of 25 grams of fiber per day.

3. **HOW ABOUT THOSE FRUITS AND VEGGIES**

   We have all heard to eat more fruits and vegetables, 5-9 servings a day. But, it is estimated that Americans only consume 1.5 servings of vegetables per day, and only one fruit per day. \(^{xx}\) Only 1 in 11 Americans consumes at least 3 servings of vegetables and 2 servings of fruit per day. Even more sadly, is that up to 2/3 of this is fried potato products, or iceberg lettuce. \(^{xx}\)

   Vegetables contain the highest concentrations of vitamins, minerals, and other protective phytochemicals, with a lower caloric density compared to other foods. Rich in biochemical complexity, whole vegetables and fruit are superior to any single isolated nutrient. Citrus fruit for example, contains not just vitamin C, but some 60 flavonoids, 20 carotenoids, plus limonoids,

   **Fun Evidence Based Facts:**
1. People who consume more vegetables and fruit have lower rates of inflammatory disease such as heart disease, stroke, and cancer. \(^{xxi xxii}\)
2. High intake of vegetables and fruit, greater than 5 servings per day, has a significant inverse dose-response association with inflammatory markers such as CRP, IL-6 and adhesion factors. \(^{xxiii xxiv xxv}\)
3. Tomatoes contain lycopene, a potent antioxidant, associated with decreased risk of cancer – especially prostate, lung, and stomach \(^{xxvi}\) (of note, Serum lycopene increases 82% when tomatoes are cooked in olive oil\(^{xxvii}\))
4. Review of 200 studies shows that low fruit intake (bottom quartile) is associated with doubled increase risk of cancer.\textsuperscript{xxviii}

5. Fruit/vegetable consumption also associated with beneficial effect on blood pressure.\textsuperscript{xxix}

**Bottom Line:** Increase intake of vegetables and fruit to 5-9 servings (handfuls) a day with various deeply colored items that contain higher phytochemicals!

### 4. PROTEIN—HOW MUCH DO WE REALLY NEED?

Protein consumption should equal about 8 grams of protein daily for every 20 pounds of body weight, which means 50 grams of protein daily for an average woman and 65 grams for an average man. For example, a cup of low-fat yogurt has 11.9 grams of protein and a 6 ounce serving of roast chicken has 42.5 grams; together, that is about 55 grams of protein, more than enough for the average woman.

Protein does not only come from animal sources. Legumes and nuts are great sources of protein with less fat! Legumes are high in protein, fiber, iron, folic acid and B vitamins. An ounce of almonds, walnuts, peanuts, or pistachios gives you about 8 grams of protein, the same as a glass of milk. Most legumes are deficient in the essential amino acids methionine and tryptophan, but luckily these are found in sufficient amounts in most grains. A combination of beans, nuts, grains, and vegetables (for example, rice and beans, peanut butter and whole grain bread, tofu and brown rice) can ensure that all the amino acids are consumed.\textsuperscript{xxx}

**Fun Evidence Based Facts:**
1. Five or more servings of nuts and seeds per week was associated with lower levels of CRP, IL-6 and fibrinogen in a multi-ethnic study including over 6000 patients.\textsuperscript{xxxi}
2. Increased legume consumption associated with decreased coronary heart disease (med diet)\textsuperscript{xxxii}
3. In the Nurses' Health study of 83,000 women, those who consumed peanut butter >5 times a week, had a 21% lower risk of developing diabetes compared to those who never ate peanut butter.\textsuperscript{xxxiii}

**Bottom Line:** Consume a variety of different proteins to get all the amino acids, and try to consume 50% plant based (beans, nuts, grains, vegetables), while limiting red meat to two servings per week.
RESOURCES

xii Amer J Clin Nutr 1997; 65: 459-64.
x Harvards Mens Health Watch. 7(6):1-5, Jan 2003.


xxx Katzen M, Willet W. Eat, Drink, and Weigh Less. 2006: 59-63


**FIVE INGREDIENT RECIPES** *(plus salt/pepper/olive oil!)*

*From “Eat, Drink, and Weight Less” by Mollie Katzen and Walter Willet*

**Spinach with Pine Nuts and Raisins**
2 tablespoons vegetable broth or water
One 10 ounce package baby spinach leaves (or frozen spinach)
½ teaspoon minced or crushed garlic
2 tablespoons pine nuts, lightly toasted
2 tablespoons raisins
2 teaspoons extra-virgin olive oil
Ground black pepper

1. Place the broth or water and spinach in a medium size microwave safe bowl or pot. Cover the bowl with a plate, or the pot with a lid.
2. Microwave the bowl on high for 1 minute—or cook spinach in pot over medium high heat for 1 minute.
3. Remove from the heat, and stir in salt, olive oil, and/or garlic. Serve hot, warm, or room temperature, topped with pine nuts, raisins, and black pepper.

**Whole wheat couscous with pistachios and orange zest**
½ cup whole wheat couscous
2 tablespoons finely minced chives or scallion
½ teaspoon grated orange zest
3 tablespoons chopped pistachio nuts, lightly toasted
½ cup boiling water

1. Place the couscous in a medium-small bowl.
2. Pour in the water and cover the bowl with a plate. Let stand 30 minutes.
3. Stir in chives or scallions and orange zest, add little salt to taste. Serve warm or at room temperature, topped with pistachio nuts.

**Marinated White Beans**
One 15 ounce can white navy beans or pea beans, rinsed and drained (or 1 ¾ cups cooked white beans)
1 tablespoon red wine vinegar
½ teaspoon minced or crushed garlic
Herbs: ½ teaspoon dried basil, ¼ teaspoon dried oregano
2 tablespoons extra-virgin olive oil
¼ teaspoon salt, ground black pepper to taste
Additional options: 2 tablespoons minced fresh parsley
2 tablespoons finely minced carrots
2 tablespoons finely minced celery

1. Combine everything in a medium-size bowl
2. Taste to see if it needs more salt or vinegar
3. Cover tightly and refrigerate until serving time

Ten minute tomato soup
One 28 ounce can tomatoes (whole or crushed)
1 tablespoon roasted garlic paste (or 2 teaspoons minced or crushed fresh garlic sautéed lightly in 1 tablespoon extra-virgin olive oil)
A dozen leaves fresh basil, or 1 tablespoon dried basil
Cayenne or red pepper flakes
1 tablespoon extra-virgin olive oil
Pinch of salt and ground black pepper

1. Combine the tomatoes, garlic, and basil in a blender or food processor, and puree to your desired texture
2. Transfer to a pot and place over medium heat. Bring to boil, lower the heat to a simmer and cook, partially covered, for 5 minutes or longer
3. Season to taste and drizzle in extra-virgin olive oil. Serve hot.

Guacamole
1 tablespoon fresh lemon or lime juice
1 large firm, ripe avocado (about 5-6 ounces)
1 tablespoon minced red onion
2 tablespoons minced fresh tomato or tomato based salsa
Herbs: cayenne, ground cumin
Salt

1. Place the lemon or lime juice in a medium small bowl. Cut the avocado in half, remove the pit, and scoop the flesh into the bowl.
2. Use a fork to slowly mash the avocado into the juice, adding the salt and cumin as you go.
3. When the avocado reaches your desired consistency, stir in onion and tomato or salsa. Add cayenne to taste. Serve right away.

Variations:
-Add blended steamed broccoli
**Tangy black bean dip**

\[ \frac{1}{4} \text{ cup tomato juice} \]
\[ \text{One 15 ounce can black beans, rinsed and drained (or 1 \frac{3}{4} \text{ cups cooked black beans)} \]
\[ 2 \text{ tablespoons fresh lime juice} \]
\[ \frac{1}{2} - 1 \text{ teaspoon minced fresh garlic} \]
\[ \text{Herbs: } \frac{3}{4} \text{ ground cumin, } \frac{1}{4} \text{ teaspoon red pepper flakes} \]
\[ \frac{1}{4} \text{ teaspoon salt} \]

Optional toppings:

- Hot sauce
- Salsa
- Minced parsley and/or cilantro

1. Place all the ingredients except the optional toppings in a blender or food processor and puree to a thick paste
2. Taste to adjust garlic, then transfer to a container with a tight-fitting lid. Refrigerate until serving time (keeps up to a week).

**Hummus**

- Two 15 ounce cans chickpeas rinsed and drained (or 3 \frac{1}{2} \text{ cups cooked chickpeas})
- 6 tablespoons sesame tahini
- 6 tablespoons fresh lemon juice
- 1 teaspoon minced garlic
- Herbs: 1 teaspoon ground cumin, cayenne
- \frac{1}{2} teaspoon salt
- Extra-virgin olive oil, for the top

1. Place all ingredients except cayenne and olive oil in a blender or food processor and puree to thick paste
2. Add cayenne to taste, and correct garlic and salt to your liking
3. Transfer to a container with a tight-fitting lid and smooth the top. Pour a little olive oil on top and tilt until it coats the surface completely. Cover and refrigerate until use.

**Braised greens with walnuts and sour cherries**

- 3 tablespoons vegetable broth or water
- 1 pound assorted fresh leafy greens, stemmed, and coarsely chopped
- \frac{1}{4} \text{ cup dried sour cherries, cut into small pieces}
- \frac{1}{4} \text{ cup minced walnuts, lightly toasted}
- 1 tablespoon extra-virgin olive oil or nut oil or seed oil
- Pinch of salt

1. Heat the broth or water in a medium-large skillet with tight fitting lid
2. Add the greens and sprinkle them lightly with salt. Cover the pan and cook over medium heat for about 5 minutes, or until greens wilt
3. Transfer to a serving dish and toss with oil and cherries. Serve hot or warm, topped with walnuts.

**Pan sautéed broccoli**
1 pound broccoli
1 teaspoon minced or crushed garlic
red pepper flakes (optional)
2-3 tablespoons extra-virgin olive oil
Salt and black pepper

1. Bring large pot of water to boil. In the meantime, trim and discard tough stem end of broccoli and slice the rest
2. When the water boils, lower heat to simmer and plunge broccoli for 2 minutes
3. Drain in colander and rinse under cold water. Dry broccoli.
4. In a large skillet, heat olive oil over medium-low heat.
5. Add garlic and broccoli for 5-8 minutes, turning with tongs
6. Add salt and pepper to taste, and sprinkle red pepper flakes if desired

**Millet and Quinoa with toasted sunflower seeds**
¾ cup millet
¼ cup quinoa
1 ½ cup water
¼ cup sunflower seeds, lightly toasted
Pinch of salt

Possible garnishes:
Wedges of lemon, lime or orange
Minced fresh parsley
Tiny cherry tomatoes

1. Place millet and quinoa in a strainer and rinse thoroughly under cold running water. Transfer grains to small saucepan, and add water a pinch of salt
2. Place pan over medium heat and bring to boil. Cover, and turn heat down, then simmer, covered, for 15 minutes
3. Stir millet and quinoa from bottom of pot with fork, and fluff for a few minutes, then cover again and cook 5 minutes longer
4. Transfer to bowl and fluff. Let stand uncovered for 15 minutes, repeating fluffing
5. Stir in toasted sunflower seeds, and serve warm or at room temperature with garnishes as desired.
**Pesto**
3 cups fresh basil leaves
3-4 large cloves garlic
1/3 cup parmesan
1/3 cup pine nuts or chopped walnuts, lightly toasted
1/3 cup olive oil
Salt and pepper to taste

Variation
Steamed broccoli blended

1. Place basil leaves and garlic in a blender or food processor and mince
2. Add the nuts, if desired, and continue to blend until nuts are ground
3. Drizzle in the olive oil as you keep the machine running.
4. When smooth paste, transfer to bowl and stir in parmesan.
5. Season to taste with salt and pepper and serve a room temperature

**Easy Miso-Broiled Salmon**
This omega-3 rich salmon entrée is not only tasty, but takes only minutes to prepare a sure-fire hit for guests! Leaving the skin on the salmon and coating the fillet side with miso helps to prevent moisture loss under high heat of broiler. The sugar helps to caramelize the miso crust, thus creating an aesthetically pleasing look.

1 ½ lb wild salmon fillets, cut into six 4-ounce portions, skin on.
¼ cup white miso
1 tbsp + 2 tsp mirin (Japanese sweet cooking wine)
1 generous tsp brown sugar
1 tbsp freshly grated ginger
Optional garnish: 2 scallions – thinly sliced, both white and green portions

Set oven to broil. After rinsing, pat-dry salmon fillets and place **skin-side up** on foil-lined baking sheet or glass baking dish. Mix miso, mirin, brown sugar, and ginger in a small bowl to make a thick, but spreadable paste – you can add the extra mirin to thin to desired consistency. Place salmon under broiler for about 4 -5 minutes; you should see salmon turning opaque about 2/3 up the sides. Remove sheet of salmon from oven and flip each fillet over carefully with spatula. Spread about 1 tablespoon of miso mixture evenly over each fillet. Return to broiler for another 3 minutes until fish is done but still moist inside. Miso mixture should be bubbling and peaks start to turn dark brown. Remove from oven and garnish with optimal sliced scallions.
Orange Prune Compote & Greek Yougurt
1 orange, zested
1 bag (16 oz) non-sorbate prunes
8 ounces Greek yougurt
1 teaspoon Cinnamon, ground

Pour 3 cups boiling water over prunes, cover and soak overnight. Drain off excess water. Use microplane grater to zest the orange. Place prunes, orange zest and cinnamon in food processor. Pulse briefly 2-3 times; you want to blend to a thick, very chunky consistency.

Spoon ¼ cup of prune compote in serving glass. Top with 1 tablespoon yougurt; dust with additional cinnamon. Enjoy as a sweet, but healthy treat. Can also serve over sliced pears, in season.

From Wendy Kohatsu

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